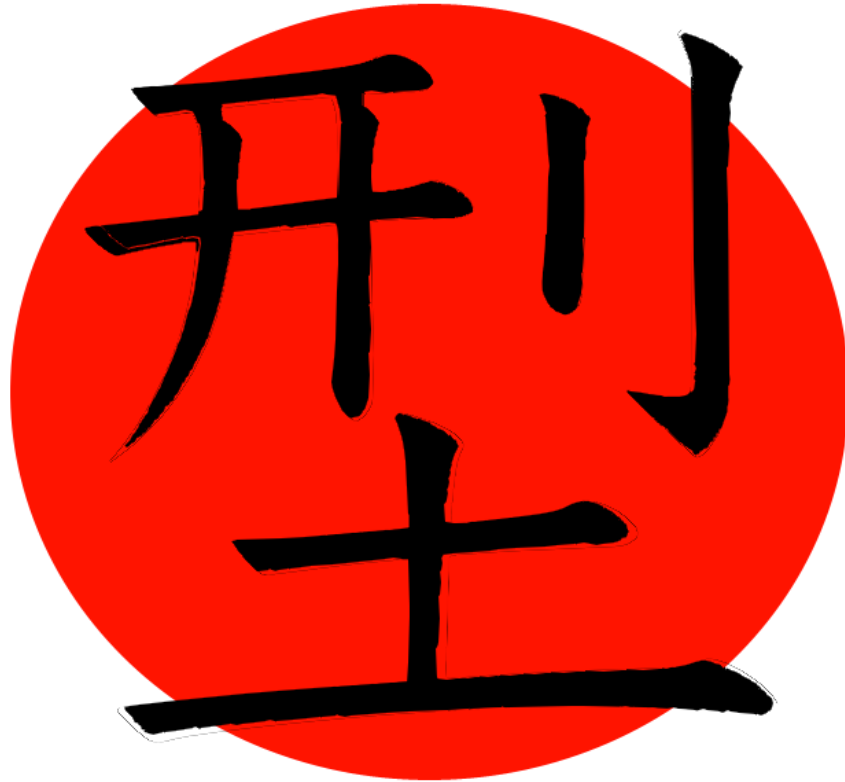


# Karate Kata



## Step-by-Step

40 karate kata diagrams with  
instructions in English and Japanese





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What is kata?

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| 19. Nijushiho   |                       |
| 20. Meikyo      | Tachi-kata & strikes  |
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# What is kata?

Kata (型 or 形) in Japanese martial arts refers to choreographed sequences of moves and techniques. The concept of using such structured patterns to teach fighting skills is not unique to karate or Japanese arts, but is a method observed across numerous cultures throughout history. Dating back as far as 3000-3400 BCE, these practices were developed to systematically pass down and refine combat techniques. Kata represent more than just physical routines; they encompass historical, cultural, and philosophical elements deeply embedded in martial traditions.

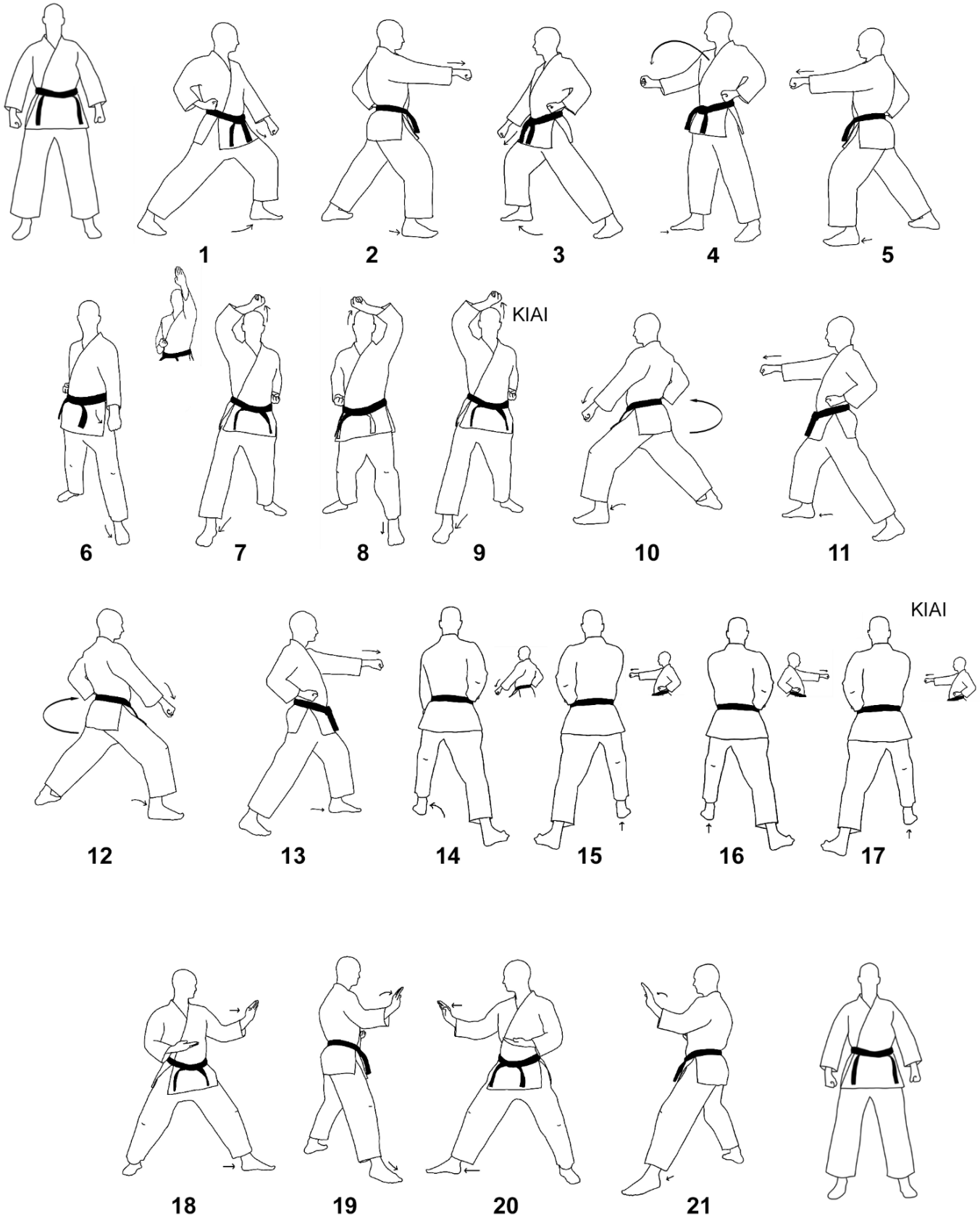
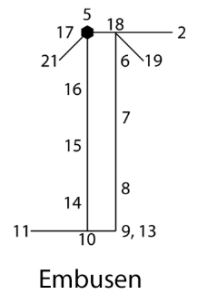
Kata have persisted across millennia because they effectively enable students to build essential skills through repetition. Practicing forms develops muscle memory, which allows techniques like stances, strikes, blocks, and footwork to be performed swiftly and accurately during real combat or self-defense situations. Additionally, forms provide teachers a structured curriculum to impart crucial underlying concepts such as timing, distance, body mechanics, power generation, and balance, all essential for real-world application.

Forms also promote discipline and mental focus, often integrating lessons about attitude and spirit that practitioners can apply in everyday life. Regular practice of kata contributes significantly to physical development, enhancing a student's strength, stamina, speed, and precision. Moreover, in historical periods when literacy was limited, forms acted as cultural heritage tools that preserved and conveyed the philosophical teachings and history of martial arts schools and masters, connecting students to their martial arts lineage.

Today, the mastery of forms is frequently used by teachers to gauge student progression, with more complex forms representing advanced martial arts skill. In contemporary martial arts, kata have evolved to become both a competitive demonstration and an art form in their own right, sometimes separate from practical combat applications. Though some debate the efficacy of kata in practical self-defense without direct combat training, many karate practitioners integrate "bunkai" (the practical application and analysis of kata) to enhance understanding of real-world relevance, timing, distance, and the adaptability of techniques in various martial scenarios.

# Heian Shodan

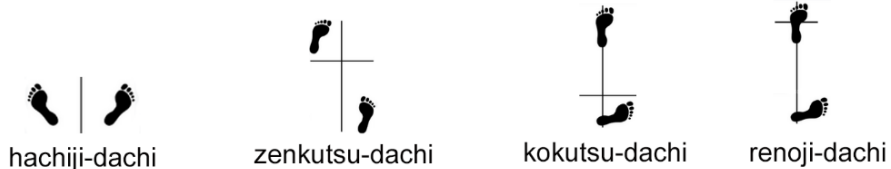
(Peaceful Mind - Level 1)



# Heian Shodan Steps

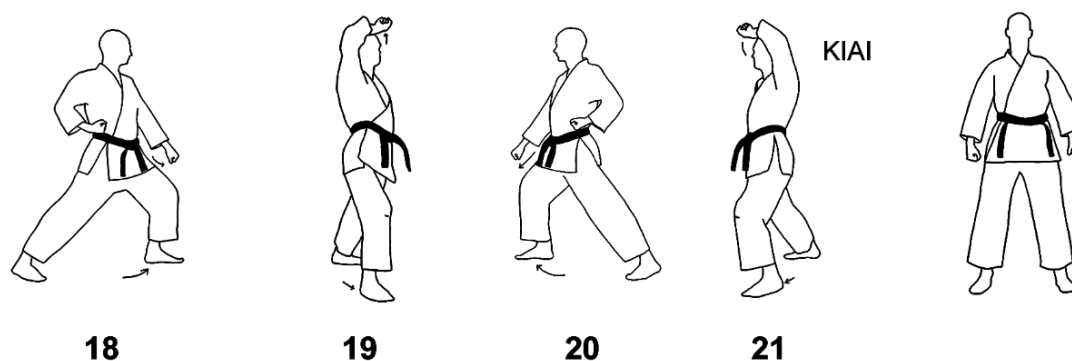
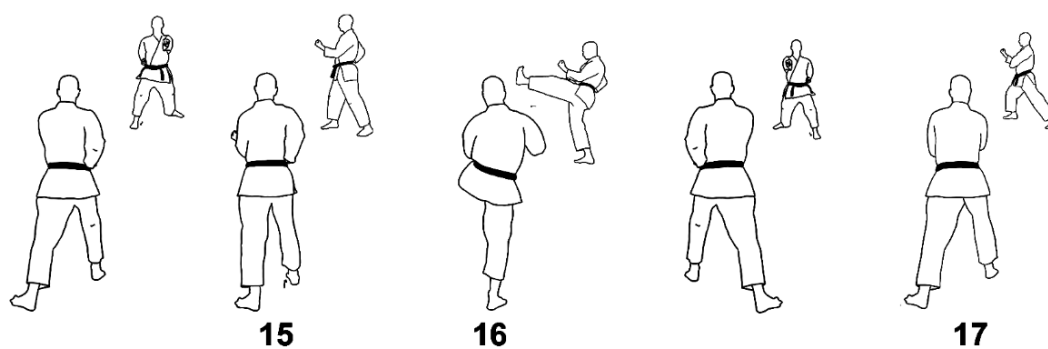
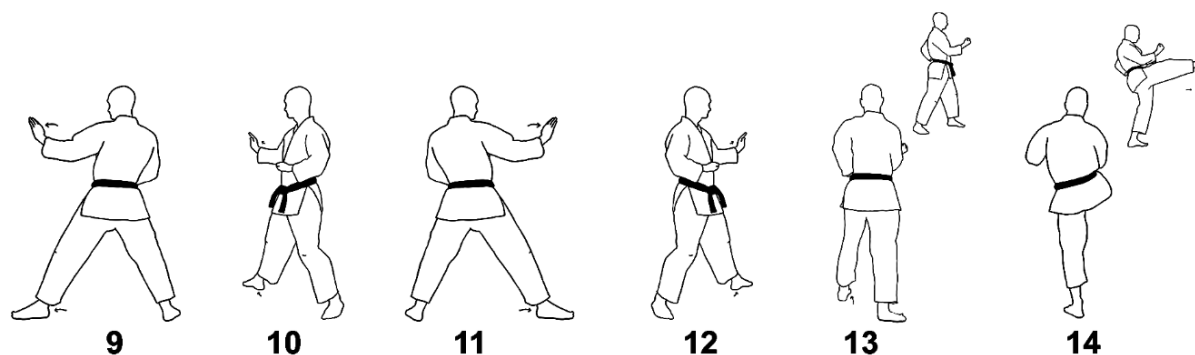
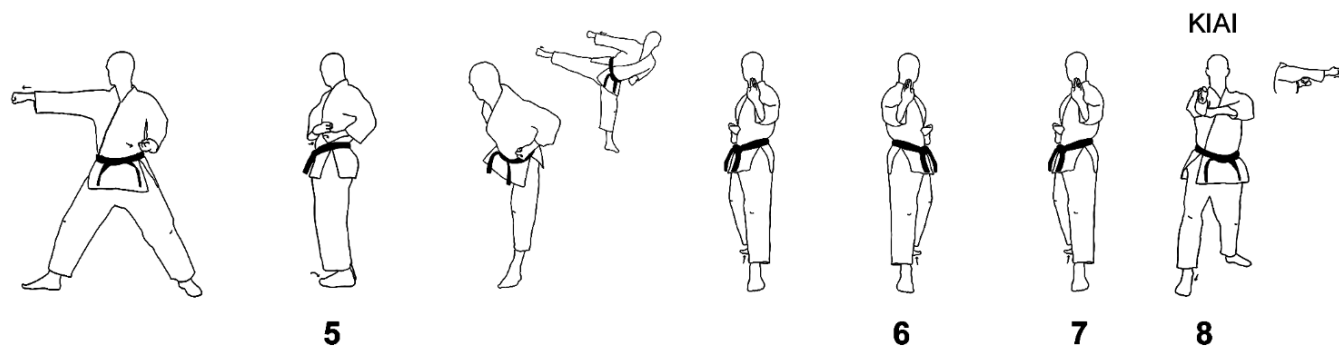
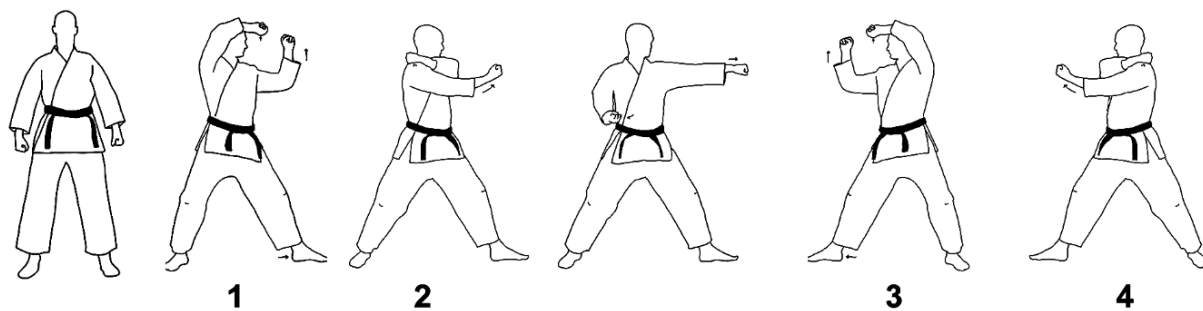
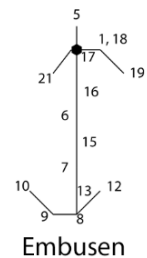
Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
2	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
3	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	
4	migi tate-mawashi tettsui-uchi	right vertical downward inside hammer-fist strike	renoji-dachi	L-stance	
5	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
6	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
7	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	
8	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	
9	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	KIAI
10	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
11	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
12	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	
13	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
14	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
15	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
16	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
17	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
18	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
19	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
20	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
21	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
Yame			hachiji-dachi	natural stance	

Stances:



# Heian Nidan

(Peaceful Mind - Level 2)



# Heian Nidan Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	hidari jodan haiwan-uke & migi ude soete	left upper back of forearm block & right forearm posture	kokutsu-dachi	back stance	
2	hidari ude-uke & migi jodan ura-zuki / hidari chudan zuki	left inside block & right upper close punch / left middle-level punch	kokutsu-dachi	back stance	
3	migi jodan haiwan-uke & hidari ude soete	right upper back of forearm block & left forearm posture	kokutsu-dachi	back stance	
4	migi ude-uke & hidari jodan ura-zuki / migi chudan zuki	right inside block & left upper close punch / right middle-level punch	kokutsu-dachi	back stance	
5	koshi-gamae / migi yoko keage & migi sideways round back-fist strike / chudan shuto-uke	both fists on hip posture / right side snap kick & right sideways round back-fist strike / middle-level knife-hand block	kokutsu-dachi	back stance	
6	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
7	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
8	migi chudan shihon-nukite / hidari osae-uke	right middle-level 4-finger spear-hand strike / left pressing block	zenkutsu-dachi	front stance	KIAI
9	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
10	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
11	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
12	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
13	migi chudan gyaku uchi-uke / gyaku-hanmi	right middle level reverse inside block	zenkutsu-dachi	front stance	
14	migi mae-geri-keage/ hidari chudan gyaku-zuki	right front snap kick/ left middle-level reverse punch	zenkutsu-dachi	front stance	
15	hidari chudan gyaku uchi-uke / gyaku-hanmi	left middle-level inside block / 45deg hip twist	zenkutsu-dachi	front stance	
16	hidari mae-geri-keage/ migi chudan gyaku-zuki	left front snap kick/ right middle-level reverse punch	zenkutsu-dachi	front stance	
17	migi chudan morote-uke	right middle-level augmented block	zenkutsu-dachi	front stance	
18	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
19	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	
20	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	
21	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	KIAI
Yame			hachiji-dachi	natural stance	

Stances:



kokutsu-dachi



zenkutsu-dachi



hachiji-dachi

# Heian Sandan

(Peaceful Mind - Level 3)

21  
5 — 2  
7,16  
8,14  
9,12  
10,11  
Embusen



1



2



3



4



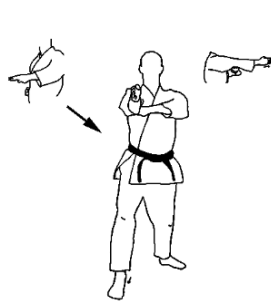
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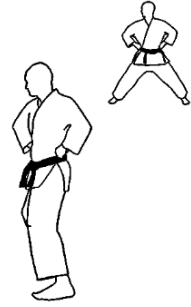
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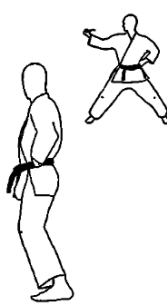
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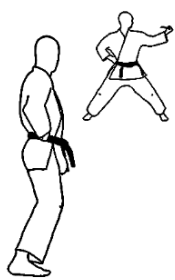
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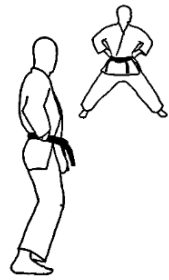
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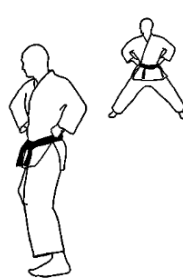
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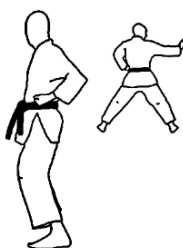
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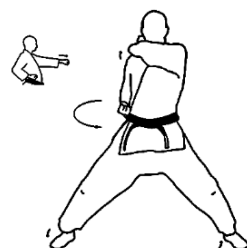
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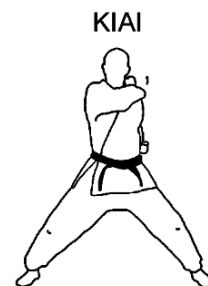
19



20



21





# Heian Sandan Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	hidari chudan uchi-uke	left middle-level inside block	kokutsu-dachi	back stance	
2	kosa-uke (hidari gedan-barai & migi chudan uchi-uke)	double block (left downward block & right middle-level inside block)	heisoku-dachi	feet together stance	
3	kosa-uke (hidari chudan uchi-uke & migi gedan-barai)	double block (left middle-level inside block & right downward block)	heisoku-dachi	feet together stance	
4	migi chudan uchi-uke	right middle-level inside block	kokutsu-dachi	back stance	
5	kosa-uke (hidari chudan uchi-uke & migi gedan-barai)	double block (left middle-level inside block & right downward block)	heisoku-dachi	feet together stance	
6	kosa-uke (hidari gedan-barai / migi chudan uchi-uke)	double block (left downward block / right middle-level inside block)	heisoku-dachi	feet together stance	
7	hidari chudan morote-uke	left middle-level augmented block	kokutsu-dachi	back stance	
8	hidari osae-uke / migi chudan shihon-nukite	left pressing block / right middle-level 4-finger spear-hand strike	zenkutsu-dachi	front stance	
9	hidari chudan tettsumi-yoko-uchi	left middle-level sideways hammer-fist strike	kiba-dachi	horse-riding stance	
10	migi chudan oi-zuki	right middle-level stepping punch	kiba-dachi	horse-riding stance	KIAI
11	ryoken-koshi-gamae	both fists on hip posture	zenkutsu-dachi	front stance	slow
12	migi yoko-fumikomi / migi yoko-empi-uchi	right stamping kick / right sideways elbow strike	kiba-dachi	horse-riding stance	
13	migi jodan uraken-tate-uchi	right upper vertical round back-fist strike	kiba-dachi	horse-riding stance	
14	hidari yoko-fumikomi / hidari yoko-empi-uchi	left stamping kick / left sideways elbow strike	kiba-dachi	horse-riding stance	
15	hidari jodan uraken-tate-uchi	left upper vertical round back-fist strike	kiba-dachi	horse-riding stance	
16	migi yoko-fumikomi / migi yoko-empi-uchi	right stamping kick / right sideways elbow strike	kiba-dachi	horse-riding stance	
17	migi jodan uraken-tate-uchi	right upper vertical round back-fist strike	kiba-dachi	horse-riding stance	
18	hidari tate-shuto-gamae	left vertical knife posture (hand moving from centre of chest outwards)	kiba-dachi	horse-riding stance	
19	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
20	migi jodan tate-zuki / hidari ushiro-empi-uchi	right upper vertical fist punch/ left backwards elbow strike	kiba-dachi	horse-riding stance	
21	hidari jodan tate-zuki / migi ushiro-empi-uchi	left upper vertical fist punch/ right backwards elbow strike	kiba-dachi	horse-riding stance	KIAI
Yame			hachiji-dachi	natural stance	

Stances:



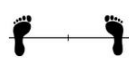
kokutsu-dachi



heisoku-dachi



zenkutsu-dachi



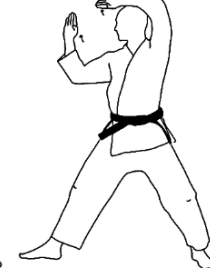
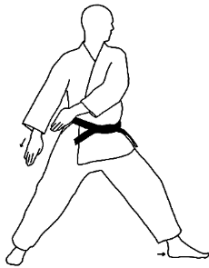
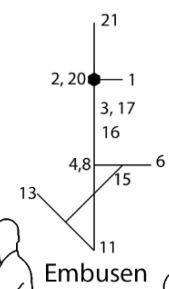
kiba-dachi



hachiji-dachi

# Heian Yondan

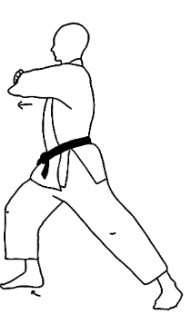
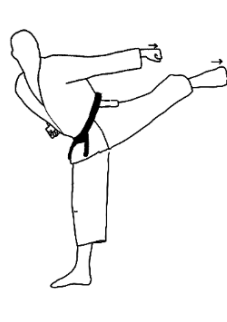
(Peaceful Mind - Level 4)



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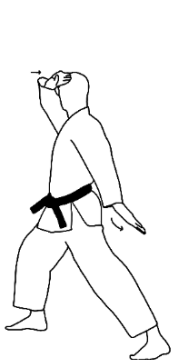
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KIAI



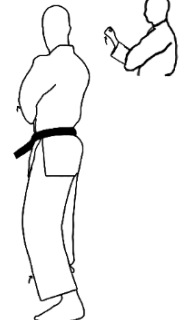
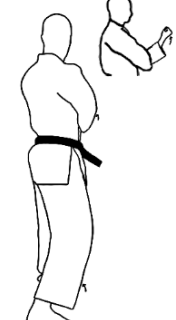
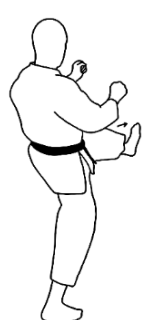
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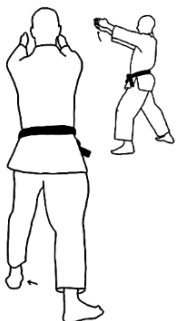
14

15

16

17

KIAI



18

19

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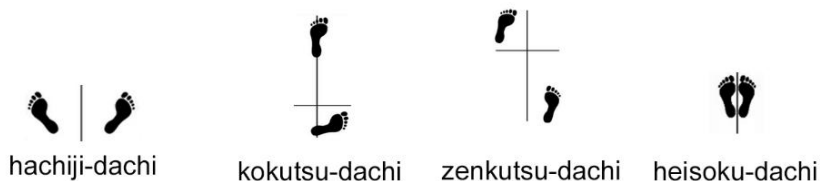
20

21

# Heian Yondan Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	hidari haiwan sokumen jodan-uke	left open hand back of forearm block / open hand forearm forehead posture	kokutsu-dachi	back stance	slow
2	migi haiwan sokumen jodan-uke	right open hand back of forearm block / open hand forearm forehead posture	kokutsu-dachi	back stance	slow
3	gedan juji-uke	lower both fists cross block (X-block)	zenkutsu-dachi	front stance	
4	migi chudan morote-uke	right middle-level augmented block	kokutsu-dachi	back stance	
5	koshi-gamae	both fists on hip posture	heisoku-dachi	feet together stance	
6	hidari jodan yoko-mawashi uraken-uchi & hidari jodan yoko-geri-keage / migi chudan mae-empi-uchi	left upper sideways back-fist strike & left upper side snap kick / right middle-level front-elbow strike (against palm)	zenkutsu-dachi	front stance	
7	koshi-gamae	both fists on hip posture	heisoku-dachi	feet together stance	
8	migi jodan yoko-mawashi uraken-uchi & migi jodan yoko-geri-keage / hidari chudan-mae-empi-uchi	right upper sideways back-fist strike & right upper side snap kick / left middle level-front-elbow strike (against palm)	zenkutsu-dachi	front stance	
9	hidari shuto gedan-barai	left shuto downward block	zenkutsu-dachi	front stance	
10	migi jodan shuto-uke / gyaku-hanmi	right upper knife-hand block / 45deg hip twist	zenkutsu-dachi	front stance	
11	migi jodan mae-geri-keage / hidari chudan osea-uke / migi chudan uraken-tate-uchi	right upper front snap kick / left middle-level pressing block / right middle-level vertical round back-fist strike	kosa-dachi	crossing stance	KIAI
12	hidari chudan kakiwake-uke	left middle-level both fists wedge block	kokutsu-dachi	back stance	slow
13	migi jodan mae-geri-keage / migi chudan oi-zuki / hidari chudan gyaku-zuki	right upper front snap kick / right middle-level stepping punch / left middle-level reverse punch	zenkutsu-dachi	front stance	
14	migi chudan kakiwake-uke	right middle-level both fists wedge block	kokutsu-dachi	back stance	slow
15	hidari chudan mae-geri-keage / hidari chudan mae-geri-keage / hidari chudan oi-zuki	left middle-level front snap kick / left middle-level front snap kick / left middle-level stepping punch	zenkutsu-dachi	front stance	
16	hidari chudan morote-uchi-uke	left middle-level augmented inside block	kokutsu-dachi	back stance	
17	migi chudan morote-uchi-uke	right middle-level augmented inside block	kokutsu-dachi	back stance	
18	hidari chudan morote-uchi-uke	left middle-level augmented inside block	kokutsu-dachi	back stance	
19	morote kubi-osae	two-handed hold to head	zenkutsu-dachi	front stance	
20	migi hiza-geri / hidari chudan shuto-uke	right (pull down) knee strike / left middle-level knife-hand block	kokutsu-dachi	back stance	KIAI
21	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
Yame					

Stances:

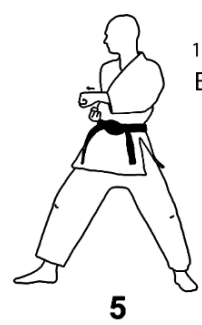




# Heian Godan

(Peaceful Mind - Level 5)

17-21 1  
7  
16  
8, 12  
10, 13, 14, 15  
Embusen



# Heian Godan Steps

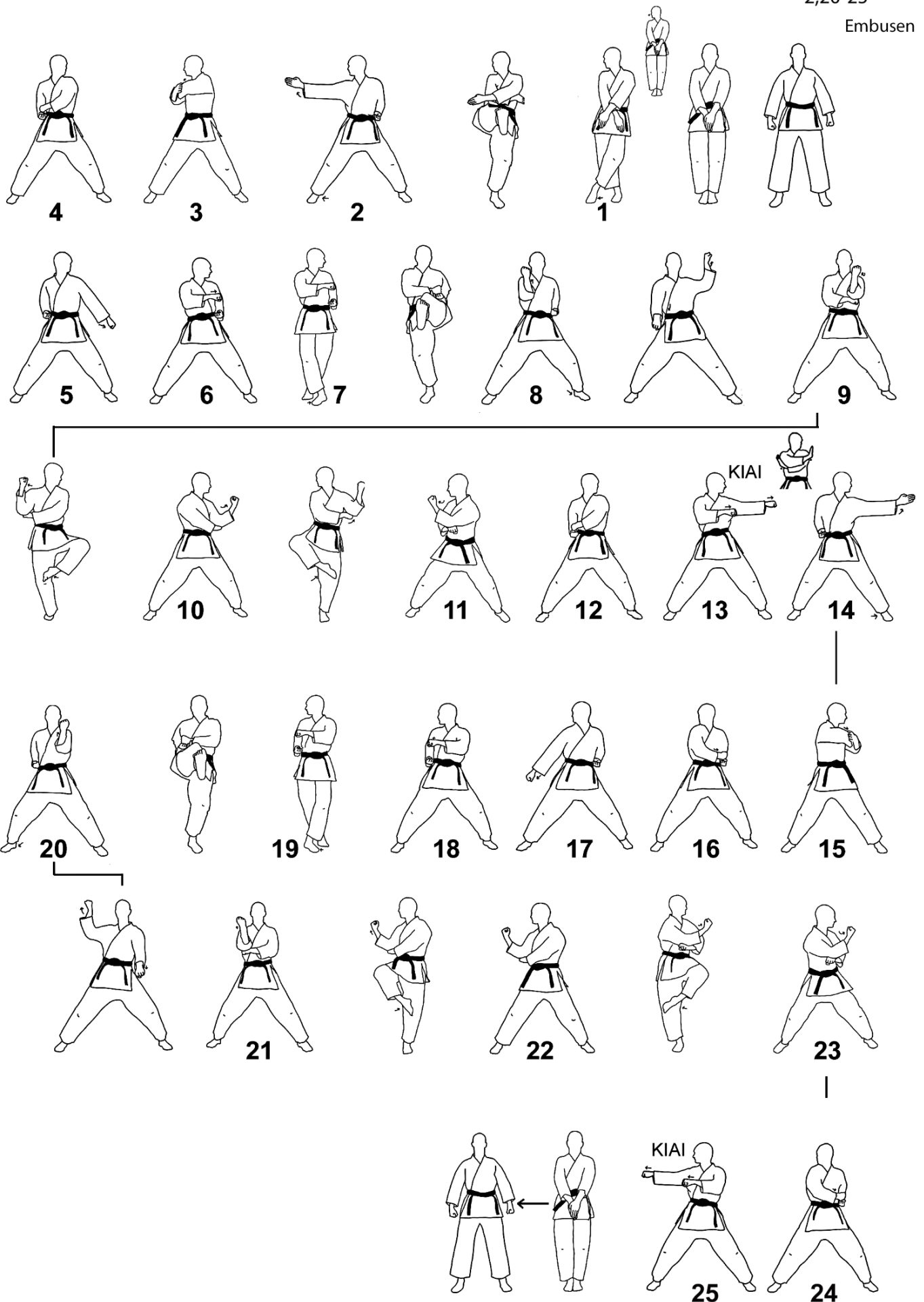
Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	hidari chudan uchi-uke	left middle-level inside block	kokutsu-dachi	back stance	
2	migi chudan gyaku-zuki	right middle-level reverse punch	kokutsu-dachi	back stance	
3	hidari chudan kagi-gamae (mizu-nagare no kamae)	left fist to hip & hook punch (water flowing posture)	heisoku-dachi	feet together stance	slow
4	migi chudan uchi-uke	right middle-level inside block	kokutsu-dachi	back stance	
5	hidari chudan gyaku-zuki	left middle-level reverse punch	kokutsu-dachi	back stance	
6	migi chudan kagi-gamae (mizu-nagare no kamae)	right fist to hip & hook punch (water flowing posture)	heisoku-dachi	feet together stance	slow
7	migi chudan morote-uke	right middle-level-augmented block	kokutsu-dachi	back stance	
8	hidari gedan juji-uke	left lower both fists cross block (X-block)	zenkutsu-dachi	front stance	
9	hidari jodan haishu juji-uke	left upper back-hand both fists cross block (X-block)	zenkutsu-dachi	front stance	
10	hidari chudan osae-uke / hidari ken chudan-zuki / migi chudan oi-zuki	left middle-level pressing block / left middle-level punch / right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
11	migi yoko-fumikomi / migi sokumen gedan-barai	right stamping kick / right side downward block	kiba-dachi	horse-riding stance	
12	hidari chudan haishu-uke	left middle-level back-hand-block	kiba-dachi	horse-riding stance	slow
13	migi chudan mikazuki-geri / migi chudan mae-empi-uchi	right middle-level crescent kick / right middle-level front-elbow strike (against palm)	kiba-dachi	horse-riding stance	
14	migi chudan morote-uke	right middle-level augmented block	kosa-dachi	crossing stance	
15	koho-zuki-age	rising punch to rear	renoji-dachi	L-stance	
16	suichoku janpu & kaho juji-uke / migi chudan morote-uke	vertical jump & land with downward X-block / right middle-level augmented block	zenkutsu-dachi	front stance	KIAI
17	hidari nagashi-uke / migi gedan nukite	left sweeping block / right lower spear-hand strike	zenkutsu-dachi	front stance	
18	manji-uke (hidari gedan-barai / migi jodan uchi-uke)	swirling posture (left downward block / right upper inside block)	kokutsu-dachi	back stance	
19	manji-gamae (hidari gedan-barai / migi jodan uchi-uke)	swirling posture (left downward block / right upper inside block)	heisoku-dachi	feet together stance	slow
20	manji-gamae (migi gedan-barai / hidari jodan uchi-uke) / hidari gedan nukite	swirling posture (right downward block / left upper inside block) / left lower spear-hand strike	zenkutsu-dachi	front stance	
21	manji-uke (migi gedan-barai / hidari jodan uchi-uke)	right downward block / left upper inside block	kokutsu-dachi	back stance	
Yame			hachiji-dachi	natural stance	

Stances:



(Horse Riding - Level 1)

1,7 8-18  
2,20-25  
Embusen



# Tekki Shodan Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	-	-	kosa-dachi	crossing stance	
2	migi yoko-fumikomi / migi yoko-chudan-haishu-uke	right stamping kick / right yoko-middle-level-back-hand-block	kiba-dachi	horse-riding stance	
3	hidari sokumen empi-uchi	left side elbow-strike	kiba-dachi	horse-riding stance	
4	kosa-gamae	face turning & both fists hip posture	kiba-dachi	horse-riding stance	
5	hidari sokumen gedan-barai	left side downward block	kiba-dachi	horse-riding stance	
6	migi chudan kagi-zuki	right middle-level hook-punch	kiba-dachi	horse-riding stance	
7	-	-	kosa-dachi	crossing stance	
8	hidari yoko-fumikomi / migi chudan uchi-uke	left stamping kick / right middle-level inside block	kiba-dachi	horse-riding stance	
9	hidari jodan nagashi-uke / migi uke-zuki / hidari uraken-uchi	left upper sweeping block / right blocking punch / left backfist strike	kiba-dachi	horse-riding stance	
10	hidari nami-gaeshi / hidari sokumen-uke	left return wave kick (or avoid)/ left side-block	kiba-dachi	horse-riding stance	
11	migi nami-gaeshi / hidari sokumen-uke	right return wave kick (or avoid)/ left side-block	kiba-dachi	horse-riding stance	
12	kosa-gamae	face turning / both fists hip posture	kiba-dachi	horse-riding stance	
13	hidari chudan morote-yoko-zuki	punch to left side & left hook punch	kiba-dachi	horse-riding stance	KIAI
14	hidari yoko-chudan-haishu-uke	left side-middle-level-back-hand-block	kiba-dachi	horse-riding stance	slow
15	migi sokumen empi-uchi	right side elbow-strike	kiba-dachi	horse-riding stance	
16	kosa-gamae	face turning / both fists hip posture	kiba-dachi	horse-riding stance	
17	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse-riding stance	
18	hidari chudan kagi-zuki	left middle-level hook-punch	kiba-dachi	horse-riding stance	
19	-	-	kosa-dachi	crossing stance	
20	migi yoko-fumikomi / hidari chudan ude-uke	right stamping kick / left middle-level inside block	kiba-dachi	horse-riding stance	
21	migi jodan nagashi-uke / hidari uke-zuki / migi jodan uraken-uchi	right upper sweeping block / left blocking punch / right upper backfist strike	kiba-dachi	horse-riding stance	
22	migi nami-gaeshi / migi sokumen-uke	face turning / right return wave-kick (or avoid) / right forearm block to side	kiba-dachi	horse-riding stance	
23	hidari nami-gaeshi / migi sokumen-uke	face turning / left return wave-kick (or avoid) / left forearm block to side	kiba-dachi	horse-riding stance	
24	koshi-gamae	both fists on hip posture	kiba-dachi	horse-riding stance	
25	morote-zuki	left punch to side & left hook punch	kiba-dachi	horse-riding stance	KIAI
Yame			heisoku-dachi	feet together stance	

Stances:



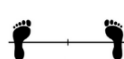
hachiji-dachi



heisoku-dachi



kosa-dachi

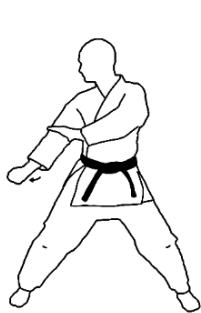


kiba-dachi

# Tekki Nidan

(Horse Riding - Level 2)

4,6, — 3 2,7 1  
15-18 14, 21 23-24  
Embusen



4



3



2



1



5



6



7



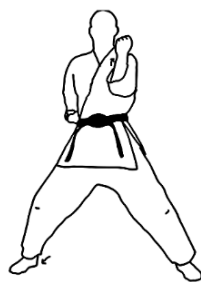
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9



10



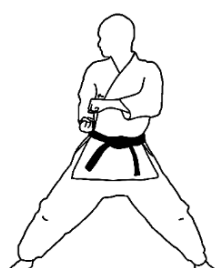
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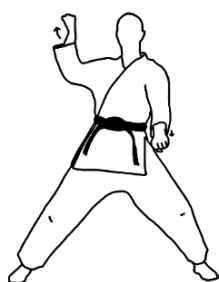
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12



11



16



17



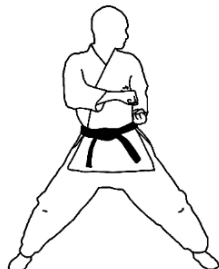
18



19



20



21



22



23



24





# Tekki Nidan Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	ryo-hiji harai-age	double rising elbow sweep	kosa-dachi	crossing stance	
2	hasami-uke & hiza-gamae / fumikomi-geri / sokumen-uke	scissors block & knee raise / stamping kick / side inside block (with support move on other hand)	kiba-dachi	horse-riding stance	
3	soto-ude-uke	lower outer block	kosa-dachi	crossing stance	
4	sokumen soete uchi-ude-uke	sideways supported inner block	kiba-dachi	horse-riding stance	
5	ryo-hiji harai-age	double rising elbow sweep	heisoku-dachi	feet together stance	
6	hasami-uke & hiza-gamae / fumikomi-geri / sokumen-uke	scissors block & knee raise / stamping kick / side inside block (with support move on other hand)	kiba-dachi	horse-riding stance	
7	hidari gedan soto-ude-uke	left lower outer block	kosa-dachi	crossing stance	
8	sokumen soete gedan uchi-uke	sideways supported inner block	kiba-dachi	horse-riding stance	
9	soete koshi-gamae	face turning & fists on hip posture	kiba-dachi	horse-riding stance	
10	soete sokumen-uke	sideways augmented inside block	kiba-dachi	horse-riding stance	
11	migi fumikomi-geri / migi soete mae empi-uchi	(fists on hip posture) right foot stamping / right front elbow strike	kiba-dachi	horse-riding stance	
12	migi sokumen tate shuto-uke	right side vertical knife-hand block	kiba-dachi	horse-riding stance	slow
13	hidari kagi-zuki	left hook-punch	kiba-dachi	horse-riding stance	
14	-	-	kosa-dachi	crossing stance	
15	migi fumikomi-geri / hidari chudan uchi-uke	right stamping kick/ left middle-level inside block	kiba-dachi	horse-riding stance	
16	migi jodan nagashi-uke / hidari uke-zuki / migi jodan ura-uchi-zuki	right upper sweeping block / left blocking punch / right upper close punch	kiba-dachi	horse-riding stance	KIAI
17	soete koshi-gamae	face turning & fists on hip posture	kiba-dachi	horse-riding stance	
18	hidari soete sokumen-uke	left sideways augmented inside block	kiba-dachi	horse-riding stance	
19	hidari fumikomi-geri / hidari soete mae empi-uchi	(fists on hip posture) left foot stamping kick / left front elbow strike	kiba-dachi	horse-riding stance	
20	hidari sokumen tate shuto-uke	left side vertical knife-hand block	kiba-dachi	horse-riding stance	slow
21	migi kagi-zuki	right hook-punch	kiba-dachi	horse-riding stance	
22	-	-	kosa-dachi	crossing stance	
23	hidari fumikomi-geri / migi chudan uchi-uke	left stamping kick/ right middle-level inside block	kiba-dachi	horse-riding stance	
24	hidari jodan nagashi-uke / migi uke-zuki / hidari jodan ura-uchi-zuki	left upper sweeping block / right blocking punch / left upper close punch	kiba-dachi	horse-riding stance	KIAI
Yame			hachiji-dachi	natural stance	

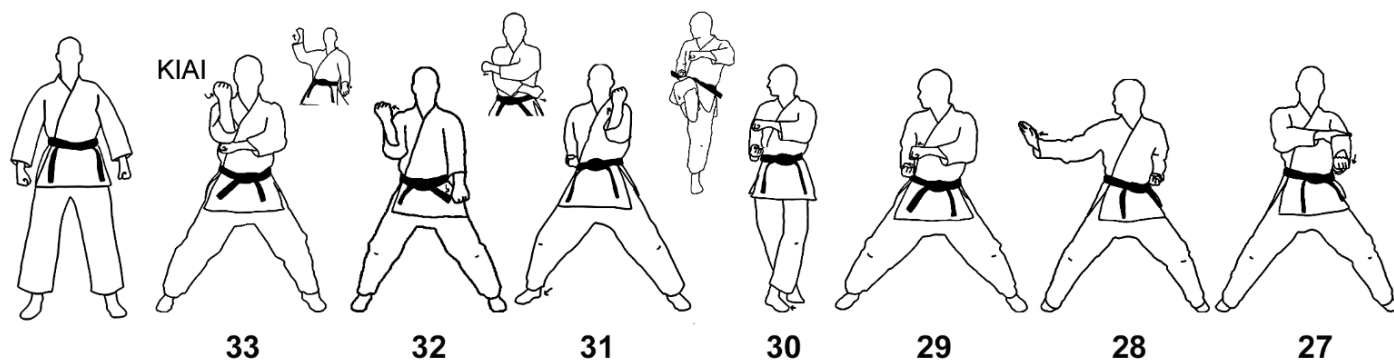
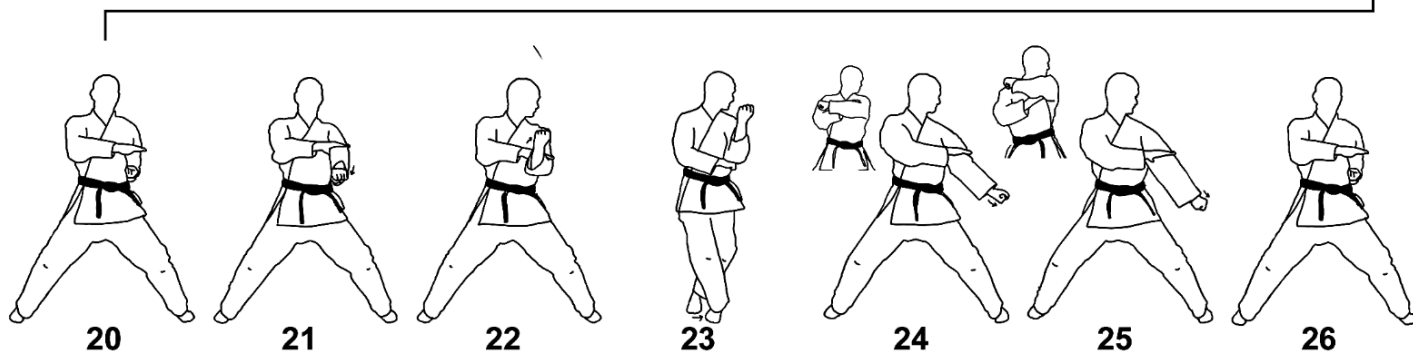
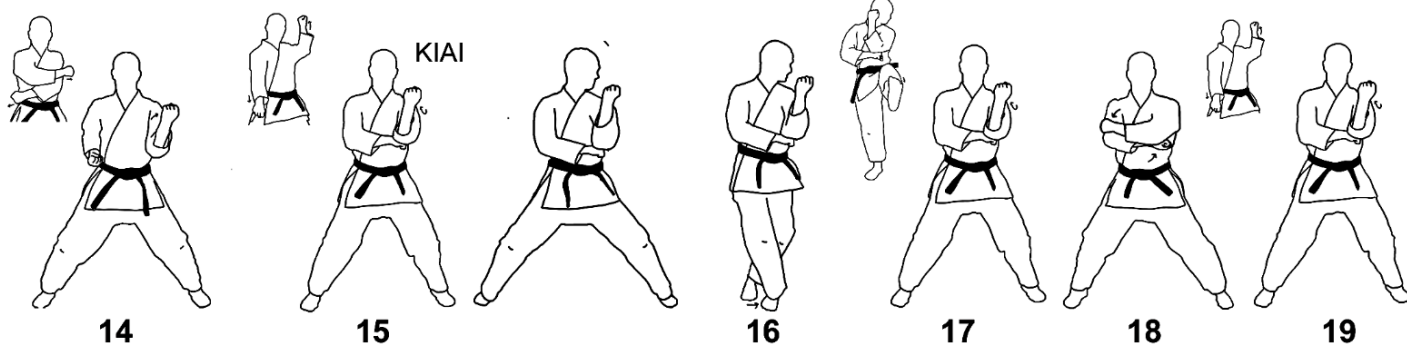
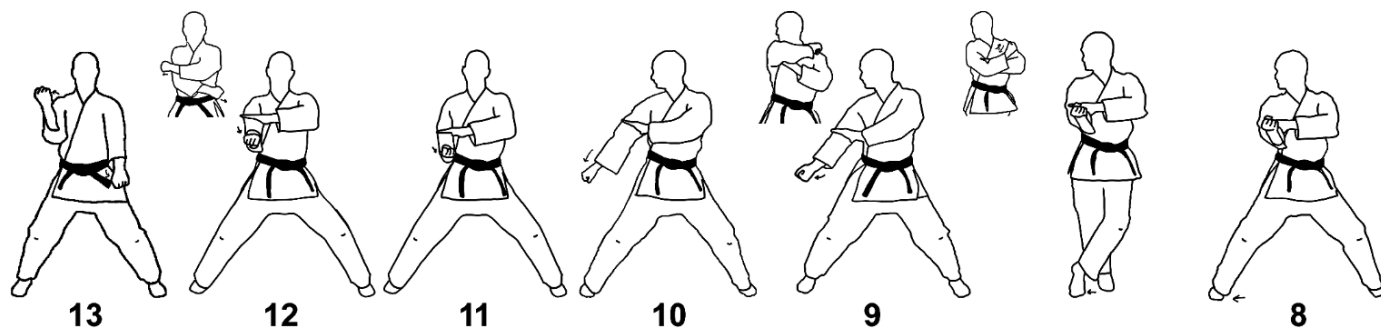
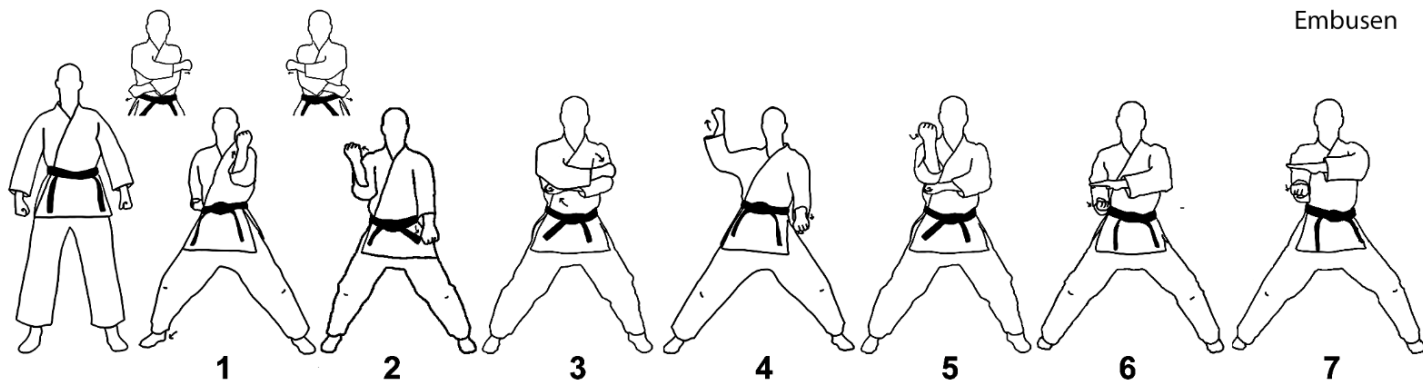
Stances:



# Tekki Sandan

(Horse Riding - Level 3)

9-15 16 1-8 24-29  
17-22 31-33  
Embusen



# Tekki Sandan Steps

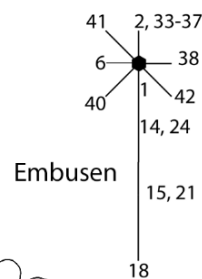
Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	hidari chudan uchi-uke	left middle-level inside block	kiba-dachi	horse-riding stance	
2	kosa-uke	double block	kiba-dachi	horse-riding stance	
3	yoko ude-hasami	forearm falling strike / forearm pressing block	kiba-dachi	horse-riding stance	
4	migi jodan nagashi-uke / hidari kagi-gamae	right upper sweeping block / left flowing block posture	kiba-dachi	horse-riding stance	
5	migi jodan ura-zuki	right upper close punch	kiba-dachi	horse-riding stance	
6	ryusui no kamae	(hands on) hip posture	kiba-dachi	horse-riding stance	
7	soesho migi chudan-zuki	right punch under palm	kiba-dachi	horse-riding stance	
8	soesho kaeshi-ude	forearm twist block under palm	kiba-dachi	horse-riding stance	
9	migi sokumen gedan uchi-uke	right side lower inside block	kiba-dachi	horse-riding stance	
10	hazushi-te / migi sokumen tetsui-otoshi-uchi	pull away hand / right side downward hammer fist strike	kiba-dachi	horse-riding stance	
11	soesho hiki-te	fist pull back under palm	kiba-dachi	horse-riding stance	
12	soesho migi chudan-zuki	right middle-level punch under palm	kiba-dachi	horse-riding stance	
13	kosa-uke	double block	kiba-dachi	horse-riding stance	
14	kosa-uke	double block	kiba-dachi	horse-riding stance	
15	hidari jodan nagashi-uke / hidari jodan ura-zuki	left upper sweeping block / left upper close punch	kiba-dachi	horse-riding stance	KIAI
16	jotai-sonomama	upper body as is	kosa-dachi	crossing stance	
17	hiza-gamae / hidari fumikomi-geri / soete uraken-gamae	knee raise / left stamping kick/ back hand strike posture	kiba-dachi	horse-riding stance	
18	yoko ude-hasami	side forearm scissor block	kiba-dachi	horse-riding stance	
19	hidari jodan nagashi-uke / migi kagi-gamae / hidari jodan ura-zuki	left upper sweeping block / right hooking punch posture / left upper close punch	kiba-dachi	horse-riding stance	
20	ryusui no kamae	pull back left fight whilst opening right hand	kiba-dachi	horse-riding stance	
21	soesho hidari chudan-zuki	left middle-level punch under palm	kiba-dachi	horse-riding stance	
22	soesho kaeshi-ude	forearm twist block under palm	kiba-dachi	horse-riding stance	
23	jotai-sonomama	upper body as is	kosa-dachi	crossing stance	
24	hiza-gamae / hidari sokumen gedan uchi ude-uke	left side lower inside block	kiba-dachi	horse-riding stance	
25	hazushi-te / hidari sokumen tetsui-otoshi-uchi	pull away hand / left side downward hammer fist strike	kiba-dachi	horse-riding stance	
26	soesho hiki-te	fist pull back under palm	kiba-dachi	horse-riding stance	
27	soesho hidari chudan-zuki	middle-level front punch under palm	kiba-dachi	horse-riding stance	
28	migi sokumen Tate Shuto-uke	right side vertical knife-hand block	kiba-dachi	horse-riding stance	
29	hidari kagi-zuki	left hook-punch	kiba-dachi	horse-riding stance	
30	jotai-sonomama	upper body as is	kosa-dachi	crossing stance	
31	hiza-gamae / migi mae-geri / hidari chudan uchi-uke	knee raise / right front snap kick/ left middle-level inside block	kiba-dachi	horse-riding stance	
32	kosa-uke	double block	kiba-dachi	horse-riding stance	
33	migi jodan nagashi-uke / migi jodan ura-zuki	right upper sweeping block / right upper close punch	kiba-dachi	horse-riding stance	KIAI
Yame					

Stances:



# Bassai Dai

(To Penetrate A Fortress - big)





# Bassai Dai Steps

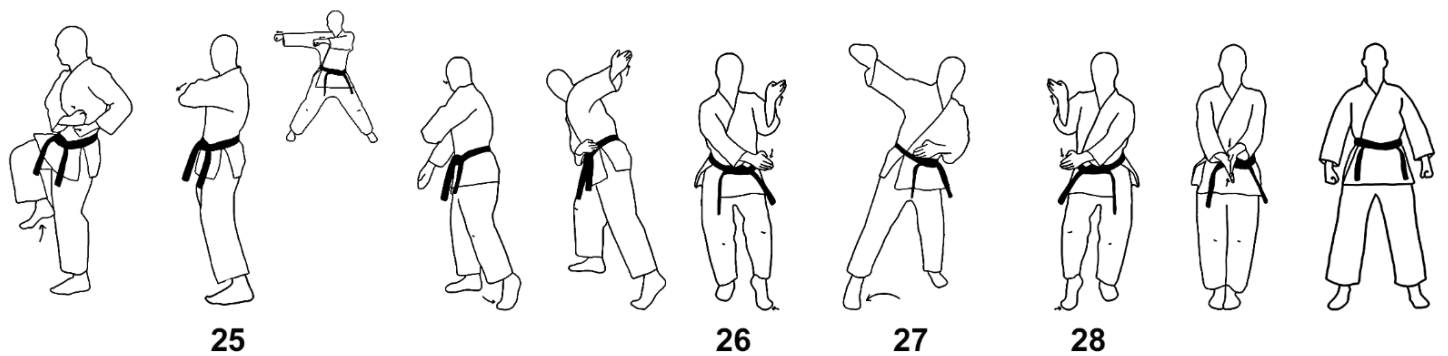
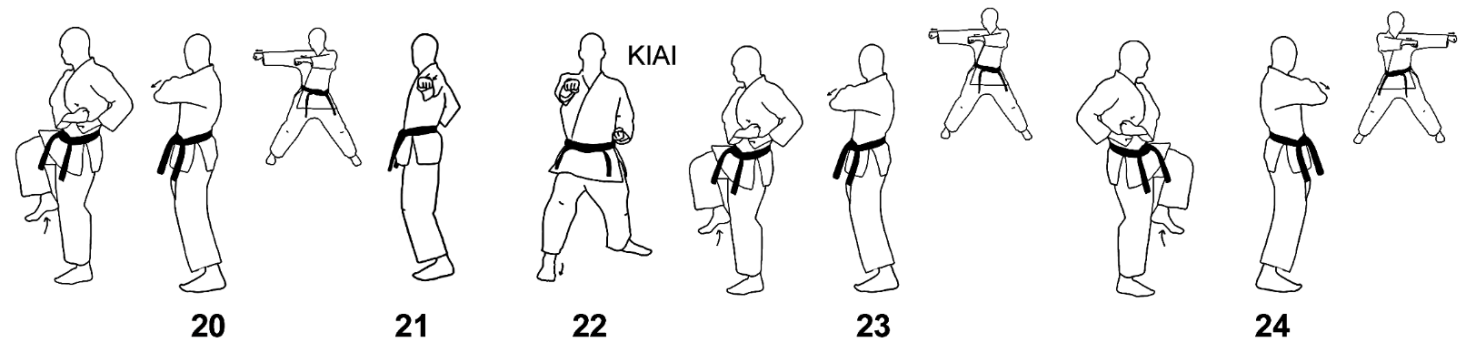
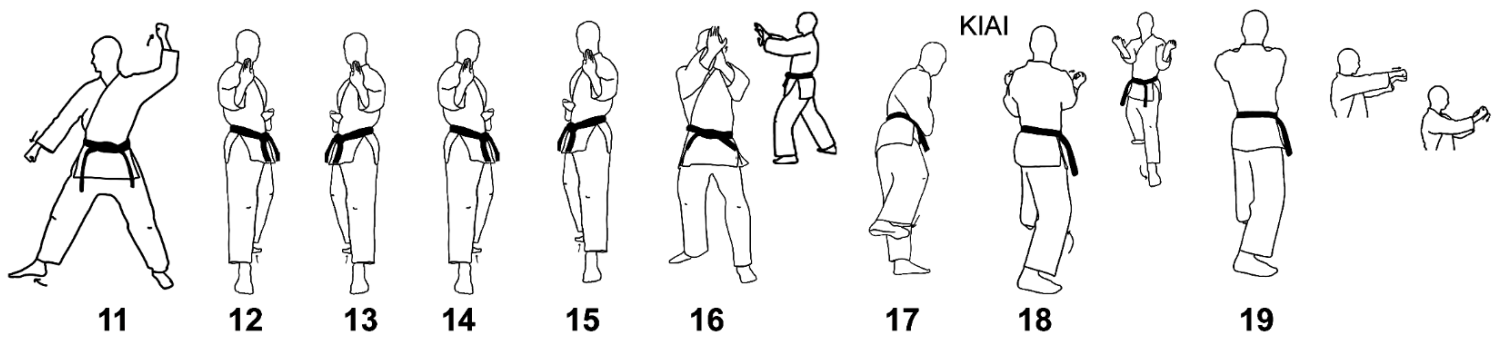
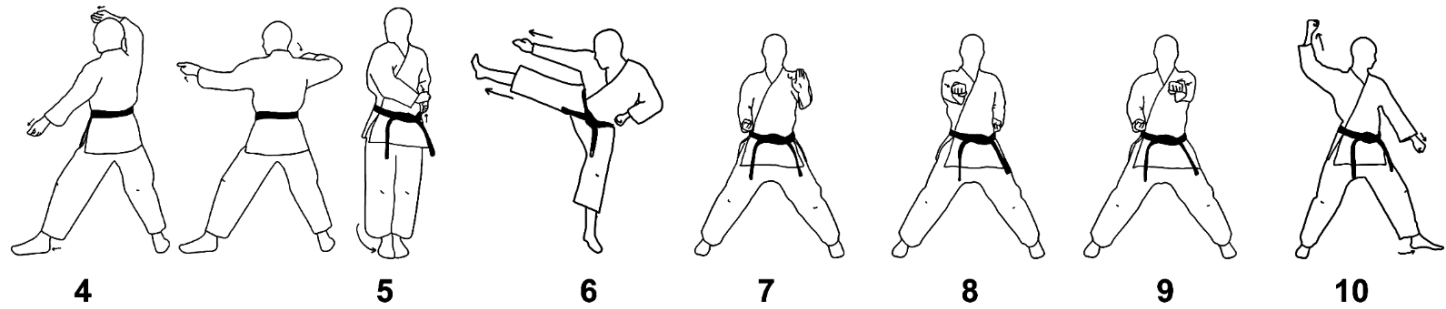
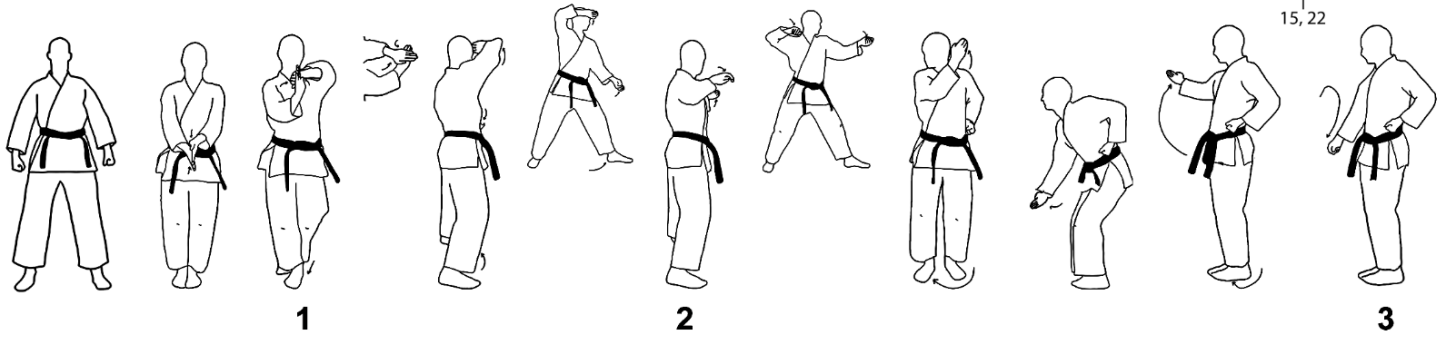
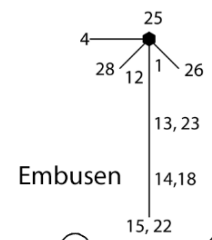
Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	migi uchi ude-uke / hidari soete (bassai-uke)	left hand inside block supported by right palm	kosa-dachi	crossing stance	chudan
2	hidari chudan uchi-uke	left middle-level inside block	zenkutsu-dachi	front stance	chudan
3	migi chudan gyaku- uchi-uke / gyaku-hanmi	right reverse middle-level inside block / 45deg hip twist	zenkutsu-dachi	front stance	chudan
4	hidari chudan gyaku-soto-uke / gyaku-hanmi	left reverse middle-level outside-block / 45deg hip twist	zenkutsu-dachi	front stance	chudan
5	migi chudan uchi-uke	right middle-level inside block	zenkutsu-dachi	front stance	chudan
6	migi gedan sukui-uke / migi chudan soto-uke	right lower scooping block / right middle-level outside-block	zenkutsu-dachi	front stance	gedan
7	hidari chudan gyaku-uchi-uke / gyaku-hanmi	left middle-level reverse inside block / 45deg hip twist	zenkutsu-dachi	front stance	chudan
8	kosa-gamae	both fists on hips posture	hachiji-dachi	natural stance	--
9	hidari chudan tate shuto-uke	left middle-level vertical knife-hand block	hachiji-dachi	natural stance	slow
10	migi chudan zuki	right middle-level punch	hachiji-dachi	natural stance	
11	migi chudan uchi-uke	right middle-level inside block	hachiji-dachi	natural stance	
12	hidari chudan zuki	left middle-level punch	hachiji-dachi	natural stance	
13	hidari chudan uchi-uke	left middle-level inside block	hachiji-dachi	natural stance	
14	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
15	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
16	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
17	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	step back
18	ryosho-tsukami-uke	both palms grasping block	sho zenkutsu-dachi	shortened front stance	slow
19	sokuto-kekomi / ryosho-tsukami-yose	sword-foot thrust kick / both palms grasping-pulling	ashi-dachi	raised leg stance	KIAI
20	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
21	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
22	jodan morote-age-uke	upper double-rising block	heisoku-dachi	feet together stance	
23	chudan tettsumi-hasami-uchi	middle-level double hammer fist scissor strike	zenkutsu-dachi	front stance	
24	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
25	soto-nagashi-uke / gedan-nukite	outside flowing block / sword-hand thrusting strike	sho zenkutsu-dachi	shortened front stance	slow
26	manji-uke	swirling posture (left downward block / right upper inside block)	heisoku-dachi	feet together stance	
27	migi yoko-fumikomi / migi gedan-barai	right stamping kick / right downward block	kiba-dachi	horse-riding stance	slow
28	hidari chudan haishu-uke	left middle-level back-hand-block	kiba-dachi	horse-riding stance	
29	migi chudan mikazuki-geri / migi empi-uchi	right middle-level crescent kick / right elbow-strike	kiba-dachi	horse-riding stance	
30	gedan-uke / zenwan-mune-kamae	right downward block / forearm chest posture	kiba-dachi	horse stance	
31	gedan-uke / zenwan-mune-kamae	left downward block / forearm chest posture	kiba-dachi	horse stance	
32	ryoken-koshi-gamae	both fists hip posture	sho zenkutsu-dachi	shortened front stance	
33	yama-zuki	wide U-punch to face and midsection (mountain punch)	zenkutsu-dachi	front stance	
34	ryoken-koshi-gamae	both fists on hip posture	heisoku-dachi	feet together stance	slow
35	harai fumikomi / yama-zuki	sweeping stamping kick / wide U-punch to face and midsection (mountain punch)	zenkutsu-dachi	front stance	
36	ryoken-koshi-gamae	both fists on hip posture	heisoku-dachi	feet together stance	slow
37	harai-fumikomi / yama-zuki	sweeping-stamping kick / wide U-punch to face and midsection	zenkutsu-dachi	front stance	
38	migi gedan sukui-uke	right lower scooping block	hiza-dachi	knee bend stance	
39	hidari gedan sukui-uke	left lower scooping block	hiza-dachi	knee bend stance	
40	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
41	jotai-sonomama (ushiro shuto-uke)	upper body as is (backwards knife-hand block)	kokutsu-dachi	back stance	slow and at 45deg
42	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	KIAI at 45deg]
Yame			heisoku-dachi	feet together stance	

Stances:



# Bassai Sho

(To Penetrate A Fortress - small)





# Bassai Sho Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	ryosho-koho-awase-uke & ryosho-juji-awase-uke	pressing block behind & combined backhand block	kosa-dachi	crossing stance	
2	ryosho-jo-uke & suihei-jo-dori	both palms stick block & horizontal stick grab	kokutsu-dachi	back stance	slow
3	migi haito-sukui-uke & gedan-barai	ridge hand scooping block & downward block	heisoku-dachi	feet together closed leg stance	
4	ryosho-jo-uke & suihei-jo-dori	both palms stick block & horizontal stick grab	kokutsu-dachi	back stance	slow
5	ryote-ryoken-koshi-gamae	both hands on hip posture	heisoku-dachi	feet together closed leg stance	
6	migi yoko-geri-keage / migi haito-uchi	right side snap kick / right ridge hand block	ashi-dachi	raised leg stance	
7	hidari chudan tate-shuto-uke	left middle-level vertical-knife-hand block	kiba-dachi	horse stance	slow
8	migi chudan-zuki	right middle level punch	kiba-dachi	horse stance	
9	hidari chudan-zuki	left middle level punch	kiba-dachi	horse stance	
10	hidari manji-uke	left swirling posture (left downward block / right upper inside block)	kokutsu-dachi	back stance	
11	migi manji-uke	right swirling posture (left downward block / right upper inside block)	kokutsu-dachi	back stance	
12	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
13	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
14	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
15	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	step back
16	ryosho-tsukami-uke (bassai-uke)	both palms grasping block	sho zenkutsu-dachi	shortened front stance	slow
17	sokuto-kekomi / ryosho-tsukamiyose	sword-foot thrust kick / both palms grasping-pulling	ashi-dachi	raised leg stance	KIAI
18	ryoken-kakiwake-uke	both fists wedge block	kokutsu-dachi	back stance	
19	jodan heiko ura-zuki	upper parallel close punch	kokutsu-dachi	back stance	
20	migi chudan soto-uke / deashi-barai & ryoken-koshi-gamae & morote-sokumen-zuki	outside block / foot sweep & both fists on hip posture & double-hand punch to side	ashi-dachi	raised leg stance	
21	hidari chudan tetsui-uchi	left middle-level inside hammer-fist strike	kiba-dachi	horse stance	
22	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
23	migi soto-uke / deashi-barai & ryoken-koshi-gamae & morote-sokumen-zuki	right outside block / foot sweep & both fists on hip posture & double-hand punch to side	ashi-dachi	raised leg stance	
24	hidari soto-uke / deashi-barai & ryoken-koshi-gamae & morote-sokumen-zuki	left outside block / foot sweep & both fists on hip posture & double-hand punch to side	ashi-dachi	raised leg stance	
25	migi soto-uke / deashi-barai & ryoken-koshi-gamae & morote-sokumen-zuki	right outside block / foot sweep & both fists on hip posture & double-hand punch to side	ashi-dachi	raised leg stance	
26	ura ashi-gake / hidari jodan shuto-uke / morote-hiki-otoshi	back leg hook sweep / left upper knife-hand block / both palms grasping block	neko-ashi-dachi	cat stance	slow
27	yoko sashi-ashi	side-ways step across			
28	ura ashi-gake / migi jodan shuto-uke / morote-hiki-otoshi	back leg hook sweep / right upper knife-hand block / both palms grasping block	neko-ashi-dachi	cat stance	slow
Yame					

## Stances:



kiba-dachi



heisoku-dachi



kosa-dachi



hachiji-dachi



neko-ashi-dachi



sagi ashi-dachi



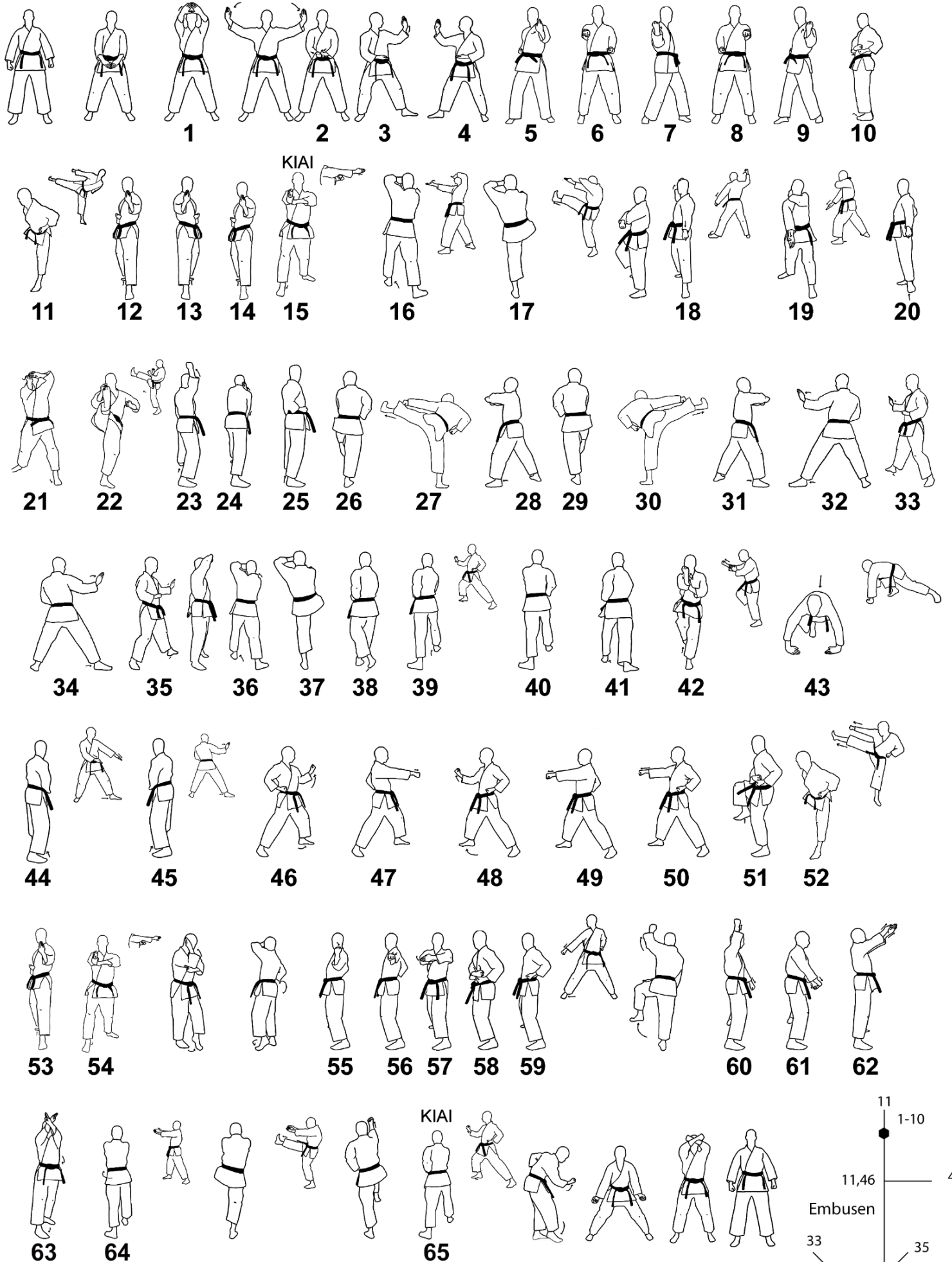
zenkutsu-dachi



kokutsu-dachi

# Kanku Dai

(To Look At The Sky - big)





# Kanku Dai Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	ryote-hitae-mae-ue	both hands in front and above forehead	hachiji-dachi	natural stance	slow
2	ryote-kafukubu-mae	both hands in front of abdomen	hachiji-dachi	natural stance	slow
3	hidari jodan haiwan-uke	left upper back of forearm block	kokutsu-dachi	back stance	
4	migi jodan haiwan-uke	right upper back of forearm block	kokutsu-dachi	back stance	
5	hidari chudan tate shuto-uke	left middle-level vertical knife-hand block	hachiji-dachi	natural stance	slow
6	migi chudan-zuki	right middle-level punch	hachiji-dachi	natural stance	
7	migi chudan uchi-uke	right middle-level inside block	hiza-kutsu	knee bend	
8	hidari chudan-zuki	left middle-level punch	hachiji-dachi	natural stance	
9	hidari chudan uchi-uke	left middle-level inside block	hiza-kutsu	knee bend	
10	ryoken-koshi-gamae	both fists hip posture	ashi-dachi	raised leg stance	
11	migi yoko-geri-keage / migi jodan yoko-mawashi uraken-uchi	right side snap kick / right upper sideways back-fist strike	ashi-dachi	raised leg stance	
12	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
13	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
14	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
15	hidari osae-uke / migi chudan shihon-nukite (tate-nukite)	left pressing block / right four finger spear-hand strike (vertical spear-hand strike)	zenkutsu-dachi	front stance	KIAI
16	shuto-jodan-barai & jodan-uke / shuto-soto-mawashi-uchi	upper right knife-hand sweep & left hand face block / outside sword-hand strike	sho zenkutsu-dachi	shortened front stance	
17	migi jodan mae-geri	right upper front kick	ashi-dachi	raised leg stance	
18	manji-uke (migi jodan-uchi-uke / hidari gedan-barai)	swirling posture right downward block / left upper inside block	kokutsu-dachi	back stance	
19	hidari nagashi-uke / migi gedan shuto-uchikomi	left sweeping block / right lower knife-hand thrusting strike	zenkutsu-dachi	extended front stance	
20	hidari gedan-gamae	left downward block (gesture)	renoji-dachi	L-stance	slow
21	shuto-jodan-barai & jodan-uke / shuto-soto-mawashi-uchi	upper right knife-hand sweep & left hand face block / outside sword-hand strike	sho zenkutsu-dachi	shortened front stance	
22	migi jodan mae-geri	right high front kick	ashi-dachi	raised leg stance	
23	manji-uke (migi jodan-uchi-uke / hidari gedan-barai)	swirling posture right downward block / left upper inside block	kokutsu-dachi	back stance	
24	hidari nagashi-uke / migi gedan-nukite	flowing block / knife-hand thrusting strike	zenkutsu-dachi	extended front stance	
25	hidari gedan-gamae	left downward blocking posture	renoji-dachi	L-stance	slow
26	koshi-gamae	both fists on hip posture	ashi-dachi	raised leg stance	
27	hidari yoko-geri-keage / hidari jodan yoko-mawashi uraken	left side snap kick / left upper sideways back-fist strike	ashi-dachi	raised leg stance	
28	migi chudan mae empi-uchi	right middle-level front elbow-strike	zenkutsu-dachi	front stance	
29	ryoken-koshi-gamae	both fists hip posture	ashi-dachi	raised leg stance	
30	migi yoko-geri-keage / migi yoko-mawashi uraken-uchi	right side snap kick / right sideways back-fist strike	ashi-dachi	raised leg stance	
31	hidari chudan mae empi-uchi	left middle-level front elbow-strike	zenkutsu-dachi	front stance	
32	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
33	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
34	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
35	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
36	jodan shuto-jodan-barai & jodan-uke / shuto-soto-mawashi-uchi	right upper knife-hand sweep & left hand face block / outside sword-hand strike	sho zenkutsu-dachi	shortened front stance	
37	migi jodan mae-geri	right upper front kick	ashi-dachi	raised leg stance	
38	migi chudan uraken-tate-mawashi-uchi	right middle-level vertical back-fist strike	kosa-dachi	crossing stance	
39	uchi-uke	inside block	zenkutsu-dachi	front stance	
40	gyaku-zuki	reverse punch	zenkutsu-dachi	front stance	
41	hidari chudan gyaku-zuki	left middle-level reverse punch	zenkutsu-dachi	front stance	
42	migi chudan-zuki	right middle-level punch	ashi-dachi	raised leg stance	
43	migi ura-zuki / hiza-gamae	right close punch / knee lift posture	zenkutsu-dachi	(extended) front stance	
44	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
45	hidari chudan uchi-uke	left middle-level inside block	kokutsu-dachi	back stance	
46	migi chudan gyaku-zuki	right middle-level reverse punch	zenkutsu-dachi	front stance	
47	migi chudan uchi-uke	right middle-level inside block	zenkutsu-dachi	front stance	
48	hidari chudan gyaku-zuki	left middle-level reverse punch	zenkutsu-dachi	front stance	
49	migi chudan-zuki	right middle-level punch	zenkutsu-dachi	front stance	
50	zuki	punch	zenkutsu-dachi	front stance	
51	ryoken-koshi-gamae	both fists hip posture	ashi-dachi	raised leg stance	
52	migi uraken-yoko-mawashi-uchi / migi yoko-geri-keage	right sideways back-fist strike / right side snap kick	ashi-dachi	raised leg stance	
53	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
54	hidari osae-uke / right shihon-nukite (tate-nukite)	left pressing block / right four finger spear-hand strike (vertical spear-hand strike)	zenkutsu-dachi	front stance	
55	hidari uraken-tate-mawashi-uchi	left vertical back-fist strike	kiba-dachi	horse stance	
56	hidari chudan tetsui-uchi	left middle-level inside hammer-fist strike	kiba-dachi	horse stance	
57	migi sokumen empi-uchi	right side elbow-strike	kiba-dachi	horse stance	
58	ryoken-koshi-gamae	both fists hip posture	kiba-dachi	horse stance	
59	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse stance	
60	ryo-ude mawashi-uke	double arm circular block	kiba-dachi	horse stance	
61	migi otoshi-zuki	right dropping punch	kiba-dachi	horse stance	
62	kaisho-kosa-uke (ryosho-juji-uke)	both palms crossing block (X-block)	hachiji-dachi	natural stance	
63	ashi-jiku-mawari	foot pivot rotation	zenkutsu-dachi	front stance	
64	ryoken-mune-mae-kosa	both fists crossed in front of chest	zenkutsu-dachi	front stance	slow
65	hidari tobi-geri / migi tobi-geri (nidan geri) / uraken-tate-mawashi-uchi	left jumping kick / right jumping kick (double kick) / right middle-level vertical backfist strike	zenkutsu-dachi	front stance	KIAI
Yame					

Stances:



tsuru ashi-dachi



kosa-dachi



hachiji-dachi



zenkutsu-dachi



heisoku-dachi



kiba-dachi



renoji-dachi



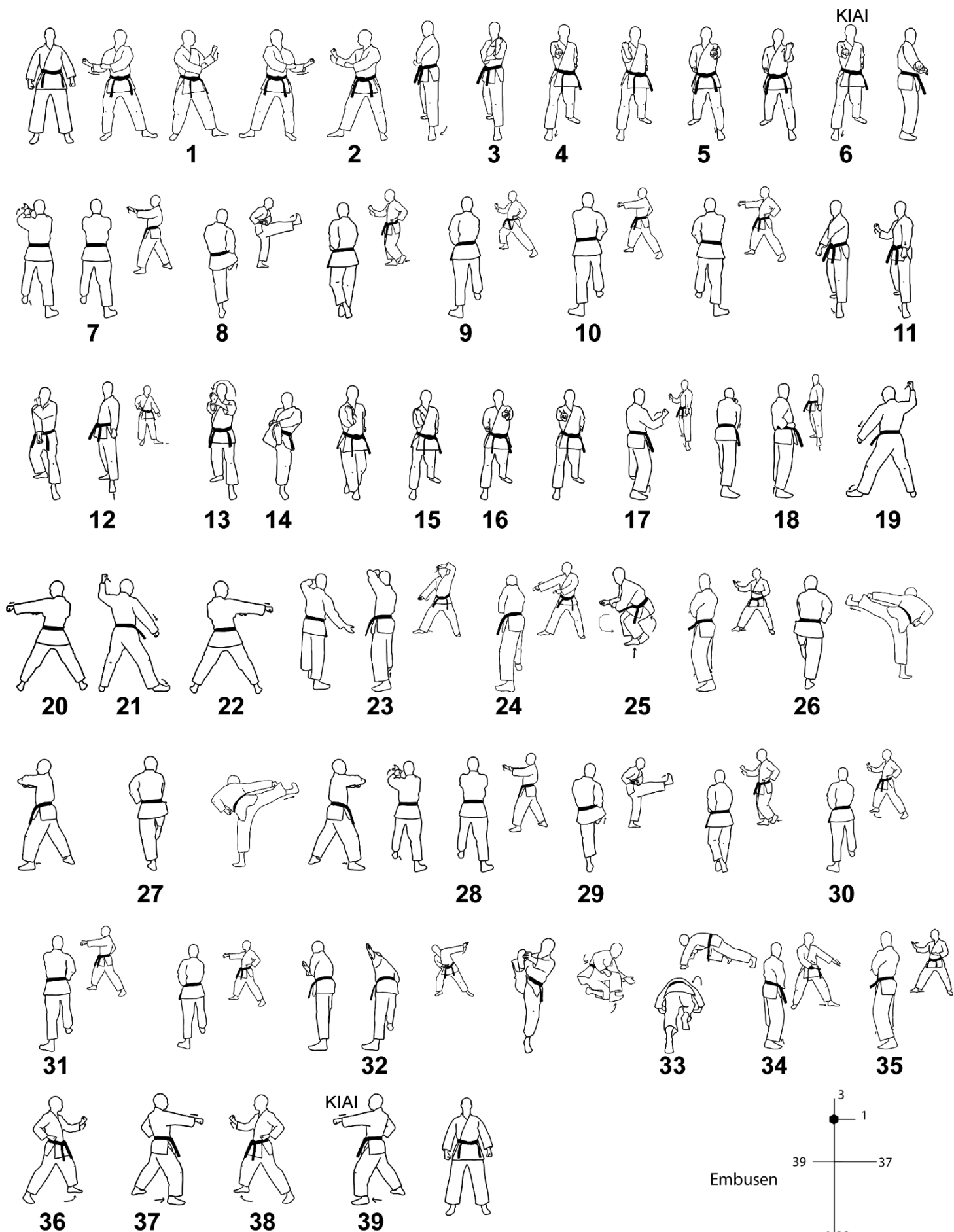
kokutsu-dachi



hiza-kutsu

# Kanku Sho

(To Look At The Sky - small)

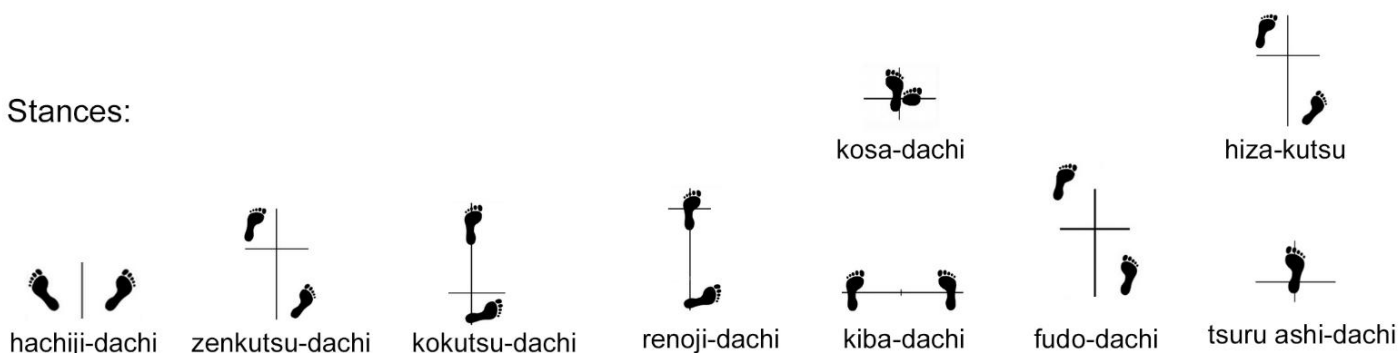




# Kanku Sho Steps

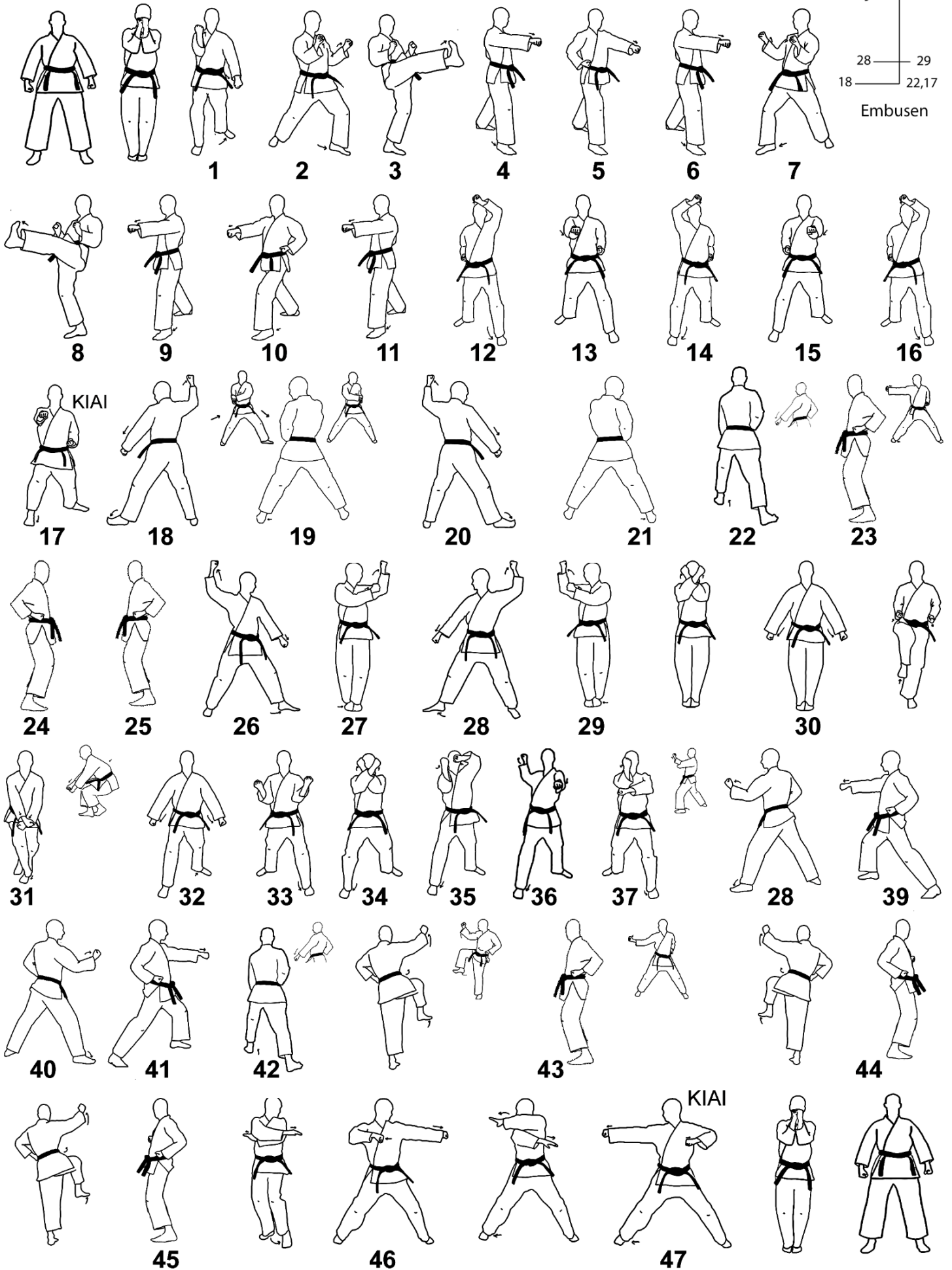
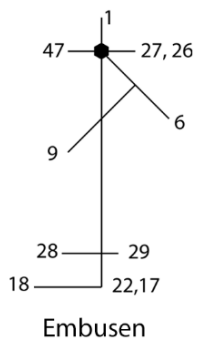
Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	hidari chudan morote-uke	left middle-level augmented block	kokutsu-dachi	back stance	
2	migi chudan morote-uke	right middle-level augmented block	kokutsu-dachi	back stance	
3	hidari chudan morote-uke	left middle-level augmented block	kokutsu-dachi	back stance	
4	migi chudan oi-zuki / hineri-kaeshi	right middle-level stepping punch / forearm twist	zenkutsu-dachi	front stance	
5	hidari chudan oi-zuki / hineri-kaeshi	left middle-level stepping punch / forearm twist	zenkutsu-dachi	front stance	
6	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
7	soete kake-dori	augmented hooking grasping block	zenkutsu-dachi	front stance	slow
8	tsukami-dori / migi chudan mae-geri / hidari chudan osae-uke / migi tate uraken-uchi	grasping clutch/ right middle-level front kick / left middle-level pressing block / right vertical backfist strike	kosa-dachi	crossing stance	
9	migi chudan uchi-uke	right middle-level inside block	zenkutsu-dachi	front stance	
10	hidari chudan gyaku-zuki / migi chudan jun-zuki	left middle-level reverse punch / right middle level punch	zenkutsu-dachi	front stance	
11	kasui-ken (migi chudan uchi-uke / hidari gedan-barai)	side right middle-level inside block / front left downward block	kokutsu-dachi	back stance	
12	hidari gedan-barai	left downward block	renoji-dachi	L-stance	slow
13	soete kake-dori	augmented hooking grasp	zenkutsu-dachi	front stance	slow
14	tsukami-dori / migi chudan mae-geri / hidari chudan osae-uke / migi tate uraken-uchi	grasping clutch/ right middle-level front kick / left middle-level pressing block / right vertical backfist strike	kosa-dachi	crossing stance	
15	migi chudan uchi-uke	right middle-level inside block	zenkutsu-dachi	front stance	
16	hidari chudan gyaku-zuki / migi chudan jun-zuki	left middle-level reverse punch / right middle level punch	zenkutsu-dachi	front stance	
17	kasui-ken (migi chudan uchi-uke / hidari gedan-barai)	side right middle-level inside block / front left downward block	kokutsu-dachi	back stance	
18	gedan-gamae	downward blocking posture	renoji-dachi	L-stance	slow
19	manji-uke (migi jodan-uchi-uke / hidari gedan-barai)	swirling posture right downward block / left upper inside block	kokutsu-dachi	back stance	
20	sokumen morote-zuki	side double punch	kiba-dachi	horse stance	
21	manji-uke (hidari jodan-uchi-uke / migi gedan-barai)	swirling posture (left upper-inside block / right downward block)	kokutsu-dachi	back stance	
22	migi chudan uchi-uke / sokumen morote-zuki	right middle-level inside block / side double punch	kiba-dachi	horse stance	
23	morote jo-uke	double handed staff (stick block)	kokutsu-dachi	back stance	slow
24	jo-sukami zuki-otoshi	staff grab and thrust	fudo-dachi (sochin dachi)	low & rooted stance	
25	tenshin / tobi-geri / migi chudan shuto-uke	body rotation / jumping kick / right middle-level knife-hand block	kokutsu-dachi	back stance	
26	koshi-gamae / hidari yoko-geri keage / hidari yoko-mawashi uraken-uchi / migi mae empi-uchi	both fists on hip posture / left side snap kick / left sideways back-fist strike / right front elbow-strike	ashi-dachi	raised leg stance	
27	koshi-gamae / migi yoko-geri keage / migi yoko-mawashi uraken-uchi / hidari mae empi-uchi	both fists on hip posture / right side snap kick / right sideways back-fist strike / left front elbow-strike	ashi-dachi	raised leg stance	
28	soete kake-dori	augmented hooking grasping block	zenkutsu-dachi	front stance	slow
29	tsukami-dori / migi chudan mae-geri / hidari chudan hirate osae-uke / migi tate uraken-uchi	grasping clutch/ right middle-level front kick / left middle-level slapping pressing block / right vertical backfist strike	kosa-dachi	crossing stance	
30	migi chudan uchi-uke	right middle-level inside block	zenkutsu-dachi	front stance	
31	hidari chudan gyaku-zuki / migi chudan jun-zuki	left middle-level reverse punch / right middle-level front-punch	zenkutsu-dachi	front stance	
32	hidari ushiro jodan haishu-uke	left reverse upper back-hand-block	hiza-kutsu	knee bend (long leaning front stance)	slow
33	jodan tobi ashi-barai / tobi ushiro-geri / ryote-fuse	upper jumping leg sweep / jumping back kick / drop to floor	zenkutsu-dachi	front stance (long)	
34	morote gedan shuto-uke	double lower knife-hand block	kokutsu-dachi	back stance	
35	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
36	hidari chudan uchi-uke	left middle-level inside block	zenkutsu-dachi	front stance	
37	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
38	migi chudan uchi-uke	right middle-level inside block	zenkutsu-dachi	front stance	
39	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
Yame					

Stances:



# Jion

(Temple)





# Jion Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	kosa-uke (uchi-uke / gedan-uke)	inside block / downward block	zenkutsu-dachi	front stance	
2	chudan kakiwake-uke	middle-level both fists wedge block	zenkutsu-dachi	front stance	slow
3	migi mae-geri	right front kick	ashi-dachi	raised leg stance	
4	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	Variant: Vertical punches
5	hidari chudan gyaku-zuki	left middle-level reverse punch	zenkutsu-dachi	front stance	
6	migi chudan zuki	right middle-level punch	zenkutsu-dachi	front stance	
7	chudan kakiwake-uke	middle-level both fists wedge block	zenkutsu-dachi	front stance	slow
8	hidari mae-geri	left front kick	ashi-dachi	raised leg stance	
9	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	Variant: Vertical punches
10	migi chudan gyaku-zuki	right middle-level reverse punch	zenkutsu-dachi	front stance	
11	hidari chudan zuki	left middle-level punch	zenkutsu-dachi	front stance	
12	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	
13	migi chudan gyaku-zuki	right middle-level reverse punch	zenkutsu-dachi	front stance	
14	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	
15	hidari chudan gyaku-zuki	left middle-level reverse punch	zenkutsu-dachi	front stance	
16	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	
17	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
18	manji-uke (migi jodan uchi-uke / hidari gedan-barai)	swirling block (right upper inside block / left downward block)	kokutsu-dachi	back stance	
19	migi chudan kagi-zuki	right middle-level hook-punch	kiba-dachi	horse stance	
20	manji-uke (hidari jodan uchi-uke / migi gedan-barai)	swirling block (left upper inside block / right downward block)	kokutsu-dachi	back stance	
21	hidari chudan kagi-zuki	left middle-level hook-punch	kiba-dachi	horse stance	
22	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
23	migi chudan teisho-uchi	right middle-level palm heel strike	kiba-dachi	horse stance	
24	hidari chudan teisho-uchi	left middle-level palm heel strike	kiba-dachi	horse stance	
25	migi chudan teisho-uchi	right middle-level palm heel strike	kiba-dachi	horse stance	
26	manji-uke (migi jodan uchi-uke / hidari gedan-barai)	swirling block (right upper inside block / left downward block)	kokutsu-dachi	back stance	
27	jodan morote-uke	upper augmented block	heisoku-dachi	feet together closed leg stance	
28	manji-uke (hidari jodan uchi-uke / migi gedan-barai)	swirling block (left upper inside block / right downward block)	kokutsu-dachi	back stance	
29	jodan morote-uke	upper augmented block	heisoku-dachi	feet together closed leg stance	
30	jodan juji-uke / ryoken-kakiwake-uke	upper x-block / both fists wedge block	heisoku-dachi	feet together closed leg stance	slow
31	(hiza-gamea) ryoken-kosa-uke (juji-	(knee raised) both fists cross block (X-block)	kosa-dachi	crossing stance	
32	ryoken-kakiwake-uke	both fists wedge block	zenkutsu-dachi	front stance	
33	ryoken-kakiwake-uke	both fists wedge block	zenkutsu-dachi	front stance	
34	ryoken-kosa-uke (juji-uke)	both fists cross block (X-block)	zenkutsu-dachi	front stance	
35	tate-uraken-uchi	vertical back-fist strike	zenkutsu-dachi	front stance	
36	zuki-uke / haiwan-uchi-nagashi-uke	punch-block / back-arm inside flowing block	zenkutsu-dachi	front stance	
37	tate-uraken-uchi / zenwan-mune-suhei kamae	vertical back-fist strike / forearm chest posture	zenkutsu-dachi	front stance	
38	hidari chudan uchi-uke	left middle-level inside block	zenkutsu-dachi	front stance	
39	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
40	migi chudan uchi-uke	right middle-level inside block	zenkutsu-dachi	front stance	
41	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
42	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
43	migi zenwan-uchi-otoshi / fumikomi	right forearm falling strike / stamping kick	kiba-dachi	horse stance	
44	hidari zenwan-uchi-otoshi / fumikomi	left forearm falling strike / stamping kick	kiba-dachi	horse stance	
45	migi zenwan-uchi-otoshi / fumikomi	right forearm falling strike / stamping kick	kiba-dachi	horse stance	
46	jodan tsukami-uke / hidari yumi-zuki	upper grasping block / left bow-punch (one first front & one pulled back to chest)	kiba-dachi	horse stance	
47	jodan tsukami-uke / migi yumi-zuki	upper grasping block / right bow-punch (one first front & one pulled back to chest)	kiba-dachi	horse stance	KIAI
Yame					

Stances:



# Jitte

(Ten Hands)

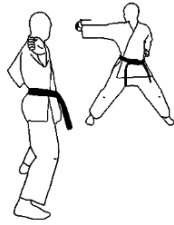


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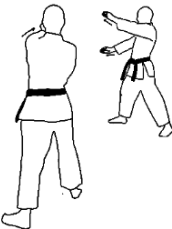
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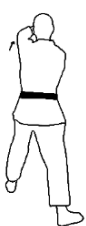
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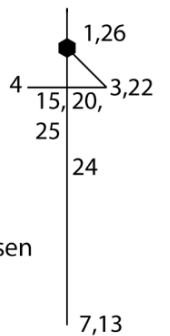
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KIAI



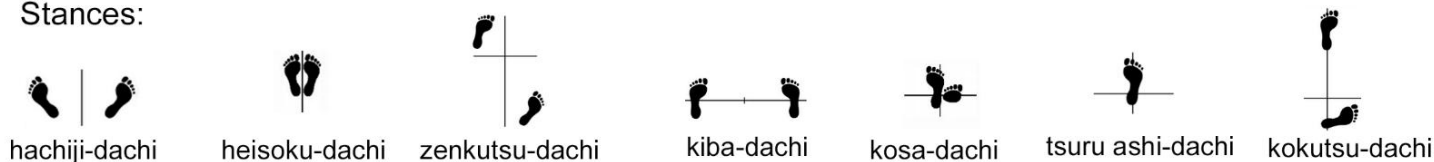
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# Jitte Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			heisoku-dachi	feet together stance	
1	migi tekubi kake-uke & haishu-osae-uke	wrist hook block & backhand pressing block	zenkutsu-dachi	front stance	slow
2	teisho morote-uke	double palm heel block (at 45deg)	zenkutsu-dachi	front stance	slow
3	hidari haito-uke	left ridge-hand block	zenkutsu-dachi	front stance	
4	migi haito-uchi	right ridge hand block	kiba-dachi	horse-riding stance	
5	migi teisho-yoko-uchi	right palm heel strike	kiba-dachi	horse-riding stance	
6	hidari teisho-yoko-uchi	left palm heel strike	kiba-dachi	horse-riding stance	
7	migi teisho-yoko-uchi	right palm heel strike	kiba-dachi	horse-riding stance	
8	jodan juji-uke	upper both fists cross block (X-block)	kosa-dachi	crossing stance	
9	ryowan gedan kakiwake-uke	lower both fists wedge block	kiba-dachi	horse-riding stance	
10	hasami-uke / yama kakiwake-uke	scissors block / mountain posture wedge block (both fists raised in right angle arm shape)	kiba-dachi	horse-riding stance	
11	fumikomi-geri / yama-uke	stamping kick/ mountain posture wedge block (both fists raised in right angle arm shape)	kiba-dachi	horse-riding stance	
12	fumikomi-geri / yama-uke	stamping kick/ mountain posture wedge block (both fists raised in right angle arm shape)	kiba-dachi	horse-riding stance	
13	fumikomi-geri / yama-uke	stamping kick/ mountain posture wedge block (both fists raised in right angle arm shape)	kiba-dachi	horse-riding stance	KIAI
14	ryowan-gamae (gedan kakiwake-uke)	both fists downward to side posture (lower both fists wedge block)	hachiji-dachi	natural stance	
15	migi jodan shuto-uke	right upper knife-hand block	zenkutsu-dachi	front stance	
16	morote jo-uke	double handed staff (stick block)	zenkutsu-dachi	front stance	
17	morote koko-dori	double rotating hand staff grab	zenkutsu-dachi	front stance	
18	morote jo-dori / morote jo tsuki-dashi	double staff grab (rising) / stick repel	sagi-ashi-dachi / zenkutsu-dachi	heron leg stance / front stance	
19	morote koko-dori	double rotating hand staff grab	zenkutsu-dachi	front stance	
20	morote jo-dori / morote jo tsuki-dachi	double staff grab (rising) / double staff repel	sagi-ashi-dachi / zenkutsu-dachi	heron leg stance / front stance	
21	manji-uke (migi jodan uchi-uke / hidari gedan-barai)	swirling block (right upper inside block / left downward block)	kokutsu-dachi	back stance	
22	manji-uke (hidari jodan uchi-uke / migi gedan-barai)	swirling block (left upper inside block / right downward block)	kokutsu-dachi	back stance	
23	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	
24	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	
25	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	
26	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	KIAI
Yame			heisoku-dachi	feet together stance	

Stances:



# Empi

(Flying Swallow)

Embuden

3 — 4,37 1,20 — 24

5,10

7,32

35

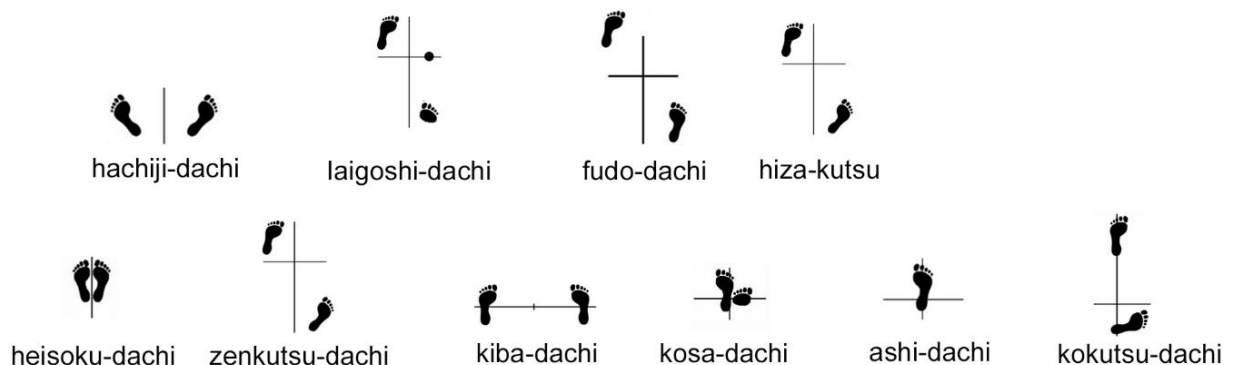




# Empi Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	migi gedan-barai	right downward block	laigoshi-dachi	single knee stance	(downward to front)
2	ryoken-koshi-gamae	both fists hip posture	hachiji-dachi	natural stance	
3	migi gedan-barai	right downward block	sho zenkutsu-dachi	shortened front stance	
4	hidari kagi-zuki	left hook-punch	kiba-dachi	horse stance	
5	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
6	migi jodan age-zuki	right upper rising punch	zenkutsu-dachi	front stance	
7	kami-zukami / migi fumikomi / migi nagashi-uke / hidari otoshi-zuki	hair grab & drive knee upwards/ right stamping kick / right sweeping block / left dropping punch	kosa-dachi	crossing stance	
8	migi ushiro gedan-barai	right reverse downward block	hiza-kutsu	knee bend	
9	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
10	migi jodan age-zuki	right upper rising punch	zenkutsu-dachi	front stance	
11	kami-zukami / migi fumikomi / migi nagashi-uke / hidari otoshi-zuki	hair grab & drive knee upwards/ right stamping kick / right sweeping block / left dropping punch	kosa-dachi	crossing stance	
12	migi ushiro gedan-barai	right reverse downward block	hiza-kutsu	knee bend	
13	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
14	hidari jodan haishu-uke	left upper back-hand-block	kiba-dachi	horse stance	slow
15	tekubi-uchi (migi empi-uchi)	wrist strike (right elbow strike)	ashi-dachi	raised leg stance	KIAI
16	hidari chudan tate shuto-uke	left middle-level vertical knife-hand block	kiba-dachi	horse stance	slow
17	migi chudan-zuki	right middle level punch	kiba-dachi	horse stance	
18	hidari chudan-zuki	left middle level punch	kiba-dachi	horse stance	
19	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
20	migi jodan age-zuki	right upper rising punch	zenkutsu-dachi	front stance	
21	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
22	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	feet back together & move forward
23	migi chudan gyaku-zuki	right middle-level reverse punch	kokutsu-dachi	back stance	
24	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
25	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
26	migi jodan age-zuki	right upper rising punch	zenkutsu-dachi	front stance	
27	kami-zukami / migi fumikomi / migi nagashi-uke / hidari otoshi-zuki	hair grab & drive knee upwards/ right stamping kick / right sweeping block / left dropping punch	kosa-dachi	crossing stance	
28	migi ushiro gedan-barai	right reverse downward block	hiza-kutsu	knee bend	
29	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
30	teisho-oshiage-uke	palm-heel pushing-rising block	zenkutsu-dachi	front stance	slow
31	teisho-oshiage-uke / teisho-osae-uke	palm-heel pushing-rising / palm-heel pressing block	zenkutsu-dachi	front stance	slow
32	teisho-oshiage-uke / teisho-osae-uke	palm-heel pushing-rising / palm-heel pressing block	zenkutsu-dachi	front stance	slow
33	teisho-oshiage-uke / teisho-osae-uke	palm-heel pushing-rising / palm-heel pressing block	zenkutsu-dachi	front stance	slow
34	migi gedan-barai	right downward block	kokutsu-dachi	back stance	
35	morote koko-gamae	both palms grasping block (tiger-mouth block)	kiba-dachi	horse stance	
36	joho-kaiten-tobi / migi chudan shuto-uke	launching jumping move with knee / right middle-level knife-hand block	kokutsu-dachi	back stance	KIAI
37	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
Yame					

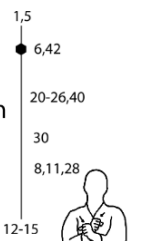
Stances:



# Gankaku

## (Crane On Rock)

Embusen



1



2



3



4



5



6



7



8



9



10



11



12



14



15



16



17



18



KIAI



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40



41



42

KIAI

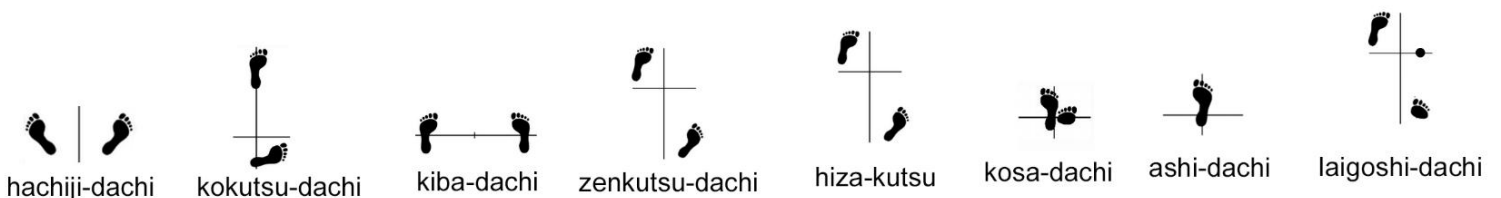




# Gankaku Steps

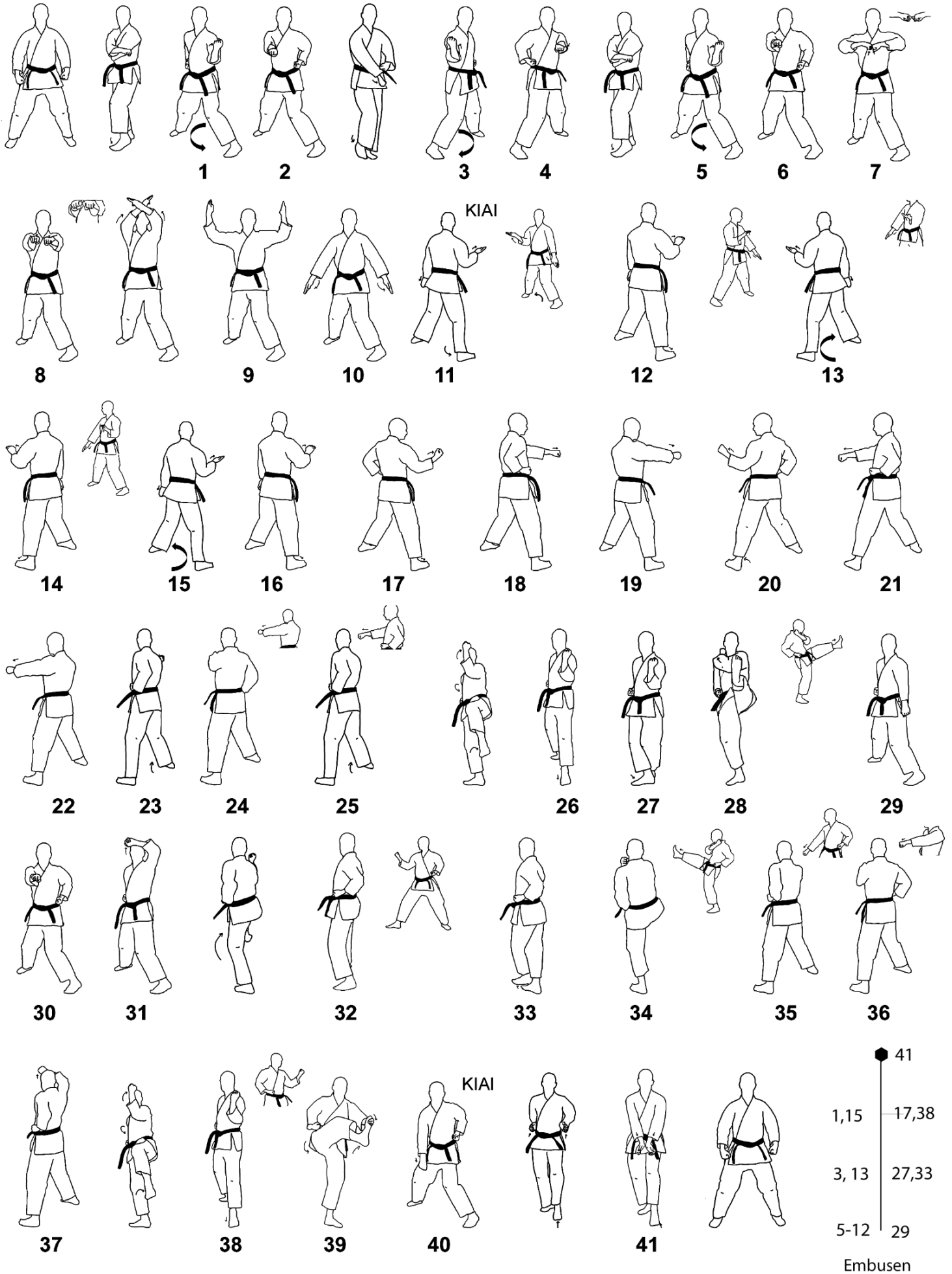
Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	haishu awase-uke	back-hand combined block	kokutsu-dachi	back stance	
2	gyaku te-dori / hidari chudan-zuki	grasping pulling back / left middle-level punch	kokutsu-dachi	back stance	
3	hidari chudan zuki (sokumen-zuki)	left punch (side punch)	kokutsu-dachi	back stance	
4	migi chudan gyaku-zuki	right middle-level reverse punch	kokutsu-dachi	back stance	
5	migi sokumen gedan-barai / migi fumikomi-geri	right side downward block / right stamping kick	kiba-dachi	horse stance	
6	jodan haishu juji-uke	upper back-hand both fists cross block (X-block)	zenkutsu-dachi	front stance	
7	ryoken-mune-mae-kosa	both fists crossed in front of chest	zenkutsu-dachi	front stance	slow
8	nidan-geri (migi tobi mae-geri) / nidan-geri (hidari tobi mae-geri) / gedan juji-uke	double jumping kick (right jumping front kick) / double jumping kick (left jumping front kick) / lower both fists cross block (X-block)	--	--	
9	gedan juji-uke	lower both fists cross block (X-block)	zenkutsu-dachi	front stance	
10	morote gedan-uke	two-handed downward block	kokutsu-dachi	back stance	
11	morote gedan shuto-uke	double handed lower knife-hand block	kokutsu-dachi	back stance	
12	chudan shuto kakiwake-uke	middle-level double knife hand wedge block	zenkutsu-dachi	front stance	slow
13	chudan haito kakiwake-uke	middle-level ridge hand wedge block	kiba-dachi	horse stance	slow
14	ryowan-gamae	both fists downward to side posture	hachiji-dachi	natural stance	slow
15	manji-uke (migi jodan uchi-uke / hidari gedan-barai)	swirling block (right upper inside block / left downward block)	kokutsu-dachi	back stance	
16	manji-uke (hidari jodan uchi-uke / migi gedan-barai)	swirling block (left upper inside block / right downward block)	kokutsu-dachi	back stance	
17	manji-uke (migi jodan uchi-uke / hidari gedan-barai)	swirling block (right upper inside block / left downward block)	kokutsu-dachi	back stance	
18	gedan juji-uke	lower both fists cross block (X-block)	laigoshi-dachi	single knee stance	
19	ryowan chudan uchi-uke	double middle-level inside block	kiba-dachi	horse stance	slow
20	ryowan-gamae	both fists downward to side posture	hachiji-dachi	natural stance	slow
21	ryoken koshi-gamae	fists on hip posture	hachiji-dachi	natural stance	
22	migi hiji-barai	right sweeping elbow block	hiza-kutsu	knee bend	
23	hidari hiji-barai	left sweeping elbow block	hiza-kutsu	knee bend	
24	ryoken-kakiwake-uke	both fists wedge block	kosa-dachi	crossing stance	slow
25	uchi-uke-kamae / gedan-kamae (manji-kamae)	inside block / downward block posture (swirling posture)	ashi-dachi	raised leg stance	slow
26	ryoken-koshi-gamae	both fists hip posture	ashi-dachi	raised leg stance	slow
27	hidari yoko-geri keage / hidari yoko-mawashi uraken-uchi	left side snap kick / left sideways back-fist strike	ashi-dachi	raised leg stance	
28	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
29	uchi-uke-kamae / gedan-kamae (manji-kamae)	inside block / downward block posture (swirling posture)	ashi-dachi	raised leg stance	slow
30	ryoken-koshi-gamae	both fists hip posture	tsuru ashi-dachi	raised leg crane stance	slow
31	migi yoko-geri keage / migi yoko-mawashi uraken-uchi	right side snap kick / right sideways back-fist strike	tsuru ashi-dachi	raised leg crane stance	
32	hidari sokumen-zuki (gyaku-zuki)	left reverse punch (side punch)	kiba-dachi	horse stance	
33	uchi-uke-kamae / gedan-kamae (manji-kamae)	inside block / downward block posture (swirling posture)	tsuru ashi-dachi	raised leg crane stance	slow
34	ryoken-koshi-gamae	both fists hip posture	tsuru ashi-dachi	raised leg crane stance	slow
35	hidari yoko-geri keage / hidari yoko-mawashi uraken-uchi	left side snap kick / left sideways back-fist strike	tsuru ashi-dachi	raised leg crane stance	
36	migi sokumen-zuki (gyaku-zuki)	right reverse punch (side punch)	kiba-dachi	horse stance	
37	migi jodan shuto-uke	right upper knife-hand block	sho zenkutsu-dachi	shortened front stance	
38	tate empi-uchi	vertical elbow-strike (into palm)	sho zenkutsu-dachi	shortened front stance	
39	soete koshi-gamae	palm under fist on hip posture	sho zenkutsu-dachi	shortened front stance	
40	ryoken-koshi-gamae	(raise hands above head, spin 270deg) both fists hip posture	tsuru ashi-dachi	raised leg crane stance	
41	hidari yoko-geri keage / hidari yoko-mawashi uraken-uchi	left side snap kick / left sideways back-fist strike	tsuru ashi-dachi	raised leg crane stance	
42	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
Yame					

Stances:



# 

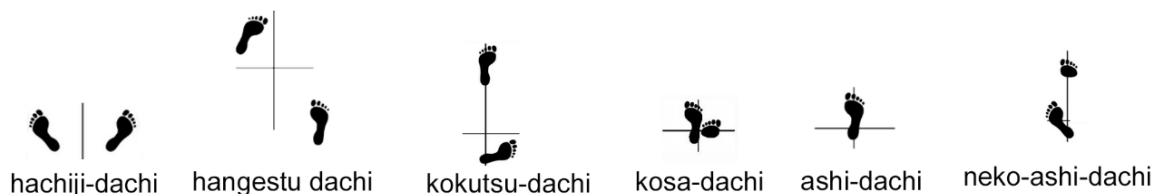
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Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	hidari chudan uchi-uke	left middle-level inside block	hangetsu-dachi	half-moon stance	slow
2	migi chudan gyaku-zuki	right middle-level reverse punch	hangetsu-dachi	half-moon stance	slow
3	migi chudan uchi-uke	right middle-level inside block	hangetsu-dachi	half-moon stance	slow
4	hidari chudan gyaku-zuki	left middle-level reverse punch	hangetsu-dachi	half-moon stance	slow
5	hidari chudan uchi-uke	left middle-level inside block	hangetsu-dachi	half-moon stance	slow
6	migi chudan gyaku-zuki	right middle-level reverse punch	hangetsu-dachi	half-moon stance	slow
7	ryo-jishi-ippou-ken-kamae	both one-knuckle fists posture	hangetsu-dachi	half-moon stance	slow
8	ryo-jishi-ippou-ken-morote-zuki	both one-knuckle fists double-hand punch	hangetsu-dachi	half-moon stance	slow
9	kaisho-yama-kamae	hands open mountain posture	hangetsu-dachi	half-moon stance	slow
10	ryosho-kakiwake-kamae	both palms wedge posture	hangetsu-dachi	half-moon stance	slow
11	migi uchi-uke / gedan-uke	right (open hand) inside block / (open hand) downward block	hangetsu-dachi	half-moon stance	KIAI
12	tsukami-uke (koko-uke)	right grasping block (tiger-mouth block)	hangetsu-dachi	half-moon stance	slow
13	uchi-uke / gedan-uke	left (open hand) inside block / (open hand) downward block	hangetsu-dachi	half-moon stance	
14	tsukami-uke (koko-uke)	left grasping block (tiger-mouth block)	hangetsu-dachi	half-moon stance	slow
15	uchi-uke / gedan-uke	right (open hand) inside block / (open hand) downward block	hangetsu-dachi	half-moon stance	
16	tsukami-uke (koko-uke)	right grasping block (tiger-mouth block)	hangetsu-dachi	half-moon stance	slow
17	migi chudan uchi-uke	right middle-level inside block	hangetsu-dachi	half-moon stance	
18	hidari chudan gyaku-zuki	left middle-level reverse punch	hangetsu-dachi	half-moon stance	
19	migi chudan-zuki	right middle-level punch	hangetsu-dachi	half-moon stance	
20	hidari chudan uchi-uke	left middle-level inside block	hangetsu-dachi	half-moon stance	
21	migi chudan gyaku-zuki	right middle-level reverse punch	hangetsu-dachi	half-moon stance	
22	hidari chudan-zuki	left middle-level punch	hangetsu-dachi	half-moon stance	
23	migi chudan uchi-uke	right middle-level inside block	hangetsu-dachi	half-moon stance	
24	hidari chudan gyaku-zuki	left middle-level reverse punch	hangetsu-dachi	half-moon stance	
25	migi chudan-zuki	right middle-level punch	hangetsu-dachi	half-moon stance	
26	hidari engetsu-kaeshi / hidari chudan tate uraken-uchi	left leg-lift and rotate / left middle-level vertical backfist strike	kokutsu-dachi	back stance	slow
27	(jotai-sonomama) hanmi sashi-ashi	(upper body as is) stepping move	kosa-dachi	crossing stance	slow
28	migi mae-geri / ken-kata-ue	front kick / left fist above shoulder	ashi-dachi	raised leg stance	
29	hidari gedan-barai	left downward block	hangetsu-dachi	half-moon stance	
30	migi chudan gyaku-zuki	right middle-level reverse punch	hangetsu-dachi	half-moon stance	
31	hidari jodan age-uke	left upper rising block	hangetsu-dachi	half-moon stance	
32	migi engetsu-kaeshi / migi chudan tate uraken-uchi	right leg-lift and rotate / right middle-level vertical backfist strike	kokutsu-dachi	back stance	slow
33	(jotai-sonomama) hanmi sashi-ashi	(upper body as is) stepping move	kosa-dachi	crossing stance	slow
34	hidari mae-geri / ken-kata-ue	front kick / left fist above shoulder	ashi-dachi	raised leg stance	
35	migi gedan-barai	right downward block	hangetsu-dachi	half-moon stance	
36	hidari chudan gyaku-zuki	left middle-level reverse punch	hangetsu-dachi	half-moon stance	
37	age-uke	right block	hangetsu-dachi	half-moon stance	
38	hidari engetsu-kaeshi / hidari chudan tate uraken-uchi	left leg-lift and rotate / left middle-level vertical backfist strike	kokutsu-dachi	back stance	slow
39	migi mikazuki-geri	right crescent kick	ashi-dachi	raised leg stance	
40	migi gedan gyaku-zuki	right lower reverse punch	hangetsu-dachi	half-moon stance	KIAI
41	ryo-teisho-awase-gedan-uke (gassho-uke)	palm-heels combined downward block (joined palm block)	neko-ashi-dachi	cat stance	slow
Yame					

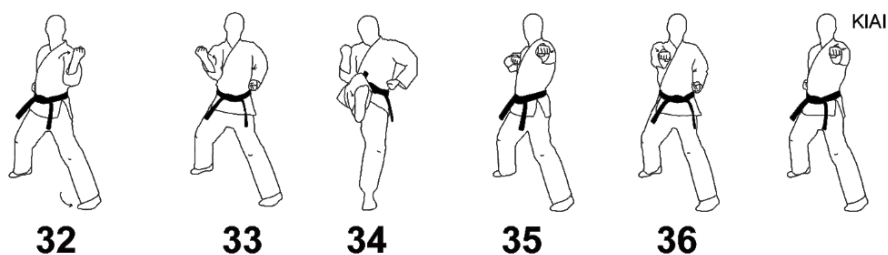
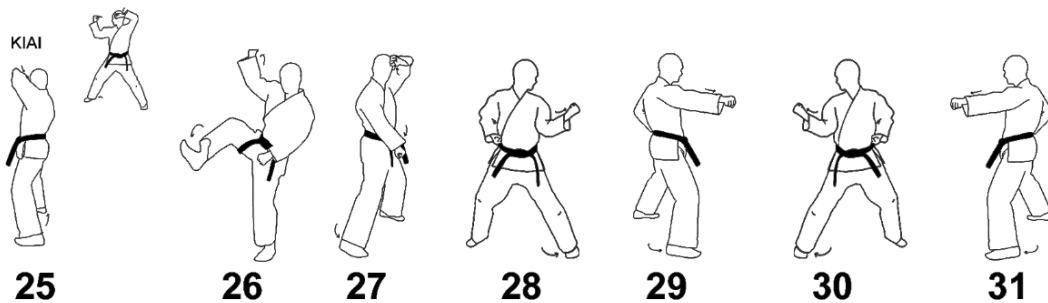
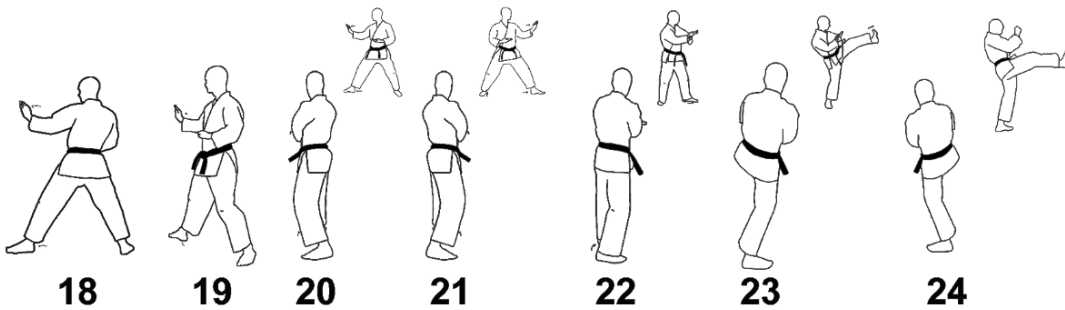
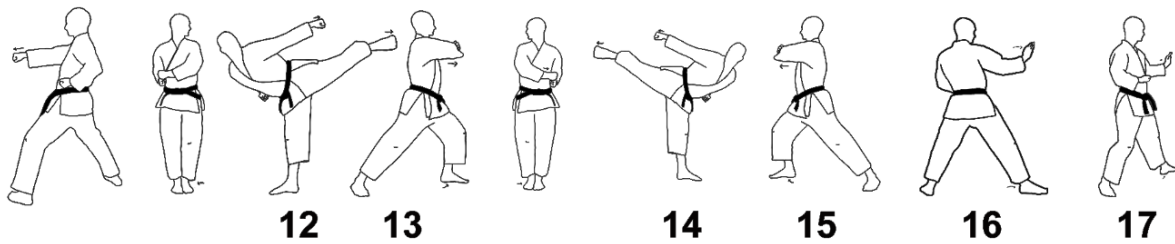
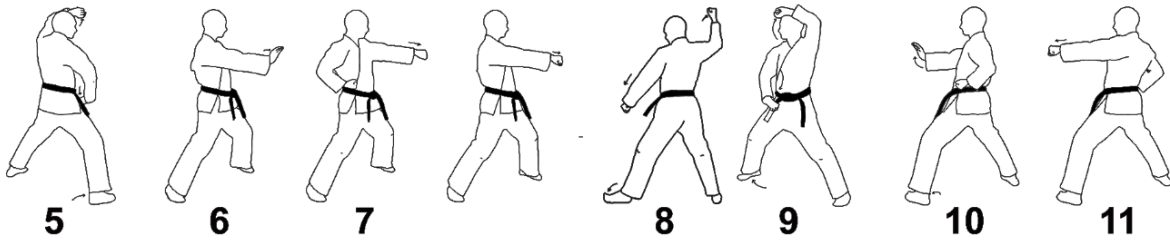
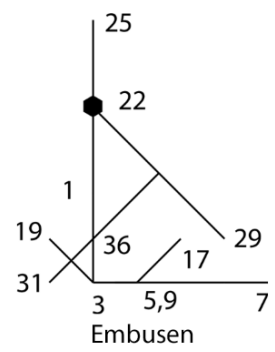
Stances:





# Sochin

(Energetic Calm)

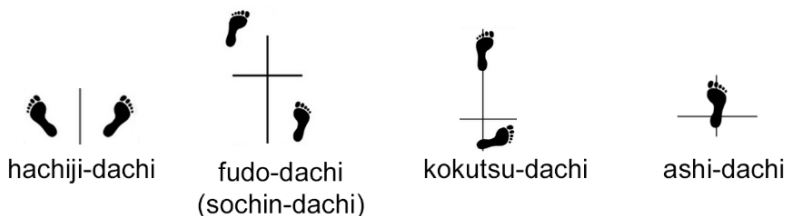


Diagrams by M. Loftus

# Sochin Steps

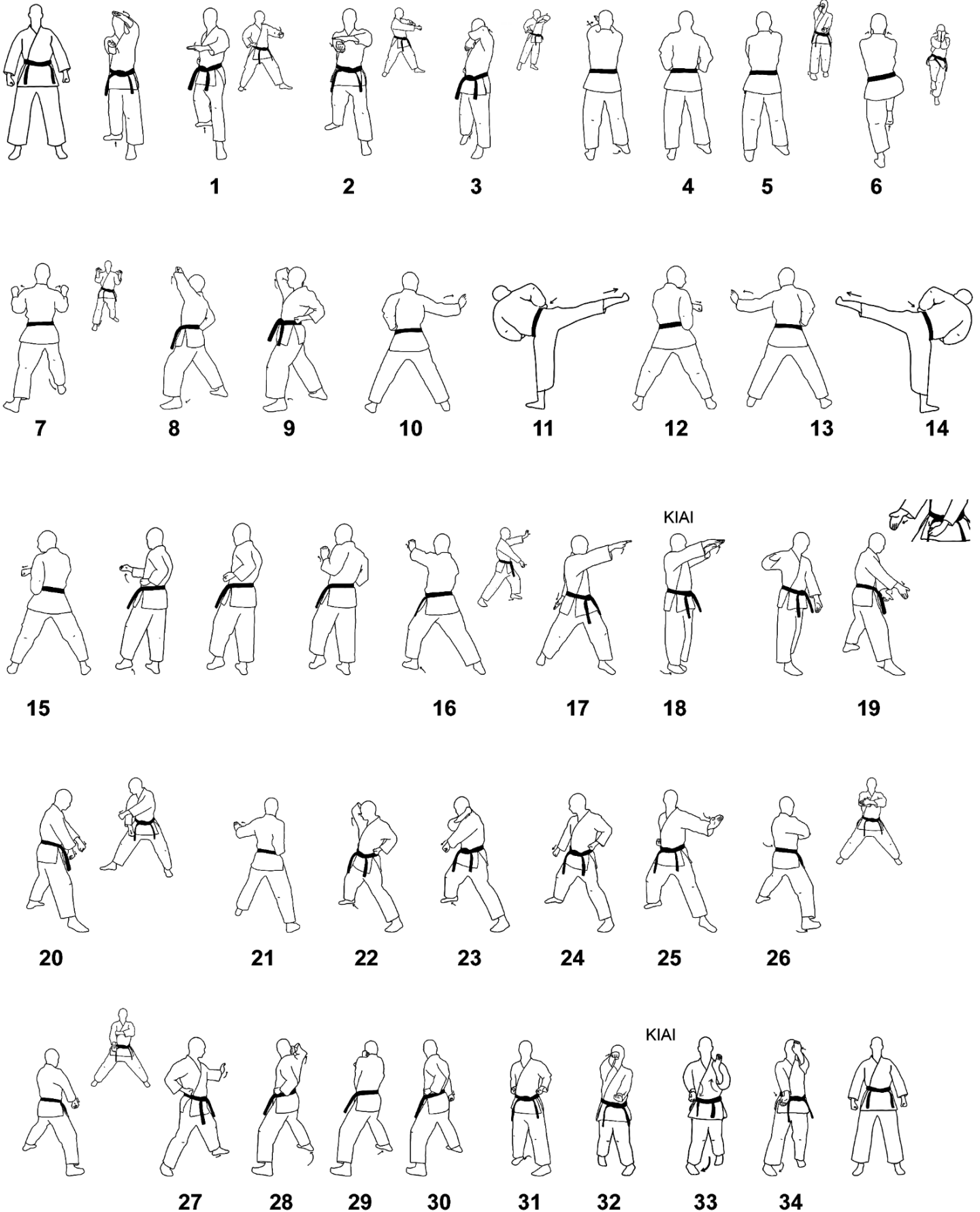
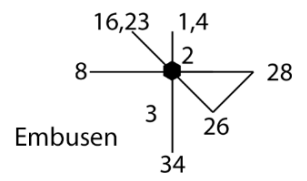
Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	(hidari gedan-barai) muso-gamae (hidari age-uke & migi gedan-uke)	(left arm inside block sweep ) incomparable posture (left rising block & right downward block)	fudo-dachi (sochin dachi)	low & rooted stance	slow
2	migi chudan tate-shuto-uke	right middle-level vertical-knife-hand block	fudo-dachi (sochin dachi)	low & rooted stance	slow
3	hidari chudan-zuki / migi chudan gyaku-zuki	left middle-level punch / right middle-level reverse punch	fudo-dachi (sochin dachi)	low & rooted stance	
4	manji-uke (uchi-uke / gedan-uk)	swirling posture (left downward block / right upper inside block)	kokutsu-dachi	back stance	
5	muso-gamae (hidari age-uke & migi gedan-uke)	incomparable posture (left rising block & right downward block)	fudo-dachi (sochin dachi)	low & rooted stance	
6	migi chudan tate-shuto-uke	right middle-level vertical-knife-hand block	fudo-dachi (sochin dachi)	low & rooted stance	slow
7	hidari chudan-zuki / migi chudan gyaku-zuki	left middle-level punch / right middle-level reverse punch	fudo-dachi (sochin dachi)	low & rooted stance	
8	manji-uke (uchi-uke / gedan-uke)	swirling posture (left downward block / right upper inside block)	kokutsu-dachi	back stance	
9	muso-gamae (hidari age-uke & migi gedan-uke)	incomparable posture (left rising block & right downward block)	fudo-dachi (sochin dachi)	low & rooted stance	
10	migi chudan tate-shuto-uke	right middle-level vertical-knife-hand block	fudo-dachi (sochin dachi)	low & rooted stance	slow
11	hidari chudan-zuki / migi chudan gyaku-zuki	left middle-level punch / right middle-level reverse punch	fudo-dachi (sochin dachi)	low & rooted stance	
12	koshi-gamae / hidari yoko-geri keage & hidari yoko-mawashi uraken-uchi	both fists on hip posture / left side snap kick & left sideways back-fist strike	ashi-dachi	raised leg stance	
13	migi empi-uchi	right elbow-strike	fudo-dachi (sochin dachi)	low & rooted stance	
14	koshi-gamae / migi yoko-geri keage & migi yoko-mawashi uraken-uchi	both fists on hip posture / right side snap kick & right sideways back-fist strike	ashi-dachi	raised leg stance	
15	hidari empi-uchi	left elbow-strike	fudo-dachi (sochin dachi)	low & rooted stance	
16	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
17	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
18	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
19	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
20	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
21	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
22	hidari osae-uke / migi yoko-nukite (hira-nukite)	left pressing block / right sideways (flat) spear-hand strike	kyo-dachi	shortened back stance	
23	hidari kisami mae-geri	left front snapping kick	ashi-dachi	raised leg stance	
24	migi mae-geri / migi nagashi-uke / hidari uraken-uchi	right front kick / right sweeping block / left backfist strike	ashi-dachi	raised leg stance	
25	hidari nagashi-uke / migi uraken-uchi	left forearm twisting block / right backfist strike	fudo-dachi (sochin dachi)	low & rooted stance	KIAI
26	migi jodan mikazuki-geri	right upper crescent kick	ashi-dachi	raised leg stance	
27	muso-gamae (age-uke & gedan-uke)	incomparable posture (rising block / downward block)	fudo-dachi (sochin dachi)	low & rooted stance	
28	hidari chudan uchi-uke	left middle-level inside block	fudo-dachi (sochin dachi)	low & rooted stance	
29	migi chudan oi-zuki	right middle-level stepping punch	fudo-dachi (sochin dachi)	low & rooted stance	
30	migi chudan uchi-uke	right middle-level inside block	fudo-dachi (sochin dachi)	low & rooted stance	
31	hidari chudan oi-zuki	left middle-level stepping punch	fudo-dachi (sochin dachi)	low & rooted stance	
32	hidari chudan uchi-uke	left middle-level inside block	fudo-dachi (sochin dachi)	low & rooted stance	
33	migi chudan uchi-uke / gyaku-hanmi	right middle-level inside block / 45deg hip twist	fudo-dachi (sochin dachi)	low & rooted stance	
34	migi mae-geri	right front kick	ashi-dachi	raised leg stance	
35	hidari yumi-zuki	left bow-punch (one first front & one pulled back to chest)	fudo-dachi (sochin dachi)	low & rooted stance	
36	migi chudan gyaku-zuki / hidari chudan-zuki	right middle-level reverse punch / left middle-level punch	fudo-dachi (sochin dachi)	low & rooted stance	KIAI
Yame					

Stances:



# Nijushiho

(Twenty Four Steps)

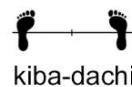




# Nijushiho Steps

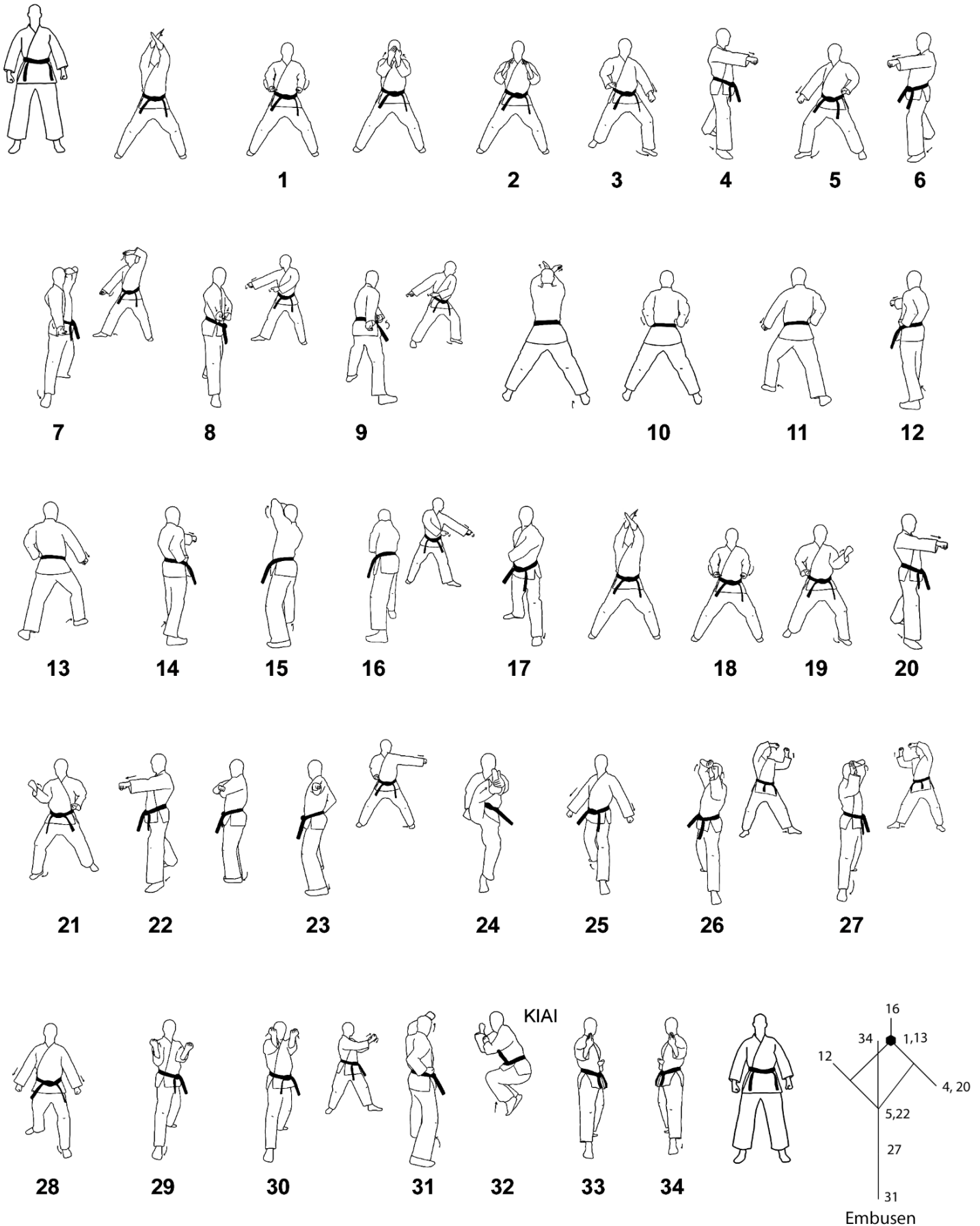
Yoi					
1	ryusui no kamae	pulling the right hand closed into fist & pressing block (flowing water posture)	kokutsu-dachi	back stance	slow
2	ryusui-zuki	punching under palm (flowing water punch)	kokutsu-dachi	back stance	
3	zenwan-suheji-mune-kamae (mae-hiji-ate)	forearm horizontal posture (front elbow strike)	sho zenkutsu-dachi	shortened front stance	slow
4	ryoken-ryokoshi-gamae	both fists on both hips posture	sanchin-dachi	hour-glass stance	
5	awase-zuki	combined punch (U-punch)	sanchin-dachi	hour-glass stance	
6	ryo-zenwan-hasami-uke	both forearms scissors block	ashi-dachi	raised leg stance	
7	ryoken-kakiwake-uke	both fists wedge block	zenkutsu-dachi	front stance	slow
8	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	
9	mihi tate-empi-uchi	right vertical-elbow strike	zenkutsu-dachi	front stance	
10	mihi shuto-kake-uke	right knife-hand hooking block	kiba-dachi	horse stance	slow
11	hidari yoko geri kekomi / hiki-yose	right side thrusting kick & pulling with hand	ashi-dachi	raised leg stance	
12	mihi zuki (sokumen-zuki)	right punch (punch to side)	kiba-dachi	horse stance	
13	hidari shuto-kake-uke	left knife-hand hooking block	kiba-dachi	horse stance	slow
14	hidari yoko geri kekomi / hiki-yose	left side thrusting kick & pulling with hand	ashi-dachi	raised leg stance	
15	hidari zuki (sokumen-zuki)	left punch (punch to side)	kiba-dachi	horse stance	
16	tekubi-makotoshi-uke & teisho-awase-zuki	wrist curling-falling block & palm-heel combined punch	sho zenkutsu-dachi / zenkutsu-dachi	shortened front stance / long front stance	slow
17	haito-soto-mawashi-uchi / koho-haito	outside ridge hand strike / rear ridge hand posture	zenkutsu-dachi	front stance	
18	teko-uchi (haishu-age-uchi)	backhand strike (backhand rising strike)	heisoku-dachi	feet together closed leg stance	KIAI
19	koko-sukui-uke / koko-osae (zukidashi)	tiger-mouth scooping block / tiger-mouth pressing (thrust)	kokutsu-dachi	back stance	
20	gedan awase-zuki	combined downward punch (U-punch)	kokutsu-dachi	back stance	
21	hidari chudan haishu-uke	left middle-level backhand block	kokutsu-dachi	back stance	slow
22	tate-empi-uchi	vertical elbow strike	kiba-dachi	horse stance	
23	hidari gedan sokumen-zuki / soto-nagashi-uke	left downward punch to side / right outside flowing block	kiba-dachi	horse stance	
24	mihi sokumen gedan-barai	right side downward block	kiba-dachi	horse stance	
25	hidari chudan haishu-uke	left middle-level back-hand-block	kokutsu-dachi	back stance	slow
26	mihi mae-empi-uchi / mihi gedan-barai / hidari soete	right front-elbow strike (against palm) / right supported downward block	kiba-dachi	horse stance	
27	hidari chudan haishu-uke	left middle-level back-hand-block	kiba-dachi	horse stance	
28	mihi sokumen tate empi-uchi	right side vertical elbow-strike	kokutsu-dachi	back stance	slow
29	hidari gedan zuki (yoko-zuki)	left downward punch (to side)	kiba-dachi	horse stance	
30	mihi gedan-barai	right downward block	kiba-dachi	horse stance	
31	ofuri kosa-barai / ryoken-ryokoshi-gamae	swing cross-arm sweep / both fists on hips posture	kiba-dachi	horse stance	
32	awase-zuki	u-punch with right fist on top	sanchin-dachi	hour-glass stance	KIAI
33	tekubi-makotoshi-uke	wrist curling-falling block	sanchin-dachi	hour-glass stance	
34	teisho-awase-zuki	u-shape double palm-heel combined punch (stepping forward)	sanchin-dachi	hour-glass stance	slow
Yame					

Stances:



# Meikyo / Rohai

(Polished Mirror / Vision Of A White Crane)



# Meikyo / Rohai Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	ryoken-ryokoshi-gamae	both fists on both hips posture	kiba-dachi	horse stance	slow
2	ryosho kubi mae-awase / ryosho-kakiwake-uke (joshin-gamae)	hands in front of neck/ both palms triangle wedge block (mind-cleaning posture)	kiba-dachi	horse stance	slow
3	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
4	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
5	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	
6	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
7	morote jo-uke	double handed staff (stick block)	kokutsu-dachi	back stance	slow
8	jo-zukami	staff twist and thrust	zenkutsu-dachi	front stance (narrow)	
9	jo-zukami sonomama	staff twist to rear		twisting direction 180deg	
10	ryoken-ryokoshi-gamae	both fists on both hips posture	kiba-dachi	horse stance	slow
11	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	Variant: chudan uchi-uke
12	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
13	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	Variant: chudan uchi-uke
14	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
15	morote jo-uke	double handed staff (stick block)	kokutsu-dachi	back stance	slow
16	jo-zukami	staff twist and thrust	zenkutsu-dachi	front stance (narrow)	
17	jo-zukami sonomama	staff twist to rear		twisting direction 180deg	
18	ryoken-ryokoshi-gamae	both fists on both hips posture	kiba-dachi	horse stance	slow
19	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	Variant: jodan age-uke
20	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
21	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	Variant: jodan age-uke
22	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
23	hidari chudan tetsui-uchi	left middle-level inside hammer-fist strike	kiba-dachi	horse stance	
24	mikazuki-geri	crescent kick	ashi-dachi	raised leg stance	KIAI
25	ryowan gedan kakiwake-uke	lower both fists wedge block	kokutsu-dachi	back stance	
26	morote haiwan-uke	back of arm block / forearm forehead posture	kokutsu-dachi	back stance	
27	morote haiwan-uke	back of arm block / forearm forehead posture	kokutsu-dachi	back stance	
28	jodan juji-uke / ryowan gedan kakiwake-uke	upper both fists cross block (X-block) / lower both fists wedge block	zenkutsu-dachi	front stance	slow
29	ryoken-uchi-uke	double inside block	kokutsu-dachi	back stance	
30	morote kizami ura-zuki	double front close punch	kokutsu-dachi	back stance	
31	hidari jodan age-uke	left upper rising block	kokutsu-dachi	back stance	
32	sankaku-tobi / empi-uchi	jumping spin and elbow-strike against palm	--	--	KIAI
33	migi jodan shuto-uke	right upper knife-hand block	kokutsu-dachi	back stance	
34	hidari jodan shuto-uke	left upper knife-hand block	kokutsu-dachi	back stance	
Yame					

Stances:



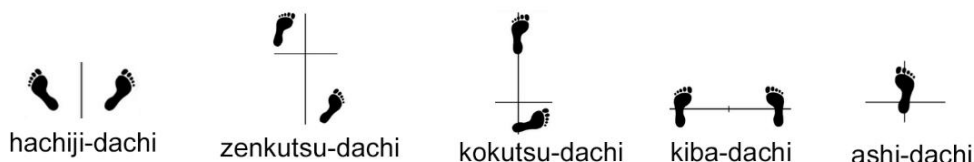




# Ji'in Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	kosa-uke (hidari chudan uchi-uke / migi gedan-barai)	double block (left middle-level inside block / right downward block)	zenkutsu-dachi	front stance	
2	manji-uke (migi jodan uchi-uke / hidari gedan-barai)	swirling block (right upper inside block / left downward block)	kokutsu-dachi	back stance	
3	manji-uke (hidari jodan uchi-uke / migi gedan-barai)	swirling block (left upper inside block / right downward block)	kokutsu-dachi	back stance	
4	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	
5	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
6	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	
7	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
8	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
9	migi chudan shuto-soto-uchi	right middle-level outside knife-hand strike	kiba-dachi	horse stance	
10	hidari chudan shuto-soto-uchi	left middle-level outside knife-hand strike	kiba-dachi	horse stance	
11	migi chudan shuto-soto-uchi	right middle-level outside knife-hand strike	kiba-dachi	horse stance	KIAI
12	chudan kakiwake-uke	middle-level both fists wedge block	zenkutsu-dachi	front stance	slow
13	migi mae-geri	right front kick	ashi-dachi	raised leg stance	
14	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
15	hidari chudan gyaku-zuki	left middle-level reverse punch	zenkutsu-dachi	front stance	
16	kosa-uke (migi chudan uchi-uke / hidari gedan-barai)	double block (right middle-level inside block / left downward block)	zenkutsu-dachi	front stance	
17	chudan kakiwake-uke	middle-level both fists wedge block	zenkutsu-dachi	front stance	slow
18	hidari mae-geri	left front kick	ashi-dachi	raised leg stance	
19	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
20	migi chudan gyaku-zuki	right middle-level reverse punch	zenkutsu-dachi	front stance	
21	kosa-uke (hidari chudan uchi-uke / migi gedan-barai)	double block (left middle-level inside block / right downward block)	zenkutsu-dachi	front stance	
22	migi chudan tettsumi-uchi	right middle-level inside hammer-fist strike	kiba-dachi	horse stance	
23	hidari chudan tettsumi-uchi	left middle-level inside hammer-fist strike	kiba-dachi	horse stance	
24	migi chudan tettsumi-uchi	right middle-level inside hammer-fist strike	kiba-dachi	horse stance	
25	hidari chudan tate shuto-uke	left middle-level vertical knife-hand block	fudo-dachi	front stance	slow
26	migi chudan gyaku-zuki	right middle-level reverse punch	zenkutsu-dachi	front stance	
27	hidari chudan-zuki	left middle level punch	zenkutsu-dachi	front stance	
28	migi mae-geri	right front kick (& step back)	ashi-dachi	raised leg stance	
29	migi chudan gyaku-zuki	right middle-level reverse punch	zenkutsu-dachi	front stance	
30	kosa-uke (hidari chudan uchi-uke / migi gedan-barai)	double block (left middle-level inside block / right downward block)	zenkutsu-dachi	front stance	
31	kosa-uke (migi chudan uchi-uke / hidari gedan-barai)	double block (right middle-level inside block / left downward block)	kiba-dachi	horse stance	
32	morote gedan-barai	double downward block	kiba-dachi	horse stance	slow
33	morote chudan kosa-uke	double middle-level double block	kiba-dachi	horse stance	slow
34	hidari jodan-zuki	left upper punch	kiba-dachi	horse stance	
35	migi chudan-zuki	right middle level punch	kiba-dachi	horse stance	KIAI
Yame					

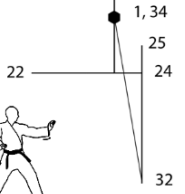
Stances:



# Chinte

## (Incredible Hands)

Embusen



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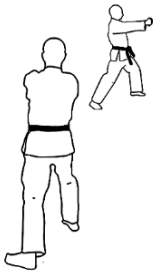
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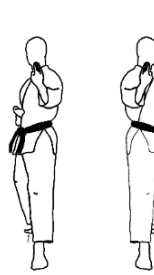
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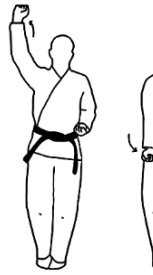
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34



# Chinte Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	migi chudan tettsumi-uchi	right middle-level inside vertical hammer-fist strike	heisoku-dachi	feet together closed leg stance	slow
2	-	Fists drawn to abdomen	heisoku-dachi	feet together closed leg stance	
3	hidari chudan tettsumi-uchi	left middle-level inside vertical hammer-fist strike	heisoku-dachi	feet together closed leg stance	slow
4	awase shuto age-uke	two handed knife-hand rising block	kiba-dachi	horse stance	
5	migi tate shuto-uke	right vertical knife-hand block	fudo-dachi (sochin dachi)	low & rooted stance	slow
6	hidari tate-ken gyaku-zuki	left vertical-ken reverse punch (into palm)	zenkutsu-dachi	front stance	
7	hidari tate shuto-uke	left vertical knife-hand block	fudo-dachi (sochin dachi)	low & rooted stance	slow
8	migi tate-ken gyaku-zuki	right vertical reverse punch (palm)	zenkutsu-dachi	front stance	
9	migi tate shuto-uke	right vertical knife-hand block	fudo-dachi (sochin dachi)	low & rooted stance	slow
10	hidari jodan tate-empi-uchi	left upper vertical-back-fist	zenkutsu-dachi	front stance	KIAI
11	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
12	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
13	hidari mae-geri / kosa-uke (migi chudan uchi-uke / hidari gedan-barai)	left front kick / double block (right middle-level inside block / left downward block)	ashi-dachi / zenkutsu-dachi	raised leg stance / front stance	
14	naiwan sukui-nage / migi gedan tettsumi-uchi	inner-arm scooping throw / right lower inside hammer-fist strike	heisoku-dachi	feet together closed leg stance	
15	morote enchin haito-barai	two-handed centrifugal ridge-hand sweep	kiba-dachi	horse stance	
16	morote enchin haito-barai	two-handed centrifugal ridge-hand sweep	kiba-dachi	horse stance	
17	ryowan uchi-uke	double inside block	kiba-dachi	horse stance	
18	ryowan-gamae	both fists downward to side posture	tsuri ashi-dachi	raised leg stance	slow
19	migi nakadaka-ippon-ken furi-otoshi	right one knuckle fist strike swing drop	zenkutsu-dachi	front stance	slow
20	hidari nakadaka-ippon-ken gyaku furi-otoshi	left swinging one knuckle strike (on top back of other hand)	zenkutsu-dachi	front stance	slow
21	migi nihon-nukite-uchi-uke	right two finger spear-hand inside block	zenkutsu-dachi	front stance	
22	hidari nihon-nukite-age-zuki	left two finger spear-hand rising thrust	zenkutsu-dachi	front stance	
23	hidari nihon-nukite-uchi-uke	left two finger spear-hand inside block	zenkutsu-dachi	front stance	
24	migi nihon-nukite-age-zuki	two finger spear-hand rising thrust	zenkutsu-dachi	front stance	
25	migi chudan teisho furi-uchi	right middle-level swinging palm-heel strike	fudo-dachi (sochin dachi)	low & rooted stance	
26	hidari chudan teisho furi-uchi	left middle-level swinging palm-heel strike	zenkutsu-dachi	front stance	
27	haimen hasami-uchi (nakadaka ippon-ken)	rear double one knuckle fist strike	zenkutsu-dachi	front stance	
28	hasami-uchi (nakadaka ippon-ken)	double one knuckle fist strike	fudo-dachi (sochin dachi)	low & rooted stance	KIAI
29	migi tate shuto-uke	right vertical knife-hand block	fudo-dachi (sochin dachi)	low & rooted stance	slow
30	hidari tate-ken gyaku-zuki	left vertical reverse punch	zenkutsu-dachi	front stance	
31	hidari tate shuto-uke	left vertical knife-hand block	fudo-dachi (sochin dachi)	low & rooted stance	slow
32	migi tate-ken gyaku-zuki	right vertical reverse punch	zenkutsu-dachi	front stance	
33	tsutsumi-ken / hoppu / hoppu / hoppu	fist under palm front of chin & hop backwards three times at 45deg angle	heisoku-dachi	feet together closed leg stance	
34	tsutsumi-ken (jiai no kamae)	fist under palm front of chin (peaceful greeting)	heisoku-dachi	feet together closed leg stance	
Yame					

Stances:



heisoku-dachi



kiba-dachi



fudo-dachi  
(sochin-dachi)



zenkutsu-dachi



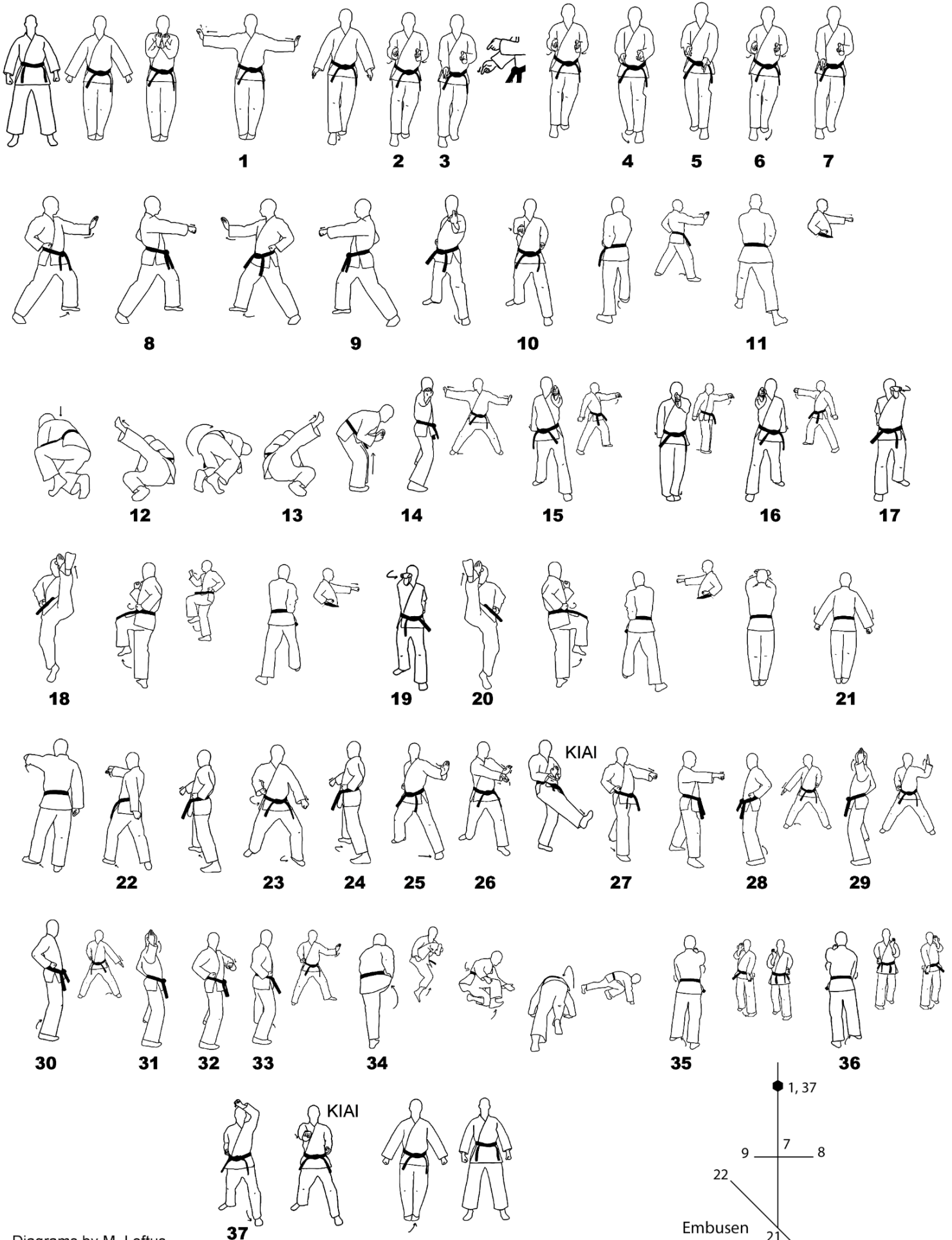
kokutsu-dachi



ashi-dachi

# Unsu

(Hand In The Clouds)





# Unsu Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	kaiun no te	both palm heels front of chin both hands then pushing out (cloud parting stance)	heisoku-dachi	feet together closed leg stance	slow
2	chudan morote keito-uke	middle-level double chicken-head-wrist block	neko-ashi-dachi	cat stance	
3	migi chudan ippon-nukite / ni-keito-gamae	right middle-level one-finger spear strike / double chicken-head-wrist posture	neko-ashi-dachi	cat stance	
4	ura ushi-gake / ura ushi-gake	moving in reverse S along ground	neko-ashi-dachi	cat stance	
5	hidari chudan ippon-nukite / ni-keito-gamae	left middle-level one-finger spear strike / double chicken-head-wrist posture	neko-ashi-dachi	cat stance	
6	ura ushi-gake / ura ushi-gake	moving in reverse S along ground	neko-ashi-dachi	cat stance	slow
7	migi chudan ippon-nukite / ni-keito-gamae	right middle-level one-finger spear strike / double chicken-head-wrist posture	neko-ashi-dachi	cat stance	
8	hidari chudan tate-shuto-uke / migi chudan gyaku-zuki	left middle-level vertical knife-hand block / right middle-level reverse punch	zenkutsu-dachi	front stance	turning to left
9	migi chudan tate-shuto-uke / hidari chudan gyaku-zuki	right middle-level vertical knife-hand block / left middle-level reverse punch	zenkutsu-dachi	front stance	turn to right
10	hidari chudan tate-shuto-uke / migi chudan gyaku-zuki	left middle-level vertical knife-hand block / right middle-level reverse punch	zenkutsu-dachi	front stance	facing front
11	migi chudan tate-shuto-uke / hidari chudan gyaku-zuki	right middle-level vertical knife-hand block / left middle-level reverse punch	zenkutsu-dachi	front stance	facing back
12	migi tai-otoshi / hidari kasei mawashi-geri	right knee raised from ground / left upwards roundhouse kick	--	--	
13	hidari tai-otoshi / migi kasei mawashi-geri	(flip over) left knee raised from ground / right upwards roundhouse kick	--	--	
14	ryo-seiryuto (kaiun-no-te)	both hands ox-jaw (open cloud hands)	kiba-dachi	horse stance	slow
15	hidari keito-uke / migi ushiro teisho-barai	left chicken-head wrist block / right palm heel sweep to rear	zenkutsu-dachi	front stance	
16	migi keito-uke / hidari ushiro teisho-barai	right chicken-head wrist block / left palm heel sweep to rear	zenkutsu-dachi	front stance	reverse feet before move
17	hidari jodan haito-uchi	left sweeping ridge hand strike	zenkutsu-dachi	front stance	
18	hidari jodan mae-geri (& pibotto suru) / migi chudan soto-uke / hidari chudan gyaku-zuki	left upper front kick (then pivot on heel) / right middle-level outside-block / left middle-level reverse punch	ashi-dachi / zenkutsu-dachi	raised leg stance / front stance	
19	migi jodan haito-uchi	right upper ridge hand block	zenkutsu-dachi	front stance	
20	migi jodan mae-geri (& pibotto suru) / hidari chudan soto-uke / migi chudan gyaku-zuki	right upper front kick (then pivot on heel) / left middle-level outside-block / right middle-level reverse punch	ashi-dachi / zenkutsu-dachi	raised leg stance / front stance	
21	ryowan-gamae	both fists downward to side posture	heisoku-dachi	feet together closed leg stance	slow
22	tenshi kenseitai / migi gedan oi-zuki	hi-low feint posture / right downward punch	--	--	slow
23	hidari gedan-zuki	left downward punch	zenkutsu-dachi	front stance	
24	migi gedan-zuki	right downward punch	zenkutsu-dachi	front stance	
25	hidari chudan tate shuto-uke	left middle-level vertical knife-hand block	fudo-dachi (sochin dachi)	low & rooted stance	slow
26	teisho tate hasami-uchi	vertical pal-heel scissors strike	zenkutsu-dachi	front stance	
27	mae ke-sage & ryosho-tsukamiyose / hidari chudan gyaku-zuki / migi chudan jun-zuki	front thrusting kick & both palms grasping pulling / left middle-level reverse punch / right middle-level front-punch	ashi-dachi / zenkutsu-dachi	raised leg stance / front stance	KIAI
28	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse stance	
29	hidari sokumen jodan haito-uke	left side upper ridge-hand block	kiba-dachi	horse stance	
30	hidari sokumen gedan-shuto-barai	left side gedan-knife-hand block	kiba-dachi	horse stance	
31	migi sokumen jodan haito-uke	right side upper ridge-hand block	kiba-dachi	horse stance	
32	hidari sokumen chudan-zuki	left side middle-level punch	kiba-dachi	horse stance	
33	hidari chudan haishu-uke	left middle-level back-hand-block	kokutsu-dachi	back stance	slow
34	sempu tobi-geri / ushiro-geri / ryote-fuse	whirlwind jumping kick / reverse kick/ landing face down (palms down)			
35	mawashi kake-uke / teisho awase-zuki	circular hooking block / two-handed palm-heel thrust	sanchin-dachi	hour-glass stance	slow
36	mawashi kake-uke / teisho awase-zuki	circular hooking block / two-handed palm-heel thrust	sanchin-dachi	hour-glass stance	slow
37	hidari jodan age-uke / migi chudan gyaku-zuki	left upper rising block / right middle-level reverse punch	fudo-dachi (sochin dachi)	low & rooted stance	KIAI
Yame					

Stances:



hachiji-dachi



neko-ashi-dachi



zenkutsu-dachi



kiba-dachi



ashi-dachi



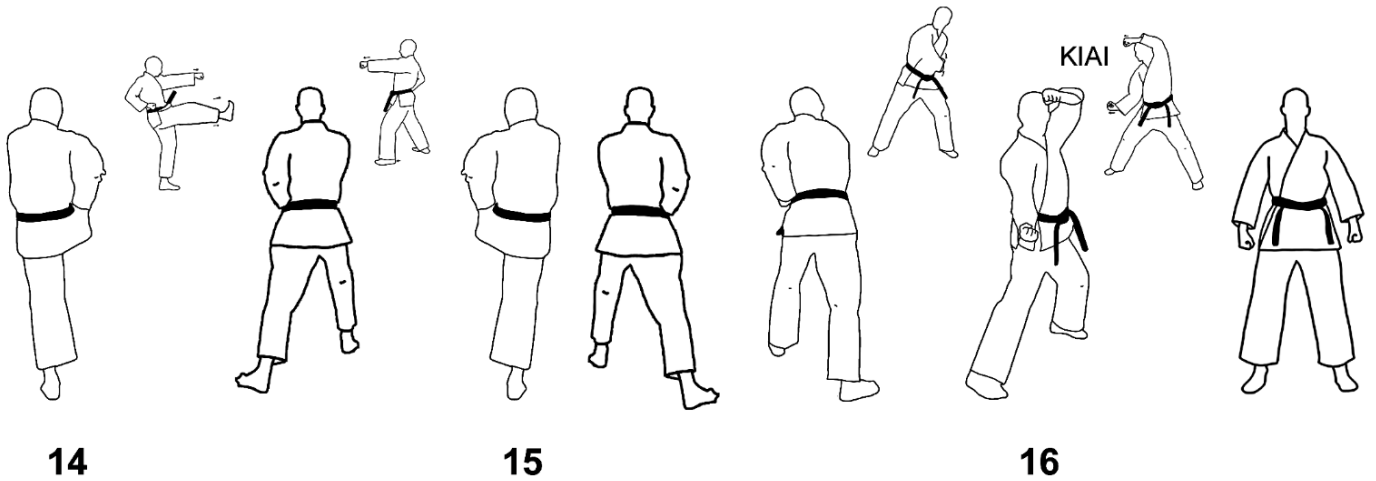
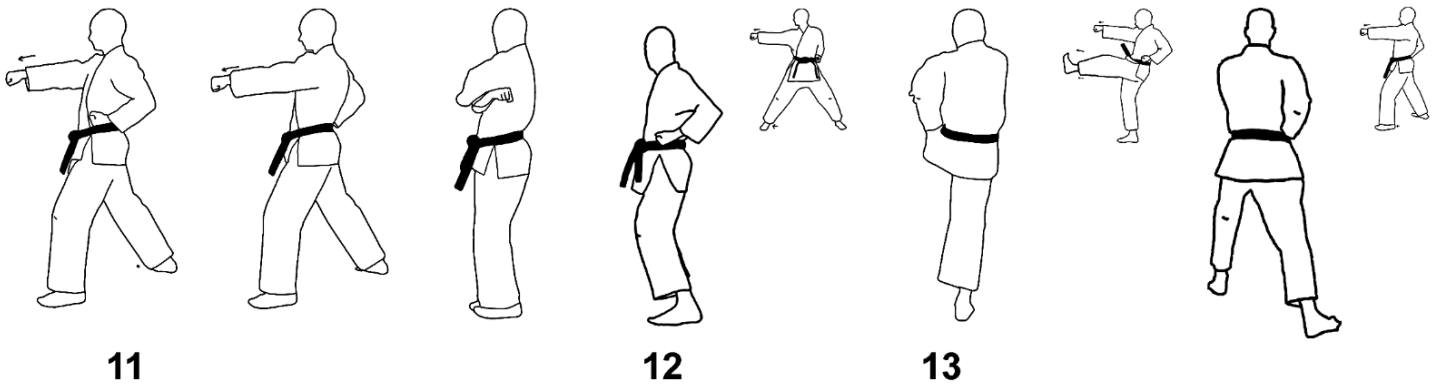
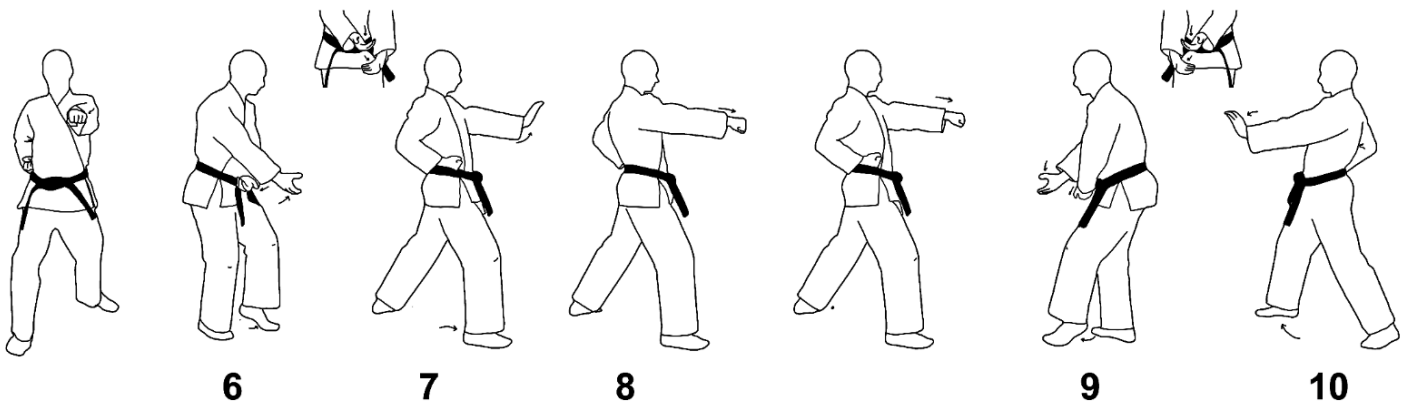
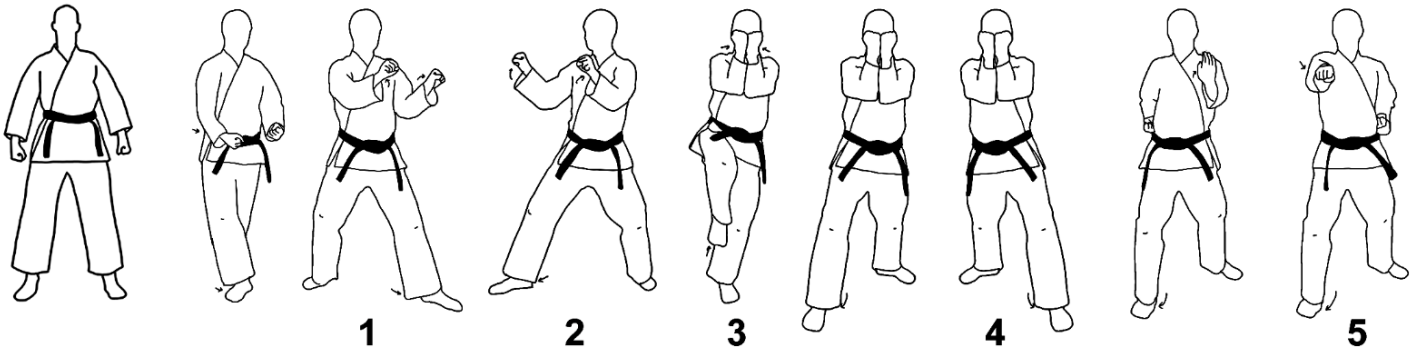
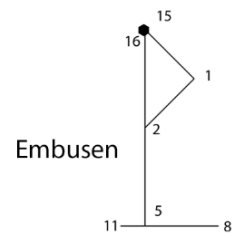
heisoku-dachi



fudo-dachi

# Wankan

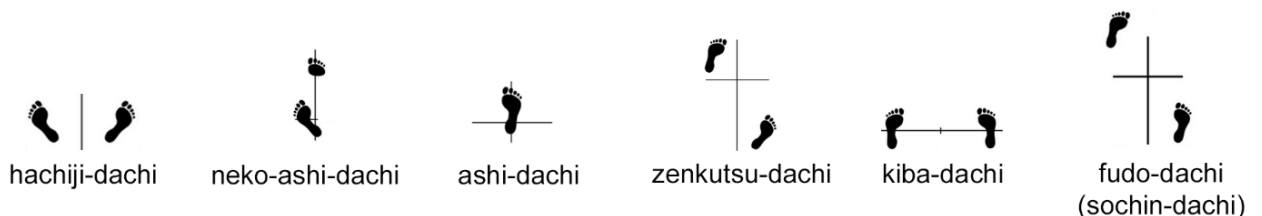
(King's Crown)



# Wankan Steps

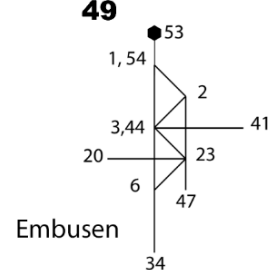
Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	chudan ryoken-kakiwake-uke (tadzuna-kamae)	middle-level both fists wedge block (bridle posture)	kokutsu-dachi	back stance	Variant: cat stance
2	migi shaho sashi-ashi / chudan ryoken-kakiwake-uke (tadzuna-kamae)	right head turning crossing / middle-level both fists wedge block (bridle posture)	kokutsu-dachi	back stance	Variant: cat stance
3	muso-uke (hasami-uke / hiza-gamae)	incomparable block (forearms together scissors block / knee lift posture)	ashi-dachi	one foot stance	
4	migi sashi-ashi & hasami-uke / hidari sashi-ashi & hasami-uke / hidari chudan gyaku Tate shuto-uke	stepping forward in scissors block form twice / left reverse vertical knife hand block	--	--	
5	migi chudan jun-zuki / hidari chudan gyaku-zuki	right middle-level front-punch / left middle-level reverse punch	zenkutsu-dachi	front stance	
6	koko hiza-kuzushi	scooping block & drive down knee takedown	neko-ashi-dachi	cat stance	
7	hidari chudan gyaku Tate shuto-uke	left middle-level gyaku vertical knife-hand block	zenkutsu-dachi	front stance	
8	migi chudan jun-zuki / hidari chudan gyaku-zuki	right middle-level front-punch / left middle-level reverse punch	zenkutsu-dachi	front stance	
9	koko hiza-kuzushi	scooping block & drive down knee takedown	neko-ashi-dachi	cat stance	
10	hidari chudan gyaku Tate shuto-uke	left middle-level reverse vertical knife-hand block	zenkutsu-dachi	front stance	
11	migi chudan jun-zuki / hidari chudan gyaku-zuki	right middle-level front-punch / left middle-level reverse punch	zenkutsu-dachi	front stance	
12	migi tetsui-uchi	right inside hammer-fist strike	kiba-dachi	horse-riding stance	
13	hidari mae-geri / hidari jun-zuki	left front kick / left front-punch	zenkutsu-dachi	front stance	
14	migi mae-geri / migi jun-zuki	right front kick / right front-punch	zenkutsu-dachi	front stance	
15	hidari mae-geri / hidari jun-zuki	left front kick / left front-punch	zenkutsu-dachi	front stance	
16	yama-zuki	wide U-punch to face and midsection	fudo-dachi (sochin dachi)	immovable stance	KIAI
Yame			hachiji-dachi	natural stance	

Stances:





(Fifty Four Steps - big)





# Gojushiho Dai Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	migi uraken-uchi	right backfist strike	zenkutsu-dachi	front stance	slow
2	heiko tate-zuki	two handed parallel vertical punch	zenkutsu-dachi	front stance	slow
3	heiko tate-zuki	two handed parallel vertical punch	zenkutsu-dachi	front stance	slow
4	hidari chudan tate shuto-uke	left middle-level vertical knife-hand block	zenkutsu-dachi	front stance	
5	migi chudan gyaku-zuki / hidari chudan zuki / migi mae-geri / migi chudan gyaku-zuki	right middle-level reverse punch / left middle-level punch / right front kick / right middle-level reverse punch (step back)	zenkutsu-dachi	front stance	
6	migi chudan tate shuto-uke	right middle-level vertical knife-hand block	zenkutsu-dachi	front stance	
7	hidari chudan gyaku-zuki / migi chudan zuki / hidari mae-geri / hidari chudan gyaku-zuki	left middle-level reverse punch / right middle-level punch / left front kick / left middle-level reverse punch (step back)	zenkutsu-dachi	front stance	
8	migi tate empi-uchi	right vertical elbow-strike (stepping forward)	zenkutsu-dachi	front stance	
9	koko hiza-kuzushi	scooping block & knee takedown	zenkutsu-dachi	front stance	
10	migi keito-uke (kitsutsuki no kamae)	right chicken-head wrist block (woodpecker posture)	neko-ashi-dachi	cat stance	
11	migi keito-uke-nagashi / hidari gedan shuto-osae	right chicken-head wrist posture / left downward knife-hand press	neko-ashi-dachi	cat stance	
12	migi ippon-nukite	right downward one-finger spear-hand strike	(suri-ashi) neko-ashi-dachi	sliding cat stance	
13	hidari ippon-nukite / migi ippon-nukite	left downward one-finger spear-hand strike / right downward one-finger spear-hand strike	neko-ashi-dachi	cat stance	
14	migi keito-uke (kitsutsuki no gamae)	right chicken-head wrist block (woodpecker posture)	neko-ashi-dachi	cat stance	
15	migi keito-uke-nagashi / hidari gedan shuto-osae	right chicken-head wrist posture / left downward knife-hand press	neko-ashi-dachi	cat stance	
16	migi ippon-nukite	right downward one-finger spear-hand strike	(suri-ashi) neko-ashi-dachi	sliding cat stance	
17	hidari ippon-nukite / migi ippon-nukite	left downward one-finger spear-hand strike / right downward one-finger spear-hand strike	neko-ashi-dachi	cat stance	
18	morote kaishu gedan-uke	two-handed downward block	kiba-dachi	horse-riding stance	
19	(jotai-sonomama)	(upper body as is)	kosa-dachi	crossing stance	
20	jodan koko morote-uke / fumikomi / sokumen gedan morote-otoshi	upper two handed block / stamping kick / grab & two handed drop	kiba-dachi	horse-riding stance	
21	morote kaishu gedan-uke	two-handed downward block	kiba-dachi	horse-riding stance	
22	kosa-dachi	(upper body as is)	kosa-dachi	crossing stance	
23	jodan koko morote-uke / fumikomi / sokumen gedan morote-otoshi	upper two handed block / stamping kick / grab & two handed drop	kiba-dachi	horse-riding stance	
24	migi keito-uke	right chicken-head wrist block (woodpecker posture)	neko-ashi-dachi	cat stance	
25	migi keito-uke-nagashi / hidari gedan shuto-osae	right chicken-head wrist posture / left downward knife-hand press	neko-ashi-dachi	cat stance	
26	migi ippon-nukite	right downward one-finger spear-hand strike	(suri-ashi) neko-ashi-dachi	sliding cat stance	
27	hidari ippon-nukite / migi ippon-nukite	left downward one-finger spear-hand strike / right downward one-finger spear-hand strike	neko-ashi-dachi	cat stance	
28	migi gedan shuto-uchi (hira-nukite)	left downward knife-hand strike (or finger spear-hand strike)	zenkutsu-dachi	front stance	
29	migi uraken-uchi	right vertical back-fist strike	zenkutsu-dachi	front stance	
30	hidari gedan shuto-uchi (hira-nukite)	left downward knife-hand strike (or finger spear-hand strike)	zenkutsu-dachi	front stance	
31	hidari uraken-uchi	left vertical back-fist strike	zenkutsu-dachi	front stance	
32	migi washide otoshi-uchi	right eagle-hand downward strike	zenkutsu-dachi	front stance	
33	migi washide age-uchi	right eagle-hand rising thrust	zenkutsu-dachi	front stance	
34	hidari mae-geri / gedan kosa-zuki / hidari jodan empi-uchi / migi ushiro-gedan-uke	left front kick / downward cross punch / left upper elbow strike / right reverse downward block	ashi-dachi / hiza-kutsu-dachi	one foot stance / bent knee stance	
35	migi keito-uke	right chicken-head wrist block (woodpecker posture)	neko-ashi-dachi	cat stance	
36	migi keito-uke-nagashi / hidari gedan shuto-osae	right chicken-head wrist posture / left downward knife-hand press	neko-ashi-dachi	cat stance	
37	migi ippon-nukite	right downward one-finger spear-hand strike	(suri-ashi) neko-ashi-dachi	sliding cat stance	
38	hidari ippon-nukite / migi ippon-nukite	left downward one-finger spear-hand strike / right downward one-finger spear-hand strike	neko-ashi-dachi	cat stance	
39	morote kaishu gedan-uke	two-handed downward block	kiba-dachi	horse-riding stance	
40	(jotai-sonomama) hiza-gamae	(upper body as is) knee-raise	kosa-dachi	crossing stance	
41	hidari chudan tate shuto-uke / fumikomi / migi tate-nukite / hidari yoko hari-empi	left vertical knife-hand block / stamping kick/ right 4-finger vertical spear-hand strike & left elbow guard hip posture	kiba-dachi	horse-riding stance	
42	morote kaishu gedan-uke	two-handed downward block	kiba-dachi	horse-riding stance	
43	(jotai-sonomama) hiza-gamae	(upper body as is) knee-raise	kosa-dachi	crossing stance	
44	hidari chudan tate shuto-uke / fumikomi / migi tate-nukite / hidari yoko hari-empi	left vertical knife-hand block / stamping kick/ right 4-finger vertical spear-hand strike & left elbow guard hip posture	kiba-dachi	horse-riding stance	
45	migi uraken-uchi	right water flowing back-fist posture (vertical back-fist strike)	zenkutsu-dachi	front stance	slow
46	hidari chudan tettsumi-uchi	left hammer fist strike	kiba-dachi	horse-riding stance	
47	hidari chudan oi-zuki	left lunge punch	zenkutsu-dachi	front stance	KIAI
48	suihei hiji-gamae	horizontal elbows to side posture at chest level	hachiji-dachi	natural stance	
49	ushiro tettsumi hasami-uchi / suihei hiji-gamae	double reverse hammer-fist scissors strike / horizontal elbows to side posture	hachiji-dachi	natural stance	
50	suihei hiji-gamae	horizontal elbows to side posture	zenkutsu-dachi	front stance	
51	ryo kaishu-gamae	both palms wedge block	neko-ashi-dachi	cat stance	
52	morote keito-uke	both hands chicken-head wrist rising block	neko-ashi-dachi	cat stance	
53	morote gedan ippon-nukite / morote keito-uke	both downward one-finger spear-hand strike / both hands chicken-head wrist rising block	neko-ashi-dachi	cat stance	KIAI
54	migi keito-uke	right chicken-head wrist block	neko-ashi-dachi	cat stance	
Yame			hachiji-dachi	natural stance	

Stances:



hachiji-dachi



zenkutsu-dachi



ashi-dachi



neko-ashi-dachi



kiba-dachi



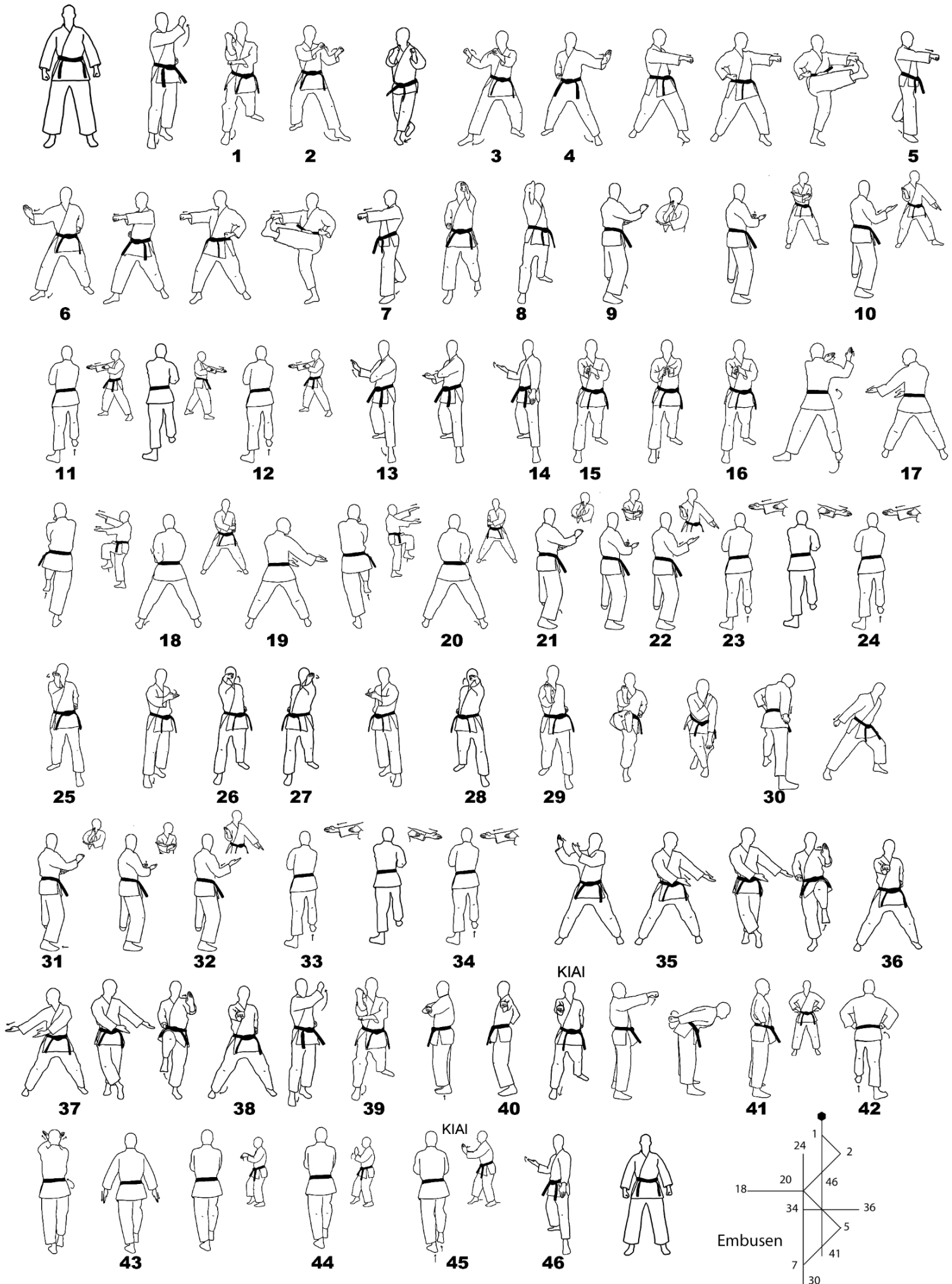
kosa-dachi



hiza-kutsu

# Gojushiho Sho

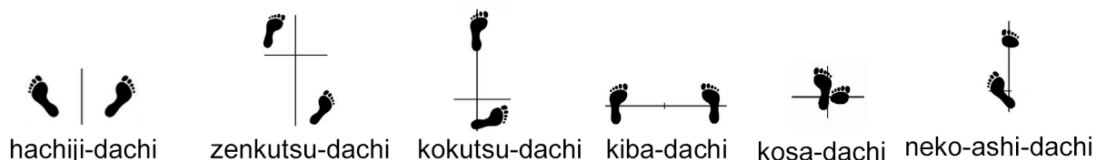
(Fifty Four Steps - small)



# Gojushiho Sho Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	migi uraken-uchi	right backfist strike	zenkutsu-dachi	front stance	slow
2	chudan kakiwake-uke	middle-level both fists wedge block	kokutsu-dachi	back stance	slow
3	chudan kakiwake-uke	middle-level both fists wedge block	kokutsu-dachi	back stance	slow
4	hidari chudan tate shuto-uke	left middle-level vertical knife-hand block	zenkutsu-dachi	front stance	slow
5	migi chudan gyaku-zuki / hidari chudan zuki / migi mae-geri / migi chudan oi-zuki	right middle-level reverse punch / left middle-level punch / right front kick / right middle-level stepping punch	zenkutsu-dachi	front stance	
6	migi chudan tate shuto-uke	right middle-level vertical knife-hand block	zenkutsu-dachi	front stance	slow
7	hidari chudan gyaku-zuki / migi chudan zuki / hidari mae-geri / hidari chudan oi-zuki	left middle-level reverse punch / right middle-level punch / left front kick / left middle-level stepping punch	zenkutsu-dachi	front stance	
8	migi tate empi-uchi	right vertical elbow-strike (step back)	zenkutsu-dachi	front stance	
9	shuto-nagashi-uke (ryu-un-no-uke)	knife-hand flowing block (flowing cloud block)	kokutsu-dachi	back stance	slow
10	kaishu kosa-gamae	both fists on hips posture	kokutsu-dachi	back stance	
11	migi shihon-tate-nukite	right vertical 4-finger spear-hand strike	zenkutsu-dachi	front stance	
12	hidari shihon-tate-nukite / migi shihin-tate-nukite	left vertical 4-finger spear-hand strike / right vertical 4-finger spear-hand strike	zenkutsu-dachi	front stance	
13	shuto-nagashi-uke (ryu-un-no-uke)	knife-hand flowing block (flowing cloud block)	kokutsu-dachi	back stance	slow
14	kaishu kosa-gamae	back-hand palm upwards block / knife-hand downward block	kokutsu-dachi	back stance	
15	migi shihin-tate-nukite	right vertical 4-finger spear-hand strike	zenkutsu-dachi	front stance	
16	hidari shihon- nukite / migi shihon- nukite	left four-finger- spear-hand strike / right four-finger- spear-hand strike	zenkutsu-dachi	front stance	
17	morote kaishu gedan-uke	two-handed open handed downward block	kiba-dachi	horse-riding stance	
18	fumikomi / hidari koshi-gamae	stamping kick / left both fists on hip posture	kosa-dachi / kiba-dachi	crossing stance / horse-riding stance	
19	morote kaishu gedan-uke	two-handed open handed downward block	kiba-dachi	horse-riding stance	
20	fumikomi / migi koshi-gamae	stamping kick / right both fists on hip posture	kosa-dachi / kiba-dachi	crossing stance / horse-riding stance	
21	shuto-nagashi-uke (ryu-un-no-uke)	knife-hand flowing block (flowing cloud block)	kokutsu-dachi	back stance	slow
22	kaishu kosa-gamae	both fists on hips posture	kokutsu-dachi	back stance	
23	migi shihin-tate-nukite	right vertical 4-finger spear-hand strike	zenkutsu-dachi	front stance	
24	hidari shihin-tate-nukite / migi shihin-tate-nukite	left vertical 4-finger spear-hand strike / right vertical 4-finger spear-hand strike	zenkutsu-dachi	front stance	
25	migi jodan shuto-uchi / gyaku-hanmi	right upper knife-hand strike / 45deg hip twist	zenkutsu-dachi	front stance	slow
26	migi jodan shuto-uke	right upper knife-hand block	zenkutsu-dachi	front stance	
27	hidari jodan shuto-uchi / gyaku-hanmi	left upper knife-hand strike / 45deg hip twist	zenkutsu-dachi	front stance	slow
28	hidari jodan shuto-uke	left upper knife-hand block	zenkutsu-dachi	front stance	
29	migi chudan gyaku uchi-uke / gyaku-hanmi	right middle level inside block / 45deg hip twist	zenkutsu-dachi	front stance	
30	migi mae-geri / migi nagashi-uke / hidari otoshi-zuki / migi ushiro gedan-barai	right front kick / right sweeping block / left dropping punch / right reverse downward block (stepping back with left leg)	kosa-dachi / zenkutsu-dachi	crossing stance / front stance	
31	shuto-nagashi-uke (ryu-un-no-uke)	knife-hand flowing block (flowing cloud block)	kokutsu-dachi	back stance	slow
32	kaishu kosa-gamae	back-hand palm upwards block / knife-hand downward block	kokutsu-dachi	back stance	
33	migi shihin-tate-nukite	right vertical 4-finger spear-hand strike	zenkutsu-dachi	front stance	
34	hidari shihin-tate-nukite / migi shihin-tate-nukite	left vertical 4-finger spear-hand strike / right vertical 4-finger spear-hand strike	zenkutsu-dachi	front stance	
35	morote kaishu gedan-uke	two-handed open handed downward block	kiba-dachi	horse-riding stance	
36	hidari tata shuto chudan uchi-uke & hiza-gamae /fumikomi / migi chudan-zuki	vertical knife hand push (block) & knee raise /stamping kick / right middle level punch	kosa-dachi / kiba-dachi	crossing stance/ horse-riding stance	
37	morote kaishu gedan-uke	two-handed open handed downward block	kiba-dachi	horse-riding stance	
38	hidari tata shuto chudan uchi-uke & hiza-gamae /fumikomi / migi chudan-zuki	vertical knife hand push (block) & knee raise / stamping kick / right middle level punch	kosa-dachi / kiba-dachi	crossing stance/ horse-riding stance	
39	migi uraken-uchi	right backfist strike	zenkutsu-dachi	front stance	
40	hidari chudan tettsui-uchi / migi chudan oi-zuki	left middle-level inside hammer-fist strike / right middle-level stepping punch	kiba-dachi / zenkutsu-dachi	horse-riding stance / front stance	KIAI
41	ryowan zenpo-nobashi / ushiro tettsui hasami-uchi / ryoken koshi-gamae	both arms stretching forward / both hammer fist strike to rear	hachiji-dachi	natural stance	
42	shuto-nagashi-uke (ryu-un-no-uke)	both fists on both hips posture	zenkutsu-dachi	front stance	
43	ryo kaishu-gamae	both arms lowered away from sides with palms open and facing down	neko-ashi-dachi	cat stance	
44	morote keito-uke	double chicken-head-wrist block	neko-ashi-dachi	cat stance	slow
45	morote seiryuto-uchi	two-handed ox-jaw strike	neko-ashi-dachi	cat stance	KIAI
46	shuto-nagashi-uke (ryu-un-no-uke)	knife-hand flowing block (flowing cloud block)	kokutsu-dachi	back stance	slow
Yame			hachiji-dachi	natural stance	

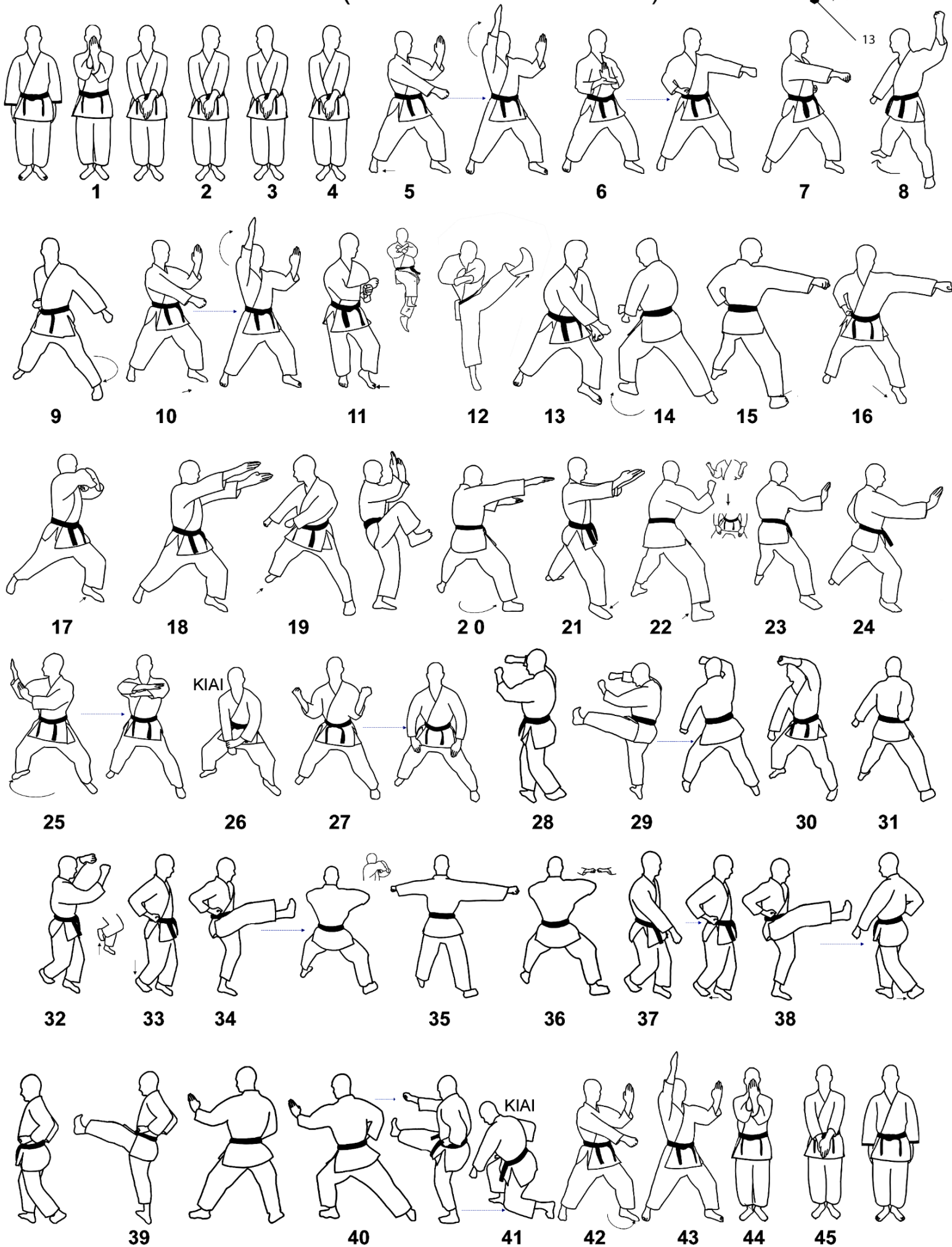
Stances:





(Crane On Rock - small)

Embusen 1,45

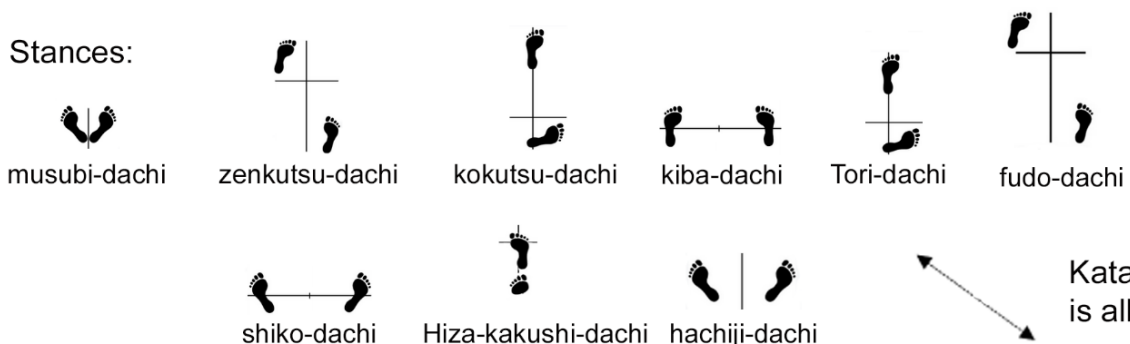




# Gankaku Sho Steps

Step	Technique	Translation	Stance	Stance	Comment
1 (Yoi)	riken-gasho	Right fist in left palm	musubi-dachi	feet together stance	right hand in fist, left hand open
2	hidari o mitekudasai	'look left'	musubi-dachi	feet together stance	hands move lower
3	migi ni mite	'look right'	musubi-dachi	feet together stance	
4	hidari o mitekudasai	'look left'	musubi-dachi	feet together stance	
5	haishu-uke/migi gedan tate-zuki	backhand block / lower vertical punch	zenkutsu-dachi	front stance	
6	kaishu juji-tori	open hand x-grasp	zenkutsu-dachi	front stance	
7	gyaku te-dori/ chudan jun-zuki/ gyaku-zuki	grasp pull back /forward punch/ reverse punch	zenkutsu-dachi	front stance	
8	manji-uke	inside block / down block (swirling block)	kokutsu-dachi	back stance	
9	hidari sokumen gedan-barai	left lower block to side	kiba-dachi	horse stance	
10	hidari haishu-uke/migi gedan tate-zuki	left backhand block / right lower vertical punch	zenkutsu-dachi	front stance	
11	kaishu juji-tori	open hand x-grasp	zenkutsu-dachi	front stance	
12	hiki-yosa-gamae/ nidan-geri	pull back to chest / knee leading jumping kick	tora dachi	tiger stance	
13	juji uke-zuki	x block	zenkutsu-dachi	front stance	
14	juji uke-zuki	x block	zenkutsu-dachi	front stance	
15	migi chudan jun-zuki	right middle-level front punch	fudo-dachi	rooted stance	
16	hidari chudan oi-zuki	left middle-level lunge punch	fudo-dachi	rooted stance	
17	migi jodan mae-empi	right upper elbow strike	zenkutsu-dachi	front stance	
18	ryowan haito-uke	double hand strike	zenkutsu-dachi	front stance	
19	morote hiki-otoshi	two handed pull down	shiko-dachi	square stance	
20	jo-chu awase-uke / jodan soto shuto-uchi	upper level outside knife hand strike/ upwards palm block	shiko-dachi	square stance	
21	jodan awase shuto-uchi	upper level two handed strike	zenkutsu-dachi	front stance	
22	ryowan uchi-uke	double inside block	kiba-dachi	horse stance	
23	kensei hirate komata-uchi/ migi chudan shuto-gamae	inner thigh slap feint / right knife hand block	kokutsu-dachi	back stance	
24	migi chudan shuto-gamae	right middle-level grasping hand push	zenkutsu-dachi	front stance	
25	hineri-kaeshi	reinforced open hand high level pullback	kiba-dachi	horse stance	
26	migi hirate otoshi-uchi/otoshi-zuki	right downward block & strike	kiba-dachi / shiko-dachi	horse stance / square-stance	KIAI
27	ryowan uchi-uke	double inside block	kiba-dachi	horse stance	
28	kensei hirate komata-uchi / jodan uchi-ude kaeshi-uke	inner thigh slap feint/ upper level inside reverse block	hiza-kakushi kosa-dachi	hidden knee stance	
29	hidari mae-geri/ muso-game (age-uke & gedan-uke)	left front snapping kick / incomparable posture (right rising block / left down block )	fudo-dachi	rooted stance	
30	muso-game (age-uke & gedan-uke)	incomparable posture (left rising block / right down block )	fudo-dachi	rooted stance	
31	hidari sokumen gedan-barai	left sideways downward block	kiba-dachi	horse stance	
32	jodan uchi-ude kaeshi-uke	upper level inside reverse block	hiza-kakushi kosa-dachi	hidden knee stance	
33	kensei yuka-geri/ryogoshi-gamae	foot stamp distraction & pull back	hiza-kakushi kosa-dachi	hidden knee stance	
34	migi mae-geri / migi mae empi-uchi	right front snapping kick/ right front elbow strike	kiba-dachi	horse stance	Variant: shiko dachi
35	sokumen doji-tsuki	double punch to sides	hachiji dachi	natural stance	
36	hasami-zuki	scissor punch	shiko-dachi	square stance	Variant: nakadaka ippon ken
37	migi gedan-barai / ryo goshi-gamae	right downward block / pullback	hiza-kakushi kosa-dachi	hidden knee stance	
38	migi mae-geri / hidari gedan-barai / ryo goshi-gamae	right front snapping kick/ left downward block / pullback	hiza-kakushi kosa-dachi	hidden knee stance	
39	hidari mae-geri / hidari chudan shuto-uke	left front snapping kick/ left knife hand block	kokutsu-dachi	back stance	
40	hidari chudan shuto-gamae	left hand pushing	zenkutsu-dachi	front stance	
41	migi mae-geri & migi jodan jun-zuki / hidari otoshi-zuki	right front snapping kick & right lunge punch / left downward strike	hiza-dachi	half-kneeling stance	KIAI
42	hidari haishu-uke/migi gedan tate-zuki	left backhand block / right lower vertical punch	zenkutsu-dachi	front stance	
43	kaishu juji-tori	open hand x-grasp	zenkutsu-dachi	front stance	
44	roken-gasho	hands in front of chin	musubi-dachi	feet together stance	
45		lower hands	musubi-dachi	feet together stance	
Yame			hachiji dachi	natural stance	

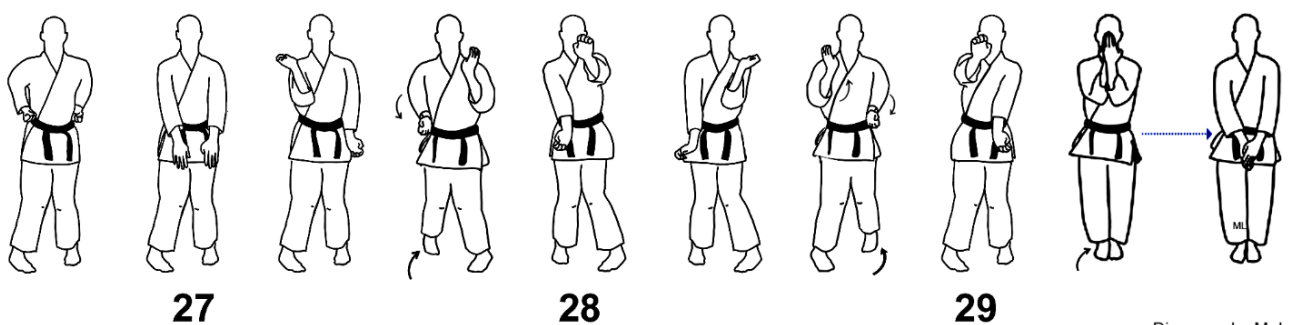
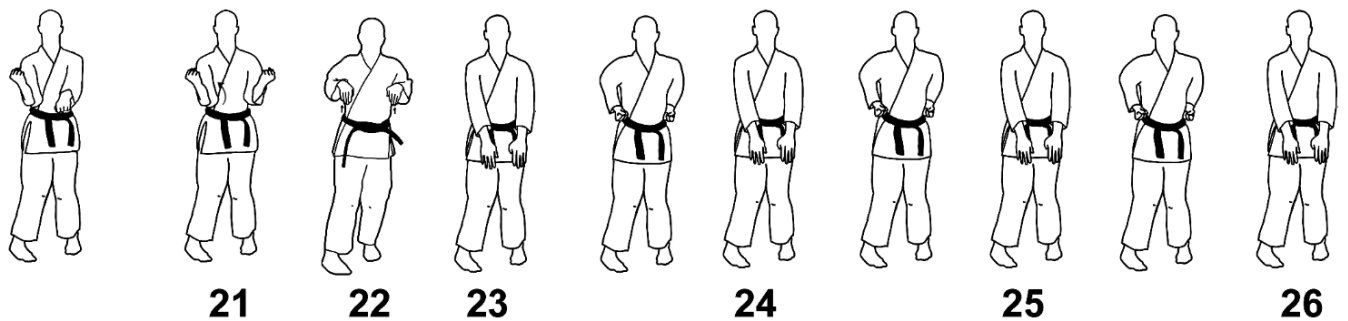
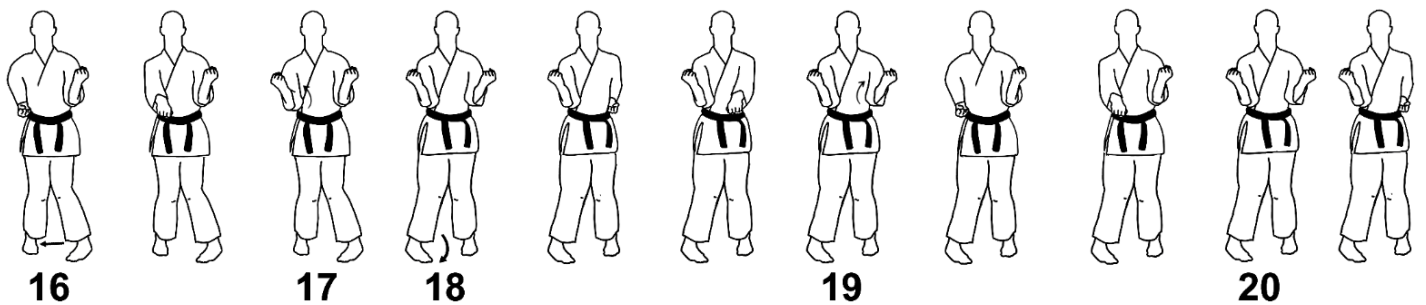
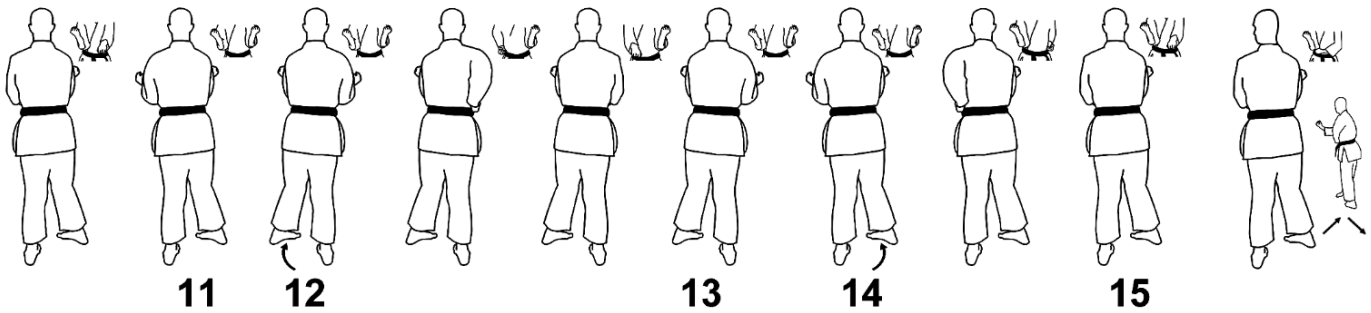
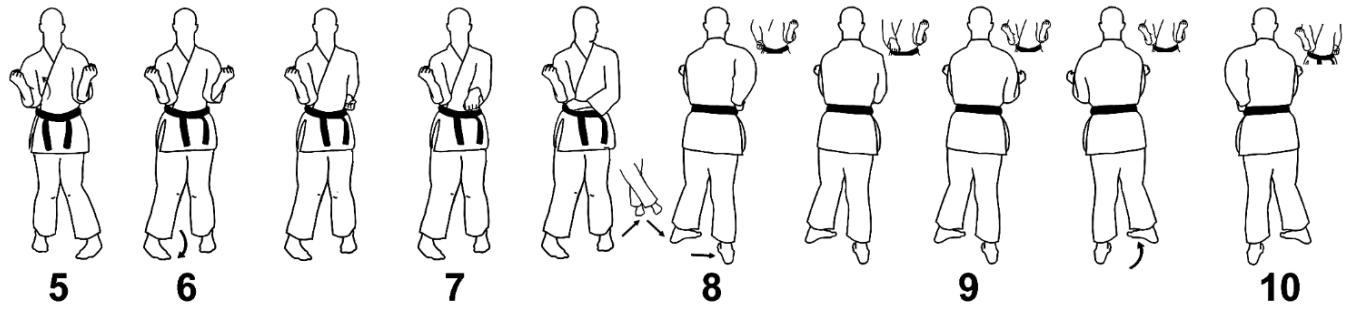
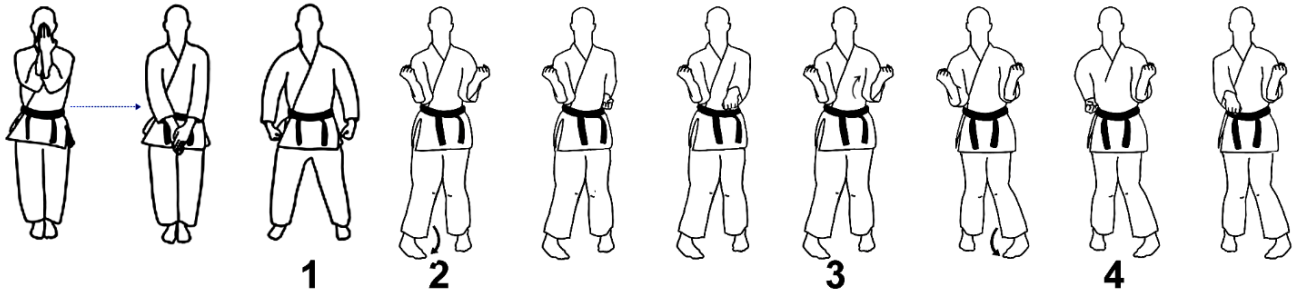
Stances:



# Sanchin

(3 Battles)

Embusen  
15  
1, 29  
7, 15



# Sanchin Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			musubi dachi	heels together stance	
1		(stance change)	heiko dachi	parallel stance	rolling shoulders change of stance
2	ryoken-kakiwake-uke / hidari hikite	both fists wedge block / left fist pullback	sanchin-dachi	hour-glass stance	right leg step forward
3	hidari choku-zuki / uchi uke	left straight punch & inside block	sanchin-dachi	hour-glass stance	
4	ryoken-kakiwake-uke / migi hikite	both fists wedge block / right fist pullback	sanchin-dachi	hour-glass stance	left leg step forward
5	migi choku-zuki / uchi uke	right straight punch & inside block	sanchin-dachi	hour-glass stance	
6	ryoken-kakiwake-uke	both fists wedge block	sanchin-dachi	hour-glass stance	right leg step forward
7	hidari choku-zuki	left straight punch	sanchin-dachi	hour-glass stance	
8	hidari uchi uke	(pull back to left fist across waist) across to waist left inside block	sanchin-dachi	hour-glass stance	turning on left foot
9	migi choku-zuki / uchi uke	right straight punch & inside block	sanchin-dachi	hour-glass stance	
10	ryoken-kakiwake-uke / hidari hikite	both fists wedge block / left fist pullback	sanchin-dachi	hour-glass stance	right leg step forward
11	hidari choku-zuki / uchi uke	left straight punch & inside block	sanchin-dachi	hour-glass stance	
12	ryoken-kakiwake-uke / migi hikite	both fists wedge block / right fist pullback	sanchin-dachi	hour-glass stance	left leg step forward
13	migi choku-zuki / uchi uke	right straight punch & inside block	sanchin-dachi	hour-glass stance	
14	ryoken-kakiwake-uke / hidari hikite	both fists wedge block / left fist pullback	sanchin-dachi	hour-glass stance	right leg step forward
15	hidari choku-zuki	left straight punch	sanchin-dachi	hour-glass stance	
16	hidari uchi uke	(pull back to left fist across waist) left inside block	sanchin-dachi	hour-glass stance	turning on left foot
17	migi choku-zuki / uchi uke	right straight punch & inside block	sanchin-dachi	hour-glass stance	
18	ryoken-kakiwake-uke / hidari hikite	both fists wedge block / left fist pullback	sanchin-dachi	hour-glass stance	right leg step forward
19	hidari choku-zuki / uchi uke	left straight punch & inside block	sanchin-dachi	hour-glass stance	
20	migi choku-zuki / uchi uke	right straight punch & inside block	sanchin-dachi	hour-glass stance	
21	hidari choku-zuki / uchi uke	left straight punch & inside block	sanchin-dachi	hour-glass stance	
22	ryoken hikite	double pull-back (chest)	sanchin-dachi	hour-glass stance	variant: closed fist
23	gedan morote yonhon nukite	lower level double four-fingered spear hand	sanchin-dachi	hour-glass stance	slow extend variant: closed finger spear hand
24	ryoken hikite / gedan morote yonhon nukite / ryoken hikite	double pull-back (waist) / lower level double four-fingered spear hand	sanchin-dachi	hour-glass stance	fast pull, slow extend variant: closed finger spear hand
25	ryoken hikite / gedan morote yonhon nukite / ryoken hikite	double pull-back (waist) / lower level double four-fingered spear hand	sanchin-dachi	hour-glass stance	fast pull, slow extend variant: closed finger spear hand
26	ryoken hikite / gedan morote yonhon nukite / ryoken hikite	double pull-back (waist) / lower level double four-fingered spear hand	sanchin-dachi	hour-glass stance	fast pull, slow extend variant: closed finger spear hand
27	ryoken hikite / gedan morote yonhon nukite / ryoken hikite	double pull-back (waist) / lower level double four-fingered spear hand	sanchin-dachi	hour-glass stance	fast pull, slow extend variant: closed finger spear hand
28	tekubi-makiotoshi-uke / teisho-awase-zuki	wrist curling-falling block / palm-heel combined punch	sanchin-dachi	hour-glass stance	step back
29	tekubi-makiotoshi-uke / teisho-awase-zuki	wrist curling-falling block / palm-heel combined punch	sanchin-dachi	hour-glass stance	step back
Yame			musubi dachi	heels together stance	

Stances:



heisoku-dachi



sanchin-dachi

Kata outline:





# Tensho

(Revolving Hands)

Embusen

1, 34

2, 31

11, 29

19



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2

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34



# Tensho Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			heisoku-dachi	Feet Together Stance	
1		'stance change'	Heiko Dachi	parallel stance	rolling shoulders change of stance
2	ryoken kakiwake-uke	both fists wedge block	sanchin-dachi	hour-glass stance	step forward, right side
3	migi chudan haito-uke	right ridge hand block	sanchin-dachi	hour-glass stance	
4	migi chudan kake-shuto uke	right open hand hook block	sanchin-dachi	hour-glass stance	
5	migi chudan tate-shuto uke	right vertical knife hand block	sanchin-dachi	hour-glass stance	
6	migi gedan teisho-zuki	right palm hand strike	sanchin-dachi	hour-glass stance	
7	migi jodan kakuto-uke	right back hand wrist joint strike	sanchin-dachi	hour-glass stance	
8	migi gedan teisho-uke	right lower palm heel block	sanchin-dachi	hour-glass stance	
9	migi chudan kakuto-uke	right outer back hand wrist joint block	sanchin-dachi	hour-glass stance	
10	migi chudan teisho-uke	left inner palm heel block	sanchin-dachi	hour-glass stance	
11	hidari chudan haito-uke	(pull back right hand to hip when stepping) left ridge hand block	sanchin-dachi	hour-glass stance	step forward, left side
12	hidari chudan kake-shuto uke	left open hand hook block	sanchin-dachi	hour-glass stance	
13	hidari chudan tate-shuto uke	left vertical knife hand block	sanchin-dachi	hour-glass stance	
14	hidari gedan teisho-zuki	left palm hand strike	sanchin-dachi	hour-glass stance	
15	hidari jodan kakuto-uke	left back hand wrist joint strike	sanchin-dachi	hour-glass stance	
16	hidari gedan teisho-uke	left lower palm heel block	sanchin-dachi	hour-glass stance	
17	hidari chudan kakuto-uke	left outer back hand wrist joint block	sanchin-dachi	hour-glass stance	
18	hidari chudan teisho-uke	left inner palm heel block	sanchin-dachi	hour-glass stance	
19	haito kakiwake-uke	(pull back left hand to hip when stepping) double ridge hand block	sanchin-dachi	hour-glass stance	step forward
20	shoto kakiwake-uke	double open hand hook block	sanchin-dachi	hour-glass stance	
21	morote chudan tate-shuto uke	double vertical knife hand block	sanchin-dachi	hour-glass stance	
22	morote gedan teisho-zuki	double palm hand strike	sanchin-dachi	hour-glass stance	
23	morote jodan kakuto-uke	double back hand wrist joint strike	sanchin-dachi	hour-glass stance	
24	morote gedan teisho-uke	double lower palm heel block	sanchin-dachi	hour-glass stance	
25	morote chudan kakuto-uke	double outer back hand wrist joint block	sanchin-dachi	hour-glass stance	
26	teisho kakiwake-uke	double inner palm heel block	sanchin-dachi	hour-glass stance	
27	ryōgoshi-gamae / morote yonhon nukite	back to back hands straight in front / pull back to hips	sanchin-dachi	hour-glass stance	
28	ryōgoshi-gamae / morote yonhon nukite	back to back hands straight in front / pull back to hips	sanchin-dachi	hour-glass stance	step back
29	ryōgoshi-gamae / morote yonhon nukite	back to back hands straight in front / pull back to hips	sanchin-dachi	hour-glass stance	step back
30	morote tate haiwan-uke	supported back of forearm block	sanchin-dachi	hour-glass stance	
31	shuto mawashi-uke / teisho-awase-zuki	knife hand roundhouse block / palm-heel combined punch	sanchin-dachi	hour-glass stance	step back
32	morote haiwan-uke	supported back of forearm block	sanchin-dachi	hour-glass stance	
33	shuto mawashi-uke / teisho-awase-zuki	knife hand roundhouse block / palm-heel combined punch	sanchin-dachi	hour-glass stance	step back
34	mawashi gedan shoto-uke	circular sweeping knife hand bisecting palm	heisoku-dachi	Feet Together Stance	step back
Yame			heisoku-dachi	Feet Together Stance	

Stances:



heisoku-dachi



heiko-dachi



sanchin-dachi

# Anan

Embusen

33, 39  
17 — 1, 20  
12 — 11, 25  
5  
7 8





# Anan Steps

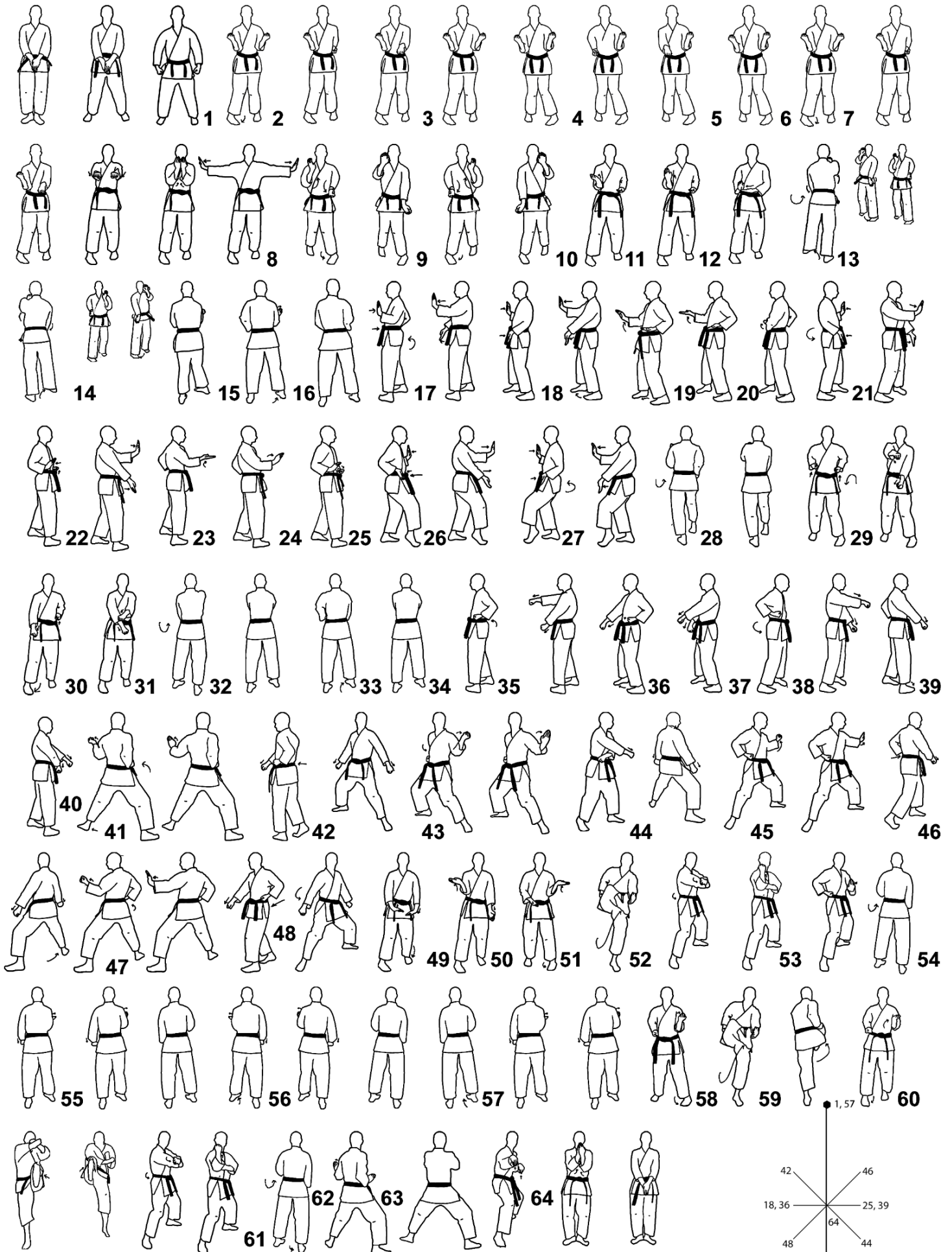
Step	Technique	Translation	Stance	Stance	Comment
Yoi			musubi dachi	heels together stance	
1		(stance change)	uchi hachinoji-dachi	Inward natural stance	Hands out palms up then moving heels outward pulling hands in and to the side
2	koko gamae	hands on hips preparation	renoji-dachi	L-stance	
3	hidari kakete-uke chudan / migi shotei uchi chudan	left grabbing-hand block / right palm-heel strike	zenkutsu-dachi*	front stance	Variation: kagi-uke (hooking block) *alt: moto-zenkutsu-dachi instead of zenkutsu-dachi for front stances
4	migi shotei-uchi (taisho) chudan	right palm-heel strike	zenkutsu-dachi	front stance	Variation: slight step to side when moving forward
5	hidari shotei-uchi chudan	left middle-level palm-heel strike	zenkutsu-dachi	front stance	Variation: slight step to side when moving forward
6	migi jodan nukite-uchi / gyaku-hanmi / migi mea-geri	right upper spear-hand strike / 45deg hip twist / right front-kick	moro-ashi-dachi	One foot forward stance	alt: moro-ashi-dachi (one foot forward stance)
7	hidari jodan nukite-uchi / gyaku-hanmi / hidari mea-geri	left upper spear-hand strike / 45deg hip twist / left front-kick	moro-ashi-dachi	One foot forward stance	alt: moro-ashi-dachi (one foot forward stance)
8	migi kakete-uchi chudan / hidari shotei-uchi chudan	right middle-level grabbing-hand block / left middle-level palm-heel strike	zenkutsu-dachi	front stance	Variation: kagi-uke (hooking block)
9	migi shotei-uchi chudan	right middle-level palm-heel strike	zenkutsu-dachi	front stance	Variation: slight step to side when moving forward
10	hidari shotei-uchi chudan	left middle-level palm-heel strike	zenkutsu-dachi	front stance	Variation: slight step to side when moving forward
11	hidari osae-uke chudan, migi osae-uke gedan / hidari mea-geri	right lower pressing hand block, left upwards pressing block / left front-kick	moro-ashi-dachi	One foot forward stance	
12	migi osae-uke chudan, hidari osae-uke gedan / migi mea-geri	right lower pressing hand block, left upwards pressing block / left front-kick	moro-ashi-dachi	One foot forward stance	
13	hidari shotei-uke chudan, migi osae-uke gedan	upper knife hand block, lower pressing hand block	zenkutsu-dachi	front stance	
14	migi kakete-uke chudan	right hand grabbing-hand block	zenkutsu-dachi	front stance	
15	migi kakete-uke chudan	right hand grabbing-hand block	zenkutsu-dachi	front stance	Sliding back
16	migi shuto-uchi gedan / migi kazami mea-geri / hidari shotei-uchi chudan	lower right hand knife hand strike / right front-leg kick / left middle palm-heel strike	kosa-dachi / zenkutsu-dachi	cross-stance / front stance	
17	hidari kakete-uke chudan	right hand grabbing-hand block	zenkutsu-dachi	front stance	
18	hidari kakete-uke chudan	right hand grabbing-hand block	zenkutsu-dachi	front stance	Sliding back
19	hidari shuto-uchi gedan / hidari kazami mea-geri / migi shotei-uchi chudan	lower right hand knife hand strike / right front-leg kick / left middle palm-heel strike	kosa-dachi / zenkutsu-dachi	cross-stance / front stance	
20	hidari ippon ken, migi ippon-ken	left index finger strike, right index finger strike	zenkutsu-dachi	front stance	
21	migi shuto-uchi chudan / migi yoko-uke chudan	right knife-hand strike / right side-block	shiko-dachi / zenkutsu-dachi	square stance / front stance	Pull back front hand to hip. Left hand remains in ippon ken position
22	migi ippon ken, hidari ippon-ken	right index finger strike, left index finger strike	zenkutsu-dachi	front stance	
23	hidari shuto-uchi chudan / hidari yoko-uke chudan	left knife-hand strike / left side-block	shiko-dachi / zenkutsu-dachi	square stance / front stance	Pull back front hand to hip. Right hand remains in ippon ken position
24	morote hiki-otoshi	two handed pull down	shiko-dachi	square stance	
25	migi kansetu-geri	right low side kick			turning on retraction
26	hidari shuto-uke jodan / migi yoko shuto-uch jodan	left upper knife hand block / upper right side knife-hand strike	zenkutsu-dachi	front stance	
27	haito kakiwake-uke	double ridge hand block	zenkutsu-dachi	front stance	stepping back
28	morote nukite-uchi / migi morote koko game / hidari morote koko-game	double spear hand strike / right side both palms grasping block (tiger-mouth block) / left side side both palms grasping block (tiger-mouth block)	kiba-dachi	horse stance	
29	sokumen-uke	side inside block (with support move on other hand)	kiba-dachi	horse-riding stance	
30	migi kansetu-geri	right low side kick			turning on retraction
31	hidari shotei-uke chudan	left palm-heel block	zenkutsu-dachi	front stance	
32	migi koken (kokute) uke	right bent-wrist block	neko-ashi-dachi	cat stance	
33	hidari koken (kokute) uke	left bent-wrist block	neko-ashi-dachi	cat stance	
34	migi nukite-uchi gedan	right downward spear hand strike	zenkutsu-dachi	front stance	
35	hidari Tate-zuki chudan	left middle-level vertical punch	zenkutsu-dachi	front stance	
36	migi kakete-uke chudan	left middle-level grabbing-hand block	shiko-dachi	square stance	
37	koko gamae	hands on hips preparation	renoji-dachi	L-stance	
Yame			musubi dachi	heels together stance	

Stances:



# Suparinpei

(108 steps)



Diagrams by M. Loftus

Embusen



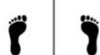
# Suparinpei Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			musubi dachi	heels together stance	
1		(stance change)	heiko dachi	parallel stance	rolling shoulders change of stance
2	ryoken-kakiwake-uke / hidari hikite	both fists wedge block / left fist pullback	sanchin-dachi	hour-glass stance	right leg step forward
3	hidari choku-zuki / uchi uke	left straight punch & inside block	sanchin-dachi	hour-glass stance	
4	ryoken-kakiwake-uke / migi hikite	both fists wedge block / right fist pullback	sanchin-dachi	hour-glass stance	left leg step forward
5	migi choku-zuki / uchi uke	right straight punch & inside block	sanchin-dachi	hour-glass stance	
6	ryoken-kakiwake-uke / hidari hikite	both fists wedge block / left fist pullback	sanchin-dachi	hour-glass stance	right leg step forward
7	hidari choku-zuki / migi choku-zuki	left straight punch / right (shortened) straight punch	sanchin-dachi	hour-glass stance	
8	morote teisho uke	double palm-heel block	sanchin-dachi	hour-glass stance	
9	shuto mawashi-uke / teisho-awase-zuki	knife hand roundhouse block / palm-heel combined punch	sanchin-dachi	hour-glass stance	step forward
10	shuto mawashi-uke / teisho-awase-zuki	knife hand roundhouse block / palm-heel combined punch	sanchin-dachi	hour-glass stance	step forward
11	migi chudan kake-shuto uke	right open hand hook block	sanchin-dachi	hour-glass stance	left fist on hip (hikite)
12	migi kake-tori uke / hidari nukite	right outer hook block / across to waist left inside strike	sanchin-dachi	hour-glass stance	turning 180 degree on left foot
13	shuto mawashi-uke / teisho-awase-zuki	knife hand roundhouse block / palm-heel combined punch	sanchin-dachi	hour-glass stance	step forward
14	shuto mawashi-uke / teisho-awase-zuki	knife hand roundhouse block / palm-heel combined punch	sanchin-dachi	hour-glass stance	step forward
15	migi chudan kake-shuto uke	right open hand hook block	sanchin-dachi	hour-glass stance	left fist on hip (hikite)
16	migi kake-tori uke / hidari nukite	right outer hook block / across to waist left inside strike	sanchin-dachi	hour-glass stance	turning 90 degrees by pulling left foot in
17	shuto mawashi-uke / teisho-awase-zuki	knife hand roundhouse block / palm-heel combined punch	sanchin-dachi	hour-glass stance	step forward
18	shuto mawashi-uke / teisho-awase-zuki	knife hand roundhouse block / palm-heel combined punch	sanchin-dachi	hour-glass stance	step forward
19	migi chudan kake-shuto uke	right open hand hook block	sanchin-dachi	hour-glass stance	left fist on hip (hikite)
20	migi kake-tori uke / hidari nukite	right outer hook block / across to waist left inside strike	sanchin-dachi	hour-glass stance	turning 180 degree on left foot
21	shuto mawashi-uke / teisho-awase-zuki	knife hand roundhouse block / palm-heel combined punch	sanchin-dachi	hour-glass stance	step forward
22	shuto mawashi-uke / teisho-awase-zuki	knife hand roundhouse block / palm-heel combined punch	sanchin-dachi	hour-glass stance	step forward
23	migi chudan kake-shuto uke	right open hand hook block	sanchin-dachi	hour-glass stance	left fist on hip (hikite)
24	migi kake-tori uke	right outer hook block	sanchin-dachi	hour-glass stance	
25	hidari nukite & migi kake uke	left spearhand strike & right hook block	sanchin-dachi	hour-glass stance	
26	shuto mawashi-uke / teisho-awase-zuki	knife hand roundhouse block / palm-heel combined punch	neko-ashi-dachi	cat stance	turning 180 degree on left foot
27	shuto mawashi-uke / teisho-awase-zuki	knife hand roundhouse block / palm-heel combined punch	neko-ashi-dachi	cat stance	turning 90 degree right on left foot
28	shuto mawashi-uke / teisho-awase-zuki	knife hand roundhouse block / palm-heel combined punch	neko-ashi-dachi	cat stance	turning 180 degree on left foot
29	morote hikite / awase-zuki	both fists on wait / u-punch with right fist on top	sanchin-dachi	hour-glass stance	
30	migi gedan otoshi-uke	right palm-heel descending block	sanchin-dachi	hour-glass stance	Step forward. Left fist pulled back high ready to strike
31	hidari gedan seiken-zuki	left lower punch	sanchin-dachi	hour-glass stance	turning 180 degree on left foot
32	morote hikite / awase-zuki	both fists on wait / u-punch with right fist on top	sanchin-dachi	hour-glass stance	
33	migi gedan otoshi-uke	right palm-heel descending block	sanchin-dachi	hour-glass stance	Step forward. Left fist pulled back high ready to strike
34	hidari gedan seiken-zuki	left lower punch	sanchin-dachi	hour-glass stance	turning 90 degree on left foot
35	morote hikite / awase-zuki	both fists on wait / u-punch with right fist on top	sanchin-dachi	hour-glass stance	
36	migi gedan otoshi-uke	right palm-heel descending block	sanchin-dachi	hour-glass stance	Step forward. Left fist pulled back high ready to strike
37	hidari gedan seiken-zuki	left lower punch	sanchin-dachi	hour-glass stance	turning 180 degree on left foot
38	morote hikite / awase-zuki	both fists on wait / u-punch with right fist on top	sanchin-dachi	hour-glass stance	
39	migi gedan teisho otoshi-uke	right palm-heel descending block	sanchin-dachi	hour-glass stance	Step forward. Left fist pulled back high ready to strike
40	hidari gedan seiken-zuki	left lower punch	sanchin-dachi	hour-glass stance	
41	hidari sokumen uchi-ude-uke (yoko-uke) / hidari teisho-oshi	left sideways inner block / left palm-heel push	shiko-dachi	square stance	turning to face left
42	migi nakadaka-ippon-ken otoshi / morote gedan tetsui-uchi	right one knuckle fist strike / double hammer-fist strike	shiko-dachi	square stance	
43	hidari sokumen uchi-ude-uke (yoko-uke) / hidari teisho-oshi	left sideways inner block / left palm-heel push	shiko-dachi	square stance	turning to face left
44	migi nakadaka-ippon-ken otoshi / morote gedan tetsui-uchi	right one knuckle fist strike / double hammer-fist strike	shiko-dachi	square stance	
45	hidari sokumen uchi-ude-uke (yoko-uke) / hidari teisho-oshi	left sideways inner block / left palm-heel push	shiko-dachi	square stance	turning to face left
46	migi nakadaka-ippon-ken otoshi / morote gedan tetsui-uchi	right one knuckle fist strike / double hammer-fist strike	shiko-dachi	square stance	
47	hidari sokumen uchi-ude-uke (yoko-uke) / hidari teisho-oshi	left sideways inner block / left palm-heel push	shiko-dachi	square stance	turning to face left
48	migi nakadaka-ippon-ken otoshi / morote gedan tetsui-uchi	right one knuckle fist strike / double hammer-fist strike	shiko-dachi	square stance	
49	morote gedan teisho-uke	double lower palm-heel block	sanchin-dachi	hour-glass stance	
50	migi chudan kake-shuto uke	right open hand hook block	sanchin-dachi	hour-glass stance	step forward
51	hidari chudan kake-shuto uke	left open hand hook block	sanchin-dachi	hour-glass stance	
52	migi mae-geri / morote yoko hiji-ate	right dront kick / supported upward swinging elbow strike	shiko-dachi	square stance	alt - mawashi-empi-uchi (round swinging elbow strike)
53	morote migi chudan uraken-tate-uchi / migi chudan tate shuto-uke	supported right middle-level vertical round back-fist strike / right middle-level vertical knife-hand block	sanchin-dachi	hour-glass stance	turning 180 degree on right foot
54	hidari shotei-uke chudan & migi osae-uke gedan	upper knife hand block, lower pressing hand block to rear	sanchin-dachi	hour-glass stance	step forward
55	migi chudan sukui-uke & hidari gedan teisho otoshi-uke / migi chudan kake-shuto uke / migi kake-tori uke	right middle scooping block & left palm-heel descending block / right open hand hook block / right outer hook block	sanchin-dachi	hour-glass stance	step forward
56	hidari chudan sukui-uke & migi gedan teisho otoshi-uke / hidari chudan kake-shuto uke / migi kake-tori uke	left middle scooping block & right palm-heel descending block / left open hand hook block / left outer hook block	sanchin-dachi	hour-glass stance	step forward
57	migi chudan sukui-uke & hidari gedan teisho otoshi-uke / migi chudan kake-shuto uke / migi kake-tori uke	right middle scooping block & left palm-heel descending block / right open hand hook block / right outer hook block	sanchin-dachi	hour-glass stance	turning 180 degree on right foot
58	hidari uchi-ude-uke (yoko-uke)	left inner block (open hand)	sanchin-dachi	hour-glass stance	
59	migi chudan mikazuki-geri	right middle-level crescent kick			360 deg turn
60	hidari chudan kake-shuto uke / migi tobi-geri (nidan geri) / morote yoko hiji-ate	left open hand hook block / right jumping kick (double kick) / supported upward swinging elbow strike	sanchin-dachi / shiko-dachi	hour-glass stance / square stance	alt - mawashi-empi-uchi (round swinging elbow strike)
61	morote migi chudan uraken-tate-uchi	supported right middle-level vertical round back-fist strike	shiko-dachi	square stance	180-deg turn
62	hidari shotei-uke chudan & migi osae-uke gedan	upper knife hand block, lower pressing hand block to rear	sanchin-dachi	hour-glass stance	
63	hidari chudan kake-shuto uke & migi hikite / morote migi yoko-nukite (hira-nukite)	right open hand hook block & right hand pulled back (open hand palm down) / supported right sideways (flat) spear-hand strike	shiko-dachi	square stance	turn 180-deg on right foot
64	migi jodan kakuto-uke & hidari (inu no kamae)	right back hand wrist joint strike & left hand in joint-strike posture	shiko-dachi	square stance	
Yame		(stance change)	musubi dachi	heels together stance	

Stances:



musubi-dachi



heiko-dachi



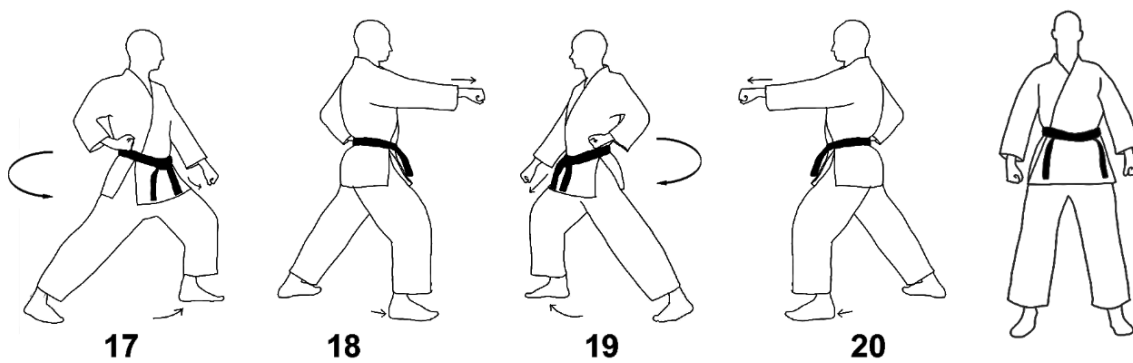
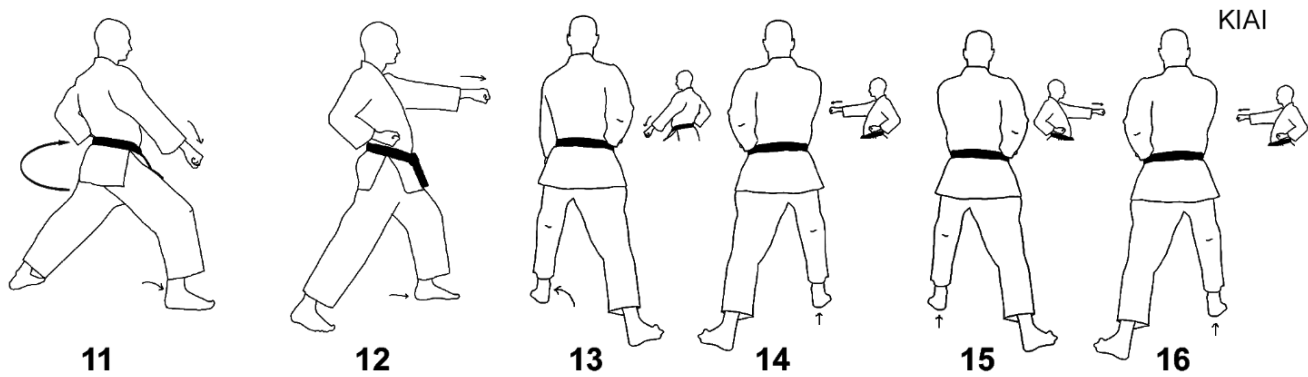
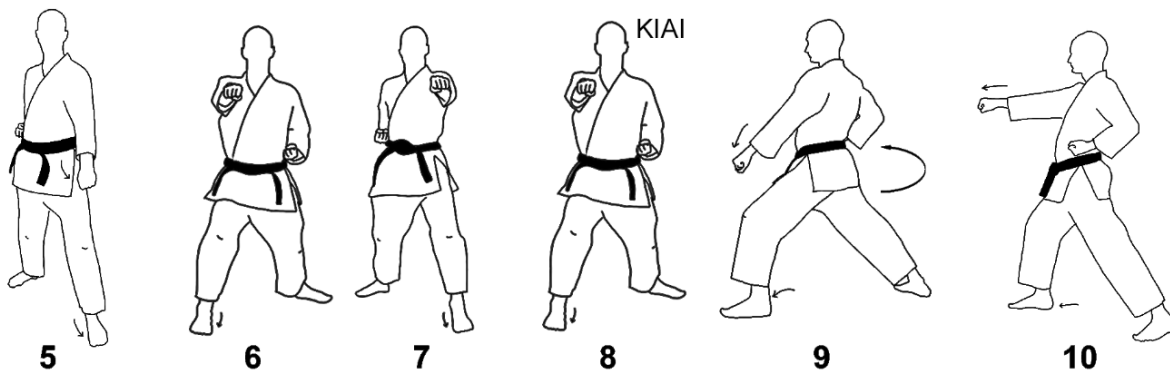
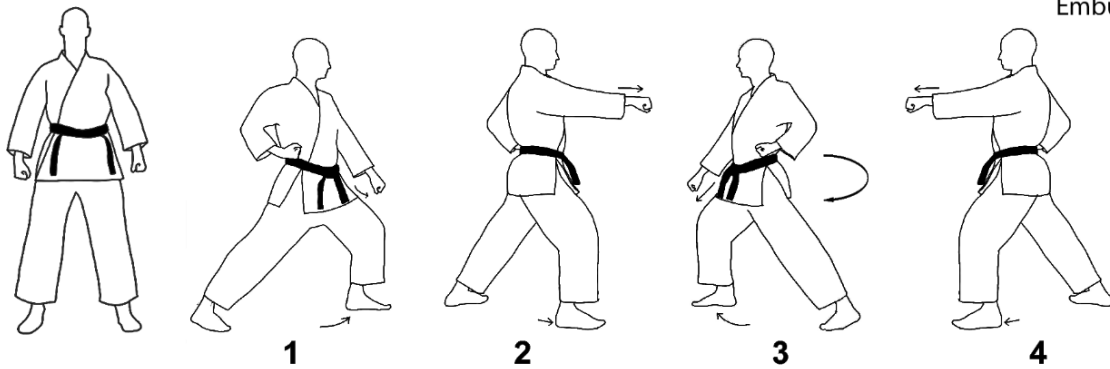
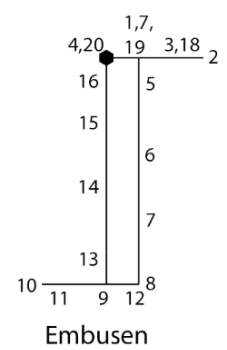
sanchin-dachi



neko-ashi-dachi

# Taikyoku Shodan

(First Cause - Level 1)



# Taikyoku Shodan Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
2	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
3	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	
4	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
5	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
6	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
7	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
8	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
9	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
10	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
11	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	
12	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
13	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
14	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
15	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
16	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
17	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
18	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
19	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	
20	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
Yame			hachiji-dachi	natural stance	

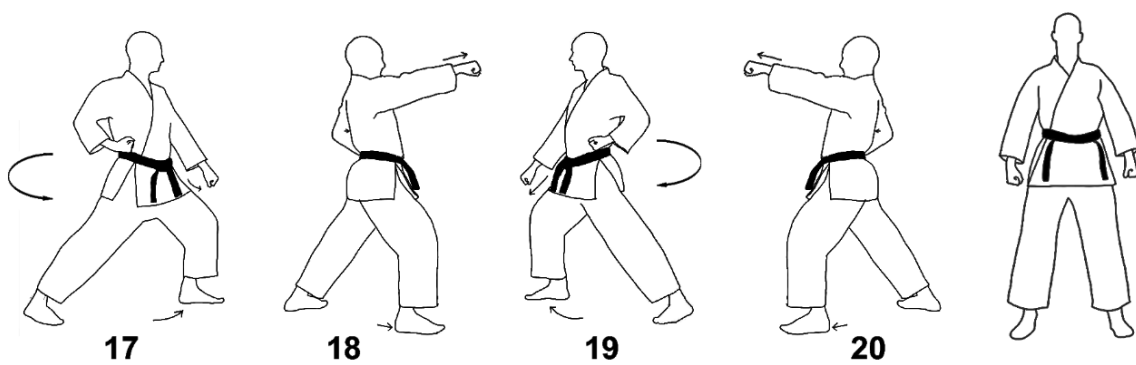
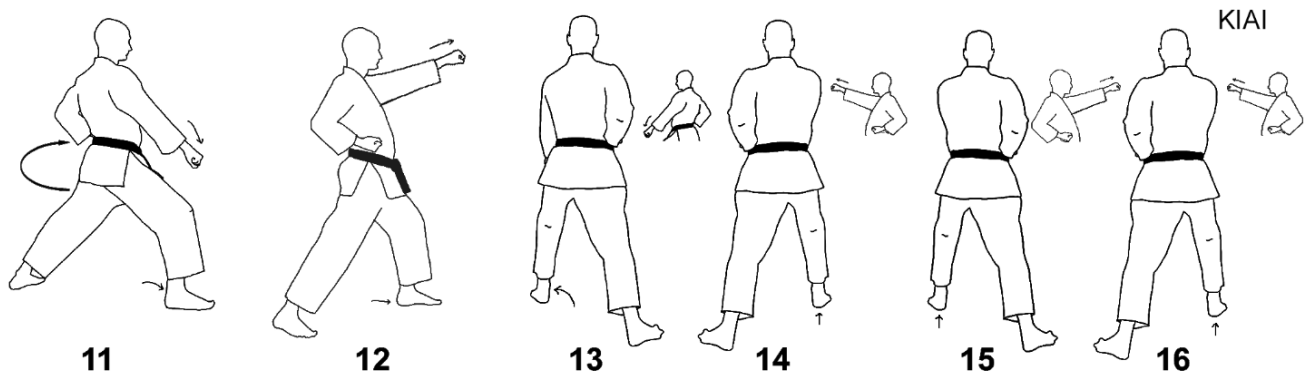
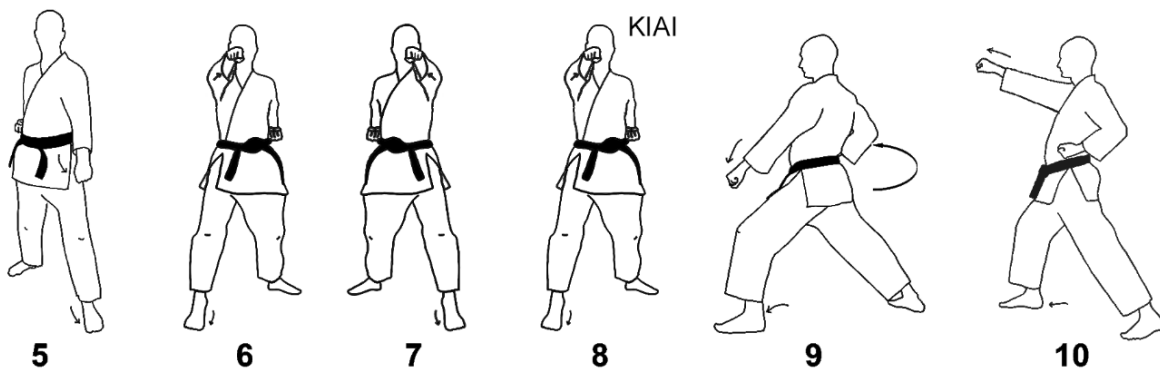
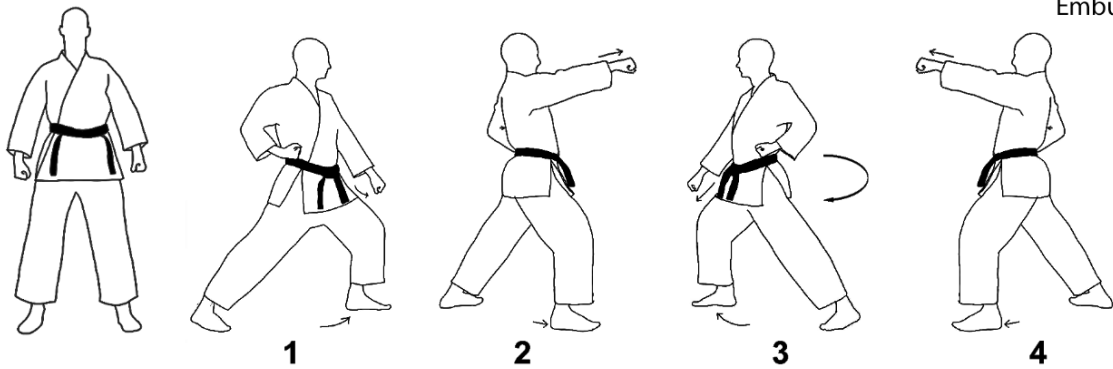
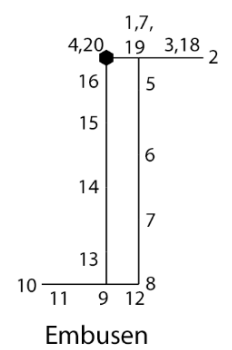
Stances:





# Taikyoku Nidan

(First Cause - Level 2)

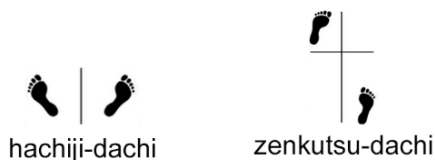




# Taikyoku Nidan Steps

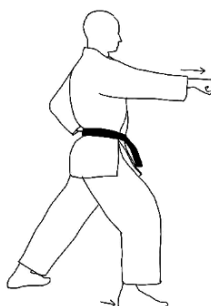
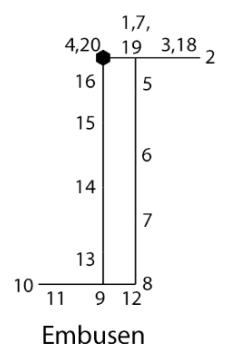
Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
2	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	
3	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	
4	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	
5	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
6	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	
7	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	
8	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	KIAI
9	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
10	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	
11	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	
12	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	
13	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
14	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	
15	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	
16	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	KIAI
17	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
18	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	
19	migi gedan-barai	right downward block	zenkutsu-dachi	front stance	
20	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	
Yame			hachiji-dachi	natural stance	

Stances:



# Taikyoku Sandan

(First Cause - Level 3)



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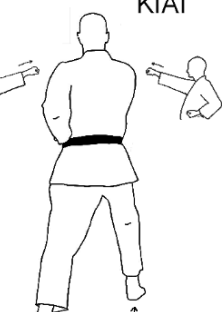
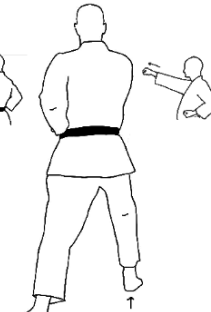
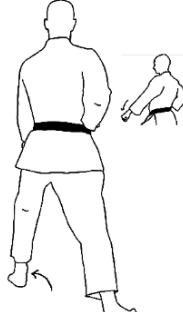
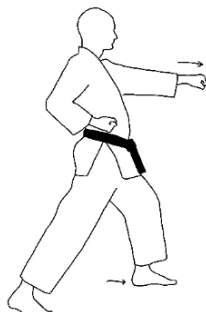
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KIAI



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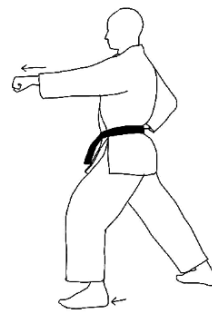
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KIAI



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# Taikyoku Sandan Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	hidari chudan uchi-uke	left middle-level inside block	kokutsu-dachi	back stance	
2	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
3	migi chudan uchi-uke	right middle-level inside block	kokutsu-dachi	back stance	
4	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
5	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
6	migi jodan age-uke	right upper-level stepping punch	zenkutsu-dachi	front stance	alt. middle-level punch
7	hidari jodan age-uke	left upper-level stepping punch	zenkutsu-dachi	front stance	alt. middle-level punch
8	migi jodan age-uke	right upper-level stepping punch	zenkutsu-dachi	front stance	KIAI alt. middle-level punch
9	hidari chudan uchi-uke	left middle-level inside block	kokutsu-dachi	back stance	
10	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
11	migi chudan uchi-uke	right middle-level inside block	kokutsu-dachi	back stance	
12	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
13	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
14	migi jodan age-uke	right upper-level stepping punch	zenkutsu-dachi	front stance	alt. middle-level punch
15	hidari jodan age-uke	left upper-level stepping punch	zenkutsu-dachi	front stance	alt. middle-level punch
16	migi jodan age-uke	right upper-level stepping punch	zenkutsu-dachi	front stance	KIAI alt. middle-level punch
17	hidari chudan uchi-uke	left middle-level inside block	kokutsu-dachi	back stance	
18	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
19	migi chudan uchi-uke	right middle-level inside block	kokutsu-dachi	back stance	
20	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
Yame			hachiji-dachi	natural stance	

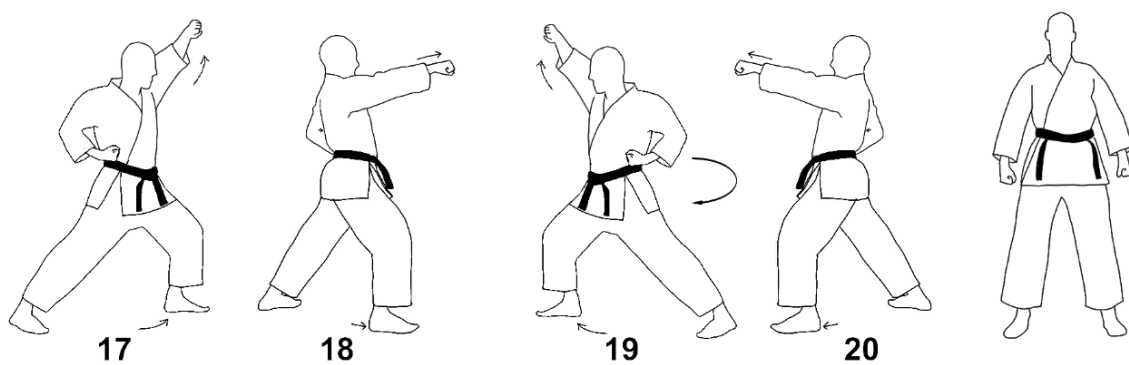
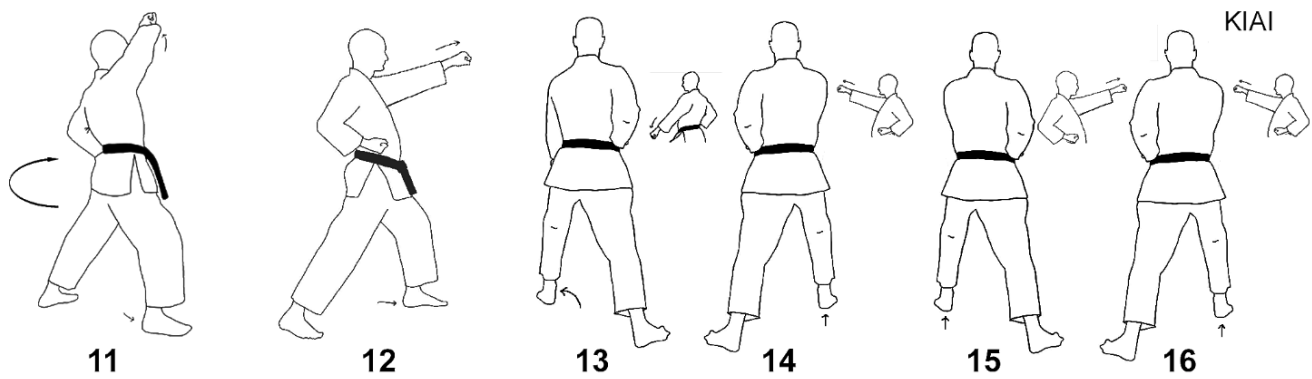
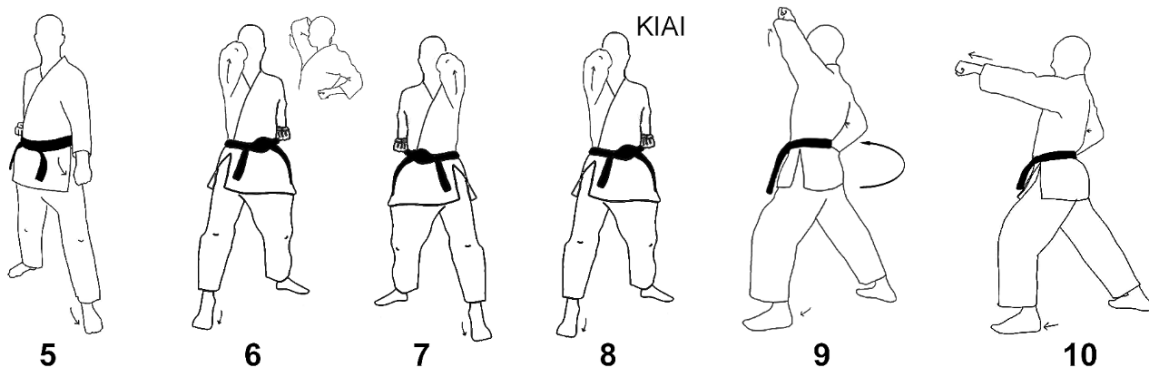
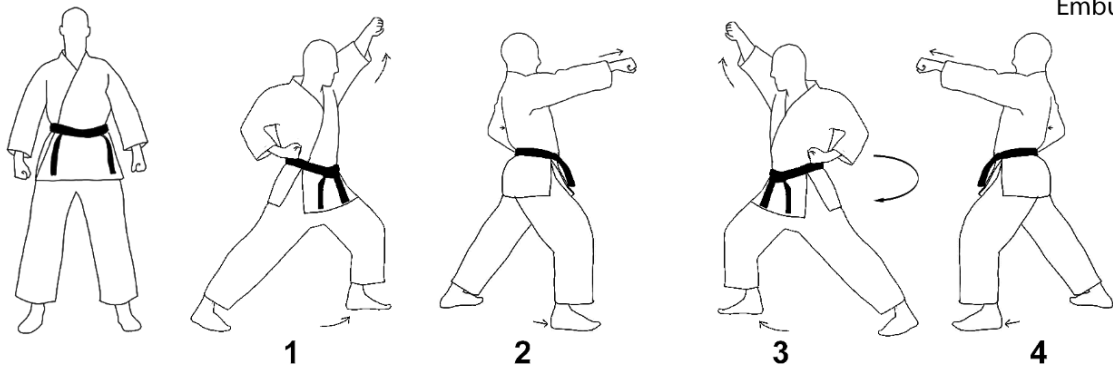
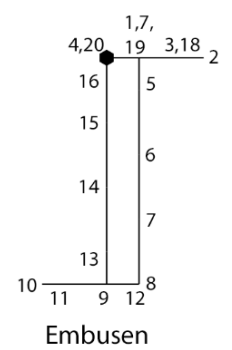
Stances:





# Taikyoku Yondan

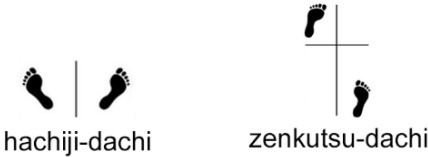
(First Cause - Level 4)



# Taikyoku Yondan Steps

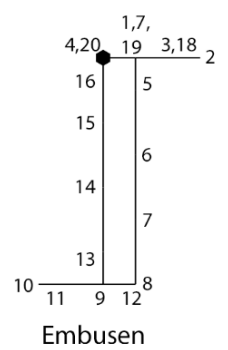
Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	
2	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	
3	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	
4	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	
5	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
6	migi tate empi-uchi	right vertical elbow-strike (stepping forward)	zenkutsu-dachi	front stance	
7	hidari tate empi-uchi	left vertical elbow-strike (stepping forward)	zenkutsu-dachi	front stance	
8	migi tate empi-uchi	right vertical elbow-strike (stepping forward)	zenkutsu-dachi	front stance	KIAI
9	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	
10	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	
11	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	
12	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	
13	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
14	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	
15	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	
16	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	KIAI
17	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	
18	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	
19	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	
20	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	
Yame			hachiji-dachi	natural stance	

Stances:



# Taikyoku Godan

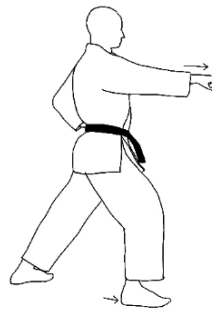
(First Cause - Level 5)



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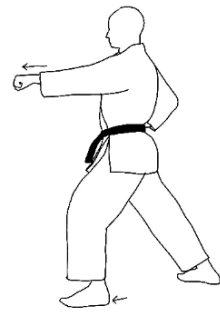
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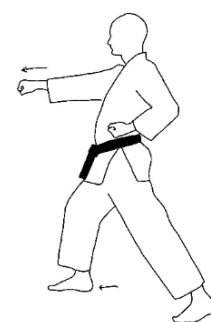
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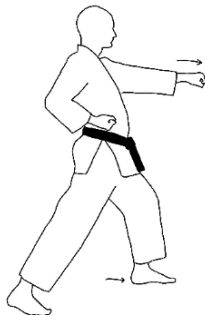
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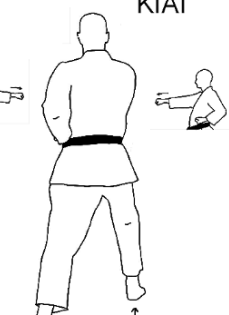
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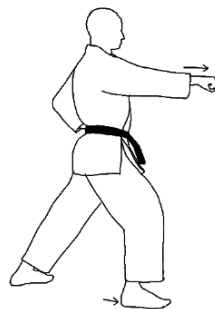
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KIAI



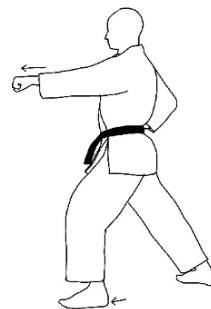
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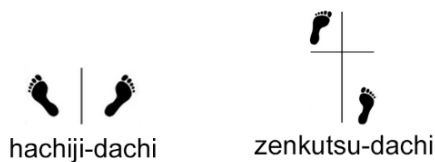




# Taikyoku Godan Steps

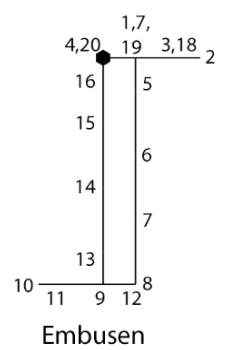
Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	hidari chudan uchi-uke	left middle-level inside block	zenkutsu-dachi	front stance	
2	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
3	migi chudan uchi-uke	right middle-level inside block	zenkutsu-dachi	front stance	
4	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
5	hidari chudan uchi-uke	left middle-level inside block	zenkutsu-dachi	front stance	
6	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
7	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
8	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
9	hidari chudan uchi-uke	left middle-level inside block	zenkutsu-dachi	front stance	
10	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
11	hidari chudan uchi-uke	right middle-level inside block	zenkutsu-dachi	front stance	
12	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
13	hidari chudan uchi-uke	left middle-level inside block	zenkutsu-dachi	front stance	
14	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
15	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
16	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
17	hidari chudan uchi-uke	left middle-level inside block	zenkutsu-dachi	front stance	
18	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
19	migi chudan uchi-uke	right middle-level inside block	zenkutsu-dachi	front stance	
20	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
Yame			hachiji-dachi	natural stance	

Stances:



# Taikyoku Rokudan

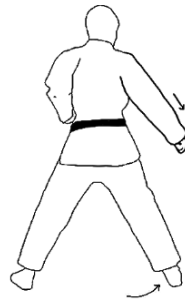
(First Cause - Level 6)



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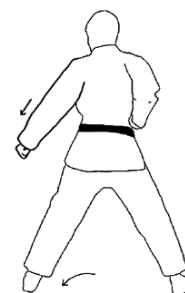


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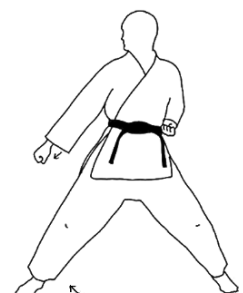
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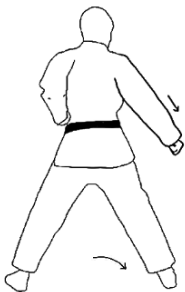
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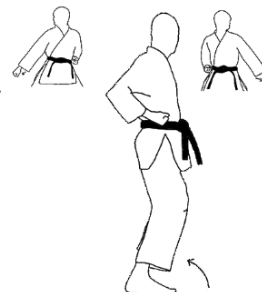
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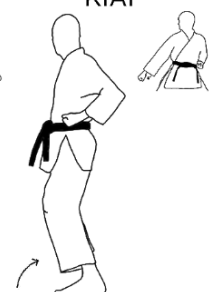
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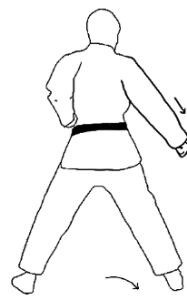


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KIAI



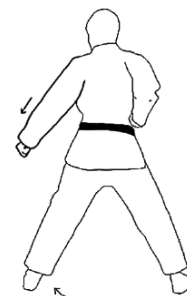
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# Taikyoku Rokudan Steps

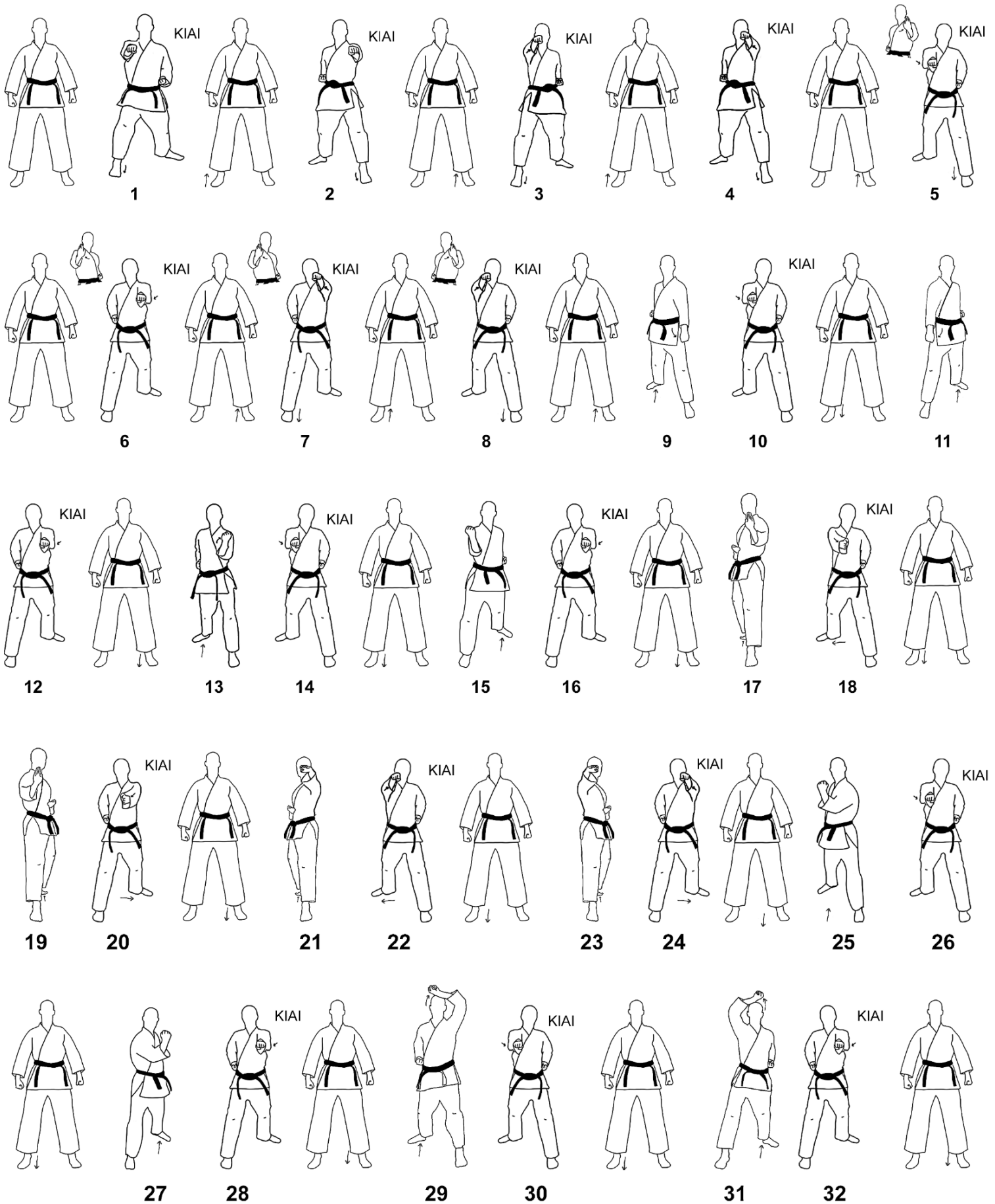
Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	hidari sokumen gedan-barai	left side downward block	kiba-dachi	horse-riding stance	
2	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse-riding stance	
3	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse-riding stance	
4	hidari sokumen gedan-barai	left side downward block	kiba-dachi	horse-riding stance	
5	hidari sokumen gedan-barai	left side downward block	kiba-dachi	horse-riding stance	
6	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse-riding stance	
7	hidari sokumen gedan-barai	left side downward block	kiba-dachi	horse-riding stance	
8	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse-riding stance	KIAI
9	hidari sokumen gedan-barai	left side downward block	kiba-dachi	horse-riding stance	
10	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse-riding stance	
11	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse-riding stance	
12	hidari sokumen gedan-barai	left side downward block	kiba-dachi	horse-riding stance	
13	hidari sokumen gedan-barai	left side downward block	kiba-dachi	horse-riding stance	
14	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse-riding stance	
15	hidari sokumen gedan-barai	left side downward block	kiba-dachi	horse-riding stance	
16	migi sokumen gedan-barai	right side downward block	kiba-dachi	horse-riding stance	KIAI
17	hidari chudan uchi-uke	left middle-level inside block	kiba-dachi	horse-riding stance	
18	migi chudan oi-zuki	right middle-level stepping punch	kiba-dachi	horse-riding stance	
19	migi chudan uchi-uke	right middle-level inside block	kiba-dachi	horse-riding stance	
20	hidari chudan oi-zuki	left middle-level stepping punch	kiba-dachi	horse-riding stance	
Yame			hachiji-dachi	natural stance	

Stances:



# Ten No Kata

## (Kata of Heaven)

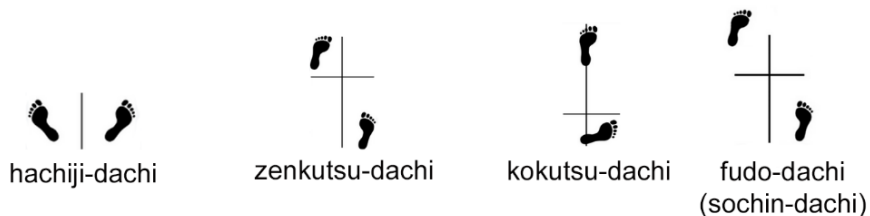




# Ten No Kata Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
Yoi			hachiji-dachi	natural stance	
2	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
Yoi			hachiji-dachi	natural stance	
3	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	KIAI
Yoi			hachiji-dachi	natural stance	
4	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	KIAI
Yoi			hachiji-dachi	natural stance	
5	hidari chudan gyaku-zuki	left middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
6	migi chudan gyaku-zuki	right middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
7	hidari jodan gyaku-zuki	left upper-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
8	migi jodan gyaku-zuki	right upper-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
9	hidari gedan-barai	left downward block	fudo-dachi	low & rooted stance	
10	migi chudan gyaku-zuki	right middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
11	migi gedan-barai	right downward block	fudo-dachi	low & rooted stance	
12	hidari chudan gyaku-zuki	left middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
13	hidari chudan uchi-uke	left middle-level inside block	fudo-dachi	low & rooted stance	
14	migi chudan gyaku-zuki	right middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
15	migi chudan uchi-uke	right middle-level inside block	fudo-dachi	low & rooted stance	
16	hidari chudan gyaku-zuki	left middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
17	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
18	migi chudan shihon-nukite	right middle-level 4-finger spear-hand strike	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
19	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
20	hidari chudan shihon-nukite	left middle-level 4-finger spear-hand strike	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
21	hidari jodan shuto baria	left upper-level knife hand sweep	kokutsu-dachi	back stance	
22	migi jodan gyaku-zuki	right upper-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
23	migi jodan shuto baria	right upper-level knife hand sweep	kokutsu-dachi	back stance	
24	hidari jodan gyaku-zuki	left upper-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
25	hidari chudan soto-ude-uke	left middle-level outer block	fudo-dachi	low & rooted stance	alt: upper level block
26	migi chudan gyaku-zuki	right middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
27	migi chudan soto-ude-uke	right middle-level outer block	fudo-dachi	low & rooted stance	alt: upper level block
28	hidari chudan gyaku-zuki	left middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
29	hidari jodan age-uke	left upper rising block	fudo-dachi	low & rooted stance	
30	migi chudan gyaku-zuki	right middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
31	migi jodan age-uke	right upper rising block	fudo-dachi	low & rooted stance	
32	hidari chudan gyaku-zuki	left middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yame			hachiji-dachi	natural stance	
				* alt: kia only at last two punches	

Stances:



# Geki Sai Dai Ichi

(Attack and Destroy Number One)



Diagrams by M. Loftus

# Geki Sai Dai Ichi Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			musubi-dachi	heels together stance	left open hand over right open
1	hidari jodan age-uke	left upper rising block	sanchin-dachi	hour-glass stance	step forward with right foot and turn 90deg left
2	migi jodan oi-zuki	right upper punch	sanchin-dachi	hour-glass stance	
3	hidari gedan-barai	left downward block	shiko-dachi	square stance	
4	hidari jodan age-uke	left upper rising block	sanchin-dachi	hour-glass stance	
5	migi jodan oi-zuki	right upper punch	sanchin-dachi	hour-glass stance	
6	right gedan-barai	right downward block	shiko-dachi	square stance	
7	hidari chudan yoko-uke	left middle-level inside block	sanchin-dachi	hour-glass stance	step forward with left leg
8	migi chudan yoko-uke	right middle-level inside block	sanchin-dachi	hour-glass stance	step forward with right leg
9	hidari mae-geri / hidari age empi-uchi / hidari jodan uraken-tate-uchi / hidari gedan-barai / migi chudan gyaku-tsuki	left front kick / left upper level elbow strike / left upper-level back-fist / left downward block / right reverse punch	zenkutsu-dachi	front stance	KIAI
10	migi ashi-barai/migi jodan shuto-uke	right foot-sweep / right upper-level knife-hand block	hachiji-dachi	natural stance	body facing right, head facing rear
11	hidari chudan yoko-uke	left middle-level inside block	sanchin-dachi	hour-glass stance	
12	migi mae-geri / migi age empi-uchi (hiji ate) / migi jodan uraken-tate-uchi / migi gedan-barai / hidari chudan gyaku-tsuki	right front kick / right upper level elbow strike / right upper-level back-fist / right downward block / left reverse punch	zenkutsu-dachi	front stance	KIAI
13	hidari ashi-bari/hidari jodan shuto-uke	left foot-sweep / left upper-level knife-hand block	hachiji-dachi	natural stance	body facing right, head facing front
14	awase-tsuki	U-punch (middle-level left punch & lower-level punch)	zenkutsu-dachi	front stance	stepping back left leg Alt. yama-tsuki
15	awase-tsuki	U-punch (middle-level left punch & lower-level punch)	zenkutsu-dachi	front stance	stepping up with left leg and back right leg Alt. yama-tsuki
16	riken-gasho	right fist in left palm	musubi-dachi	heels together stance	
Yame			hachiji-dachi	natural stance	

Stances:



musubi-dachi



heiko-dachi



sanchin-dachi



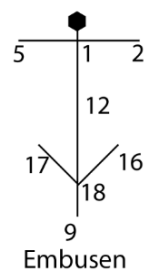
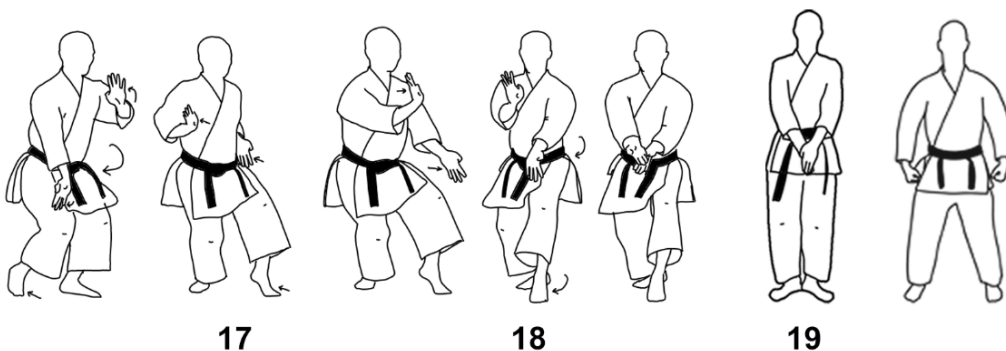
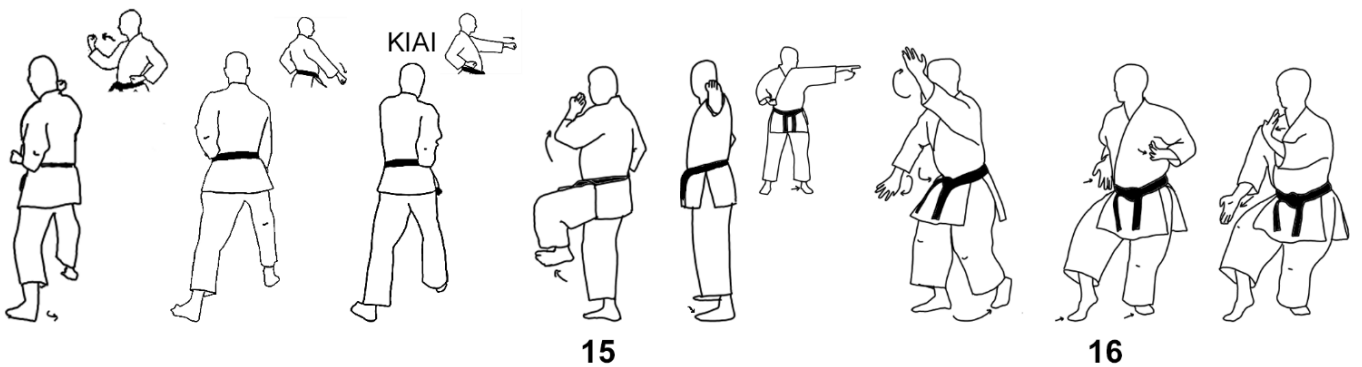
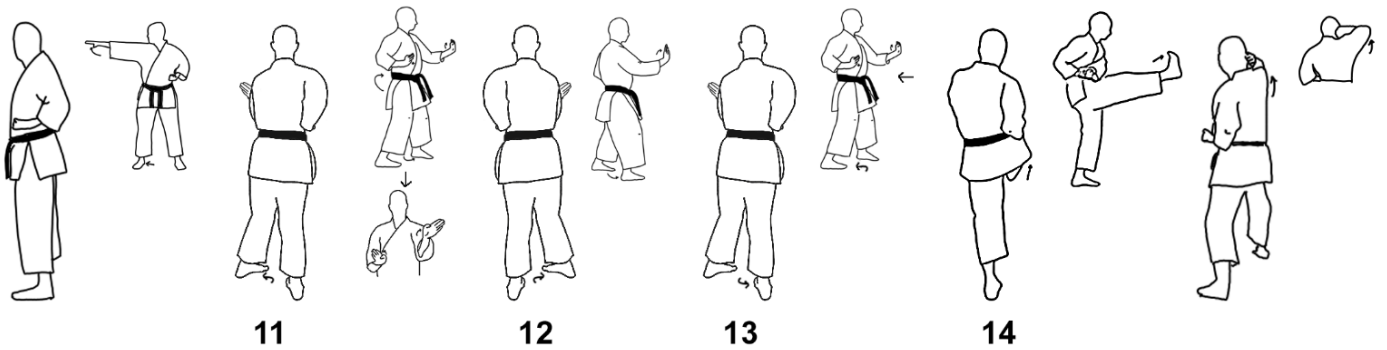
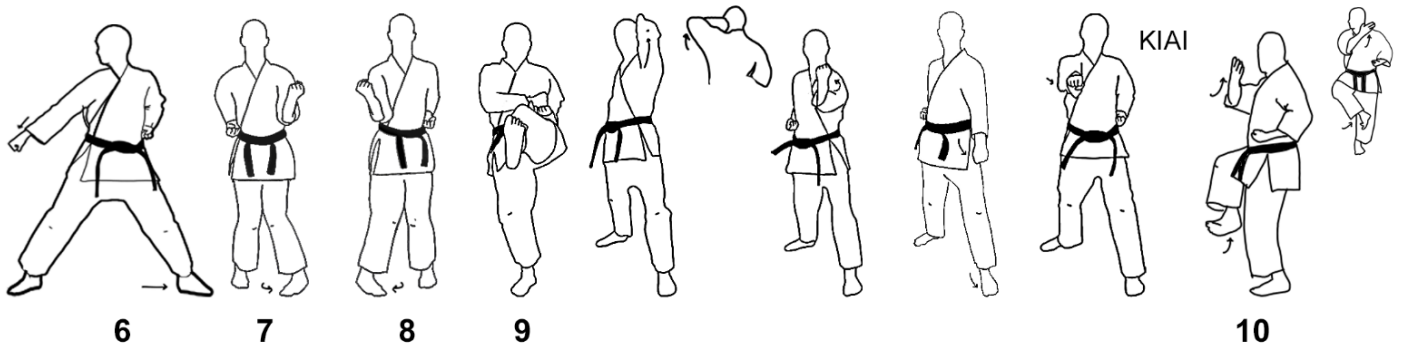
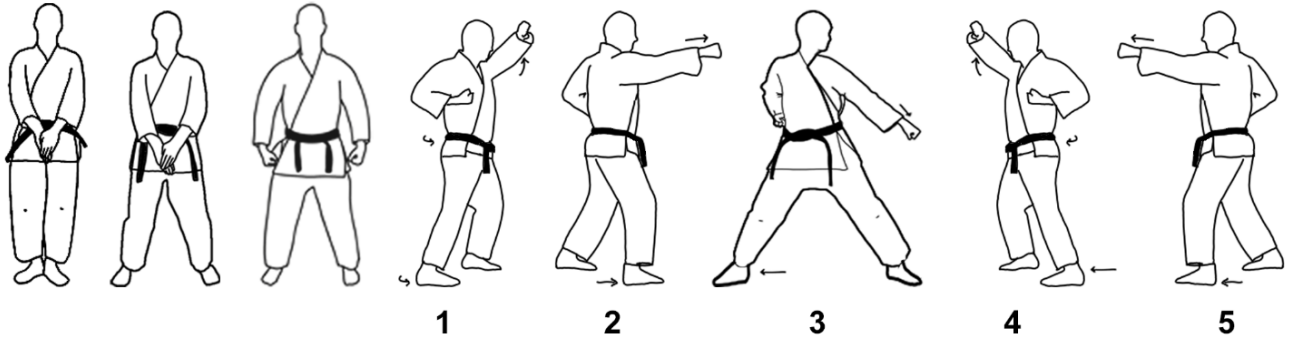
zenkutsu-dachi



heisoku-dachi

# Geki Sai Dai Ni

(Attack and Destroy Number Two)





# Geki Sai Dai Ni Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			musubi-dachi	heels together stance	left open hand over right open hand
1	hidari jodan age-uke	left upper rising block	sanchin-dachi	hour-glass stance	step forward with right foot and turn 90deg left
2	migi jodan oi-zuki	right upper punch	sanchin-dachi	hour-glass stance	
3	hidari gedan-barai	left downward block	shiko-dachi	square stance	
4	hidari jodan age-uke	left upper rising block	sanchin-dachi	hour-glass stance	
5	migi jodan oi-zuki	right upper punch	sanchin-dachi	hour-glass stance	
6	right gedan-barai	right downward block	shiko-dachi	square stance	
7	hidari chudan yoko-uke	left middle-level inside block	sanchin-dachi	hour-glass stance	step forward with left leg alt: hiki-uke
8	migi chudan yoko-uke	right middle-level inside block	sanchin-dachi	hour-glass stance	step forward with right leg alt: hiki-uke/kake-uke
9	hidari mae-geri / hidari age empi-uchi / hidari jodan uraken-tate-uchi / hidari gedan-barai / migi chudan gyaku-tsuki	left front kick / left upper level elbow strike / left upper-level back-fist / left downward block / right reverse punch	zenkutsu-dachi	front stance	KIAI
10	migi ashi-barai/migi jodan shuto-uke	right foot-sweep / right upper-level knife-hand block	hachiji-dachi	natural stance	body facing right, head facing rear
11	hidari chudan hiki-uke	left middle-level open hand circular-pulling block	sanchin-dachi	hour-glass stance	alt: kake-uke
12	migi chudan hiki-uke	right middle-level open hand circular-pulling block	sanchin-dachi	hour-glass stance	alt: kake-uke
13	hidari chudan hiki-uke	left middle-level open hand circular-pulling block	sanchin-dachi	hour-glass stance	step back alt: kake-uke
14	migi mae-geri / migi age empi-uchi (hiji ate) / migi jodan uraken-tate-uchi / migi gedan-barai / hidari chudan gyaku-tsuki	right front kick / right upper level elbow strike / right upper-level back-fist / right downward block / left reverse punch	zenkutsu-dachi	front stance	KIAI
15	hidari ashi-bari/hidari jodan shuto-uke	left foot-sweep / left upper-level knife-hand block	hachiji-dachi	natural stance	body facing right, head facing front
16	shuto mawashi-uke / teisho-awase-zuki	knife hand roundhouse block / palm-heel combined strike	neko-ashi-dachi	cat stance	45deg right
17	shuto mawashi-uke / teisho-awase-zuki	knife hand roundhouse block / palm-heel combined strike	neko-ashi-dachi	cat stance	45deg left
18			neko-ashi-dachi	cat stance	facing front, hands don't move
19			musubi-dachi	heels together stance	left open hand over right open hand
Yame			hachiji-dachi	natural stance	

Stances:



musubi-dachi



heiko-dachi



sanchin-dachi



zenkutsu-dachi



neko-ashi-dachi

# Tachi-kata

(Stance forms)



sieza



musubi-dachi



heisoku-dachi



heiko-dachi



hachiji-dachi



uchi hachinoji-dachi



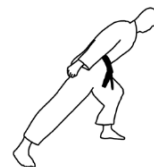
moto-dachi



moro ashi-dachi



zenkutsu-dachi



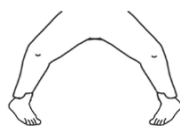
hiza-kutsu



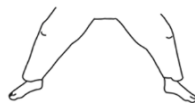
kokutsu-dachi



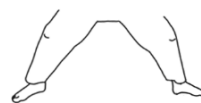
kiba-dachi



naihanchi-dachi



shiko-dachi



naname zenkutsu-dachi



fudo-dachi



sanchin dachi



seisan-dachi



hangestu dachi



neko-ashi-dachi



tsuru ashi-dachi



sagi ashi-dachi



kosa-dachi



laigoshi-dachi



teidji-dachi



renoji-dachi



Hiza-kakushi-dachi

#	Stance	Translation	Description	Application & variants
1	<b>seiza</b>	'proper sitting'	Kneeling, sitting back on heels. Legs straight and not crossed.	Traditional sitting and listening/meditating position.
2	<b>musubi-dachi</b>	Standing stance	Heels together & toes at 45 degrees. (lit. trans. 'tied')	Formal way of standing and paying attention.
3	<b>heisoku-dachi</b>	Closed leg stance	Feet together at heels and toes	Formal 'ready' stance. Used in some kata.
4	<b>heiko-dachi</b>	Parallel stance	Feet shoulder width apart facing forward. Standing up straight.	Stance used to 'get ready'.
5	<b>hachiji-dachi / shizentai-dachi</b>	Natural stance	Feet shoulder width apart at 45deg. Standing up straight. (lit. Trans '8' stance - as per character for number 8)	Sometimes referred to as ' <b>yoi dachi</b> ' or waiting stance.
6	<b>uchi hachinoji-dachi</b>	Inward natural stance	Natural stance with toes and knees pointing in.	Variant: <b>soto hachinoji-dachi</b> - toes point outwards)
7	<b>moto-dachi</b>	Foundation stance. ('base' stance)	Front foot facing forward. Back leg at 30deg.	Common sparing preparation stance.
8	<b>moro-ashi-dachi</b>	One foot forward stance	One leg forward and slightly bent. Both feet natural stance.	Common natural fighting stance.
9	<b>zenkutsu-dachi</b>	Front stance	Feet shoulder with apart. Front leg bent (knee over foot). Back leg near straight with foot at 30-45degrees. Most of weight on front foot.	Often used to deliver powerful forward attacks with follow-through. Variant: <b>sho zenkutsu-dachi</b> (short front stance) / <b>han zenkutsu-dachi</b> (half front stance) - shortened version of front stance. Front leg pulled inwards.
10	<b>hiza-kutsu</b>	knee bend (stance)	As per front stance but with front knee bending further forward (body leaning forward as straight line from ankle to shoulder).	Often blocking back & head looking backward.
11	<b>kokutsu-dachi</b>	Back stance	Feet shoulder width apart. Back leg bent to the side & foot point near 90deg Front leg in front with foot forward and bent. Most of weight on the back foot.	Often used as defensive stance and used to counter frontal attacks. Variant: <b>sho kokutsu-dachi</b> (short back stance) / <b>han-kokutsu-dachi</b> (half back stance) - front leg pulled in. <b>Sōkutsu-dachi</b> (hangout stance) - head faces direction of back foot.
12	<b>kiba-dachi</b>	Horse stance/ horse-riding stance	Feet wide apart and pointing forward. Knees bent & pointing 45deg. Back straight. Weight evenly distributed.	Strong low stance often used for defending against close attacks, landing from jump forward attacks, and/or side attacks.
13	<b>naihanchi-dachi</b>	Straddle stance	Kiba dachi with feet turned in.	Strong gripping stance as per kiba-dachi.
14	<b>shiko-dachi / jigotai-dachi</b>	Square stance	Feet wide apart and pointing 45deg. Knees bent & pointing 45deg. Back straight. Weight evenly distributed. 'Square' refers to 90% angle of legs and feet. (lit. trans. 'four-thighs')	Strong low stance often used for low blocks and strikes. Variant: <b>han shiko-dachi</b> (half square stance) - legs pulled closer together.
15	<b>naname zenkutsu-dachi</b>	Slanted Front-leg-bent Stance (lit. Diagonal Front-ducking Stance)	As shiko-dachi but front foot turned to front.	Similar to back stance but often used to support forward mobility.
16	<b>sochin-dachi / fudo-dachi</b>	Immovable stance	As with kiba dachi but legs facing 45deg & body facing forward. Feet wide apart and pointing 45deg. Knees bent & pointing 45deg. Back straight. Weight evenly distributed.	Sometimes used in for defence/attacks to front and side whilst keeping strong base.
17	<b>sanchin-dachi</b>	Hourglass stance (Three Battles stance)	Heels of feet shoulder width apart. Feet turned inwards. Knees bent tight inwards to protect groin. Back straight. Tense stomach muscles and grip floor with toes.	Sometimes used in close combat fighting to protect groin and give & absorb body blows.
18	<b>seisan-dachi</b>	'natural' stance	Heels of feet shoulder width apart. Front foot turned inward. Back foot straight. Knees bent inwards. Back straight. Tense stomach muscles and grip floor with toes.	Strong gripping close combat stance. Note in styles seisan-dachi is another name for sanchin-dachi. Variant: <b>Chokusen-seisan-dachi</b> (straight line natural stance) - feet kept in straight line and body facing forward.
19	<b>hangetsu dachi</b>	(half moon stance)	Heels of feet slightly wider than shoulder width apart. Front foot turned inward. Back foot straight. Knees bent inwards. Back straight (or slight angle).Tense stomach muscles and grip floor with toes.	Strong gripping close combat stance and grappling. Note in some styles hangetsu-dachi is another name for seisan-dachi
20	<b>neko-ashi-dachi</b>	Cat stance	Back left bent and foot at 45deg. Front leg forward about shoulder width with leg bent and only ball of foot on ground.	Sometimes used as a defensive stance allowing quick movement and easy counter-attack kicks. Variant: <b>tsumasaki-dachi</b> (tip-toe stance) - front foot flat, reverse foot on tip of toes.
21	<b>tsuru-ashi-dachi / gangaku-dachi</b>	Crane stance	One leg raised - foot behind other knee. Other leg with foot at slight angle and knee slightly bent.	Sometime used in to prepare a kick, avoid a sweep, or turning/movement on the spot. Variant: <b>Ippon-ashi-dachi</b> (one leg stance) - one leg raised but not resting on other leg.
22	<b>sagi-ashi-dachi</b>	Heron Leg Stance	One leg raised - foot against other knee. Other leg with foot at slight angle and knee slightly bent.	As per tsuru-ashi-dachi but often used to deliver effective side snapping kicks.
23	<b>kosa-dachi</b>	Crossing stance	Move leg moving behind front leg and resting on ball of feet. Front leg slightly bent and foot at angle.	Sometimes used in transition to another move either sideways or turning. Can also be used as landing stance after leaping forward and striking. Variant: <b>kake-dachi</b> (hook stance) - front foot facing at 70-90deg.
24	<b>iaigoshi-dachi / hiza-dachi</b>	One-leg kneeling stance	Front leg bent, back leg kneeling on floor with ball of foot on floor	Sometimes used to punch or block low, for example to pre-emptively block a kick. With back leg straight it can be used to grab legs to pull down attacker, or to stoop low to avoid high (weapon) attack.
25	<b>teidji-dachi</b>	T stance	Back foot at 90 deg. One leg forward with foot straight ahead.	Often used to prepare against defensive attack or pull back from front attack.
26	<b>renoji-dachi</b>	L-stance	Back foot at 90 deg. One leg forward with foot straight ahead.	Often used to prepare against defensive attack or pull back from front attack or grab.
27	<b>hiza-kakushi kosa-dachi</b>	hidden knee stance	front leg bent, back leg against front with back knee behind front kneed	Sometimes used to appear smaller to attacker, distract, or to hide preparation for a kick.



Seiken  
(Clenches fist strike)



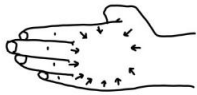
Hiraken  
(front knuckles)



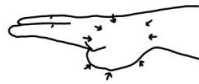
Uraken  
(backfist)



Kentsui  
(hammerfist strike)



Haishu  
(backhand)



Haito  
(ridge hand strike)



Seiruto  
(ox jaw /  
side palm)



Nukite  
(spear hand strike)



Shuto  
(Knife hand strike)



Teisho  
(palm heel strike)



Nakadaka Ken  
(middle knuckle strike)



Ippon Ken  
(single knuckle  
strike)



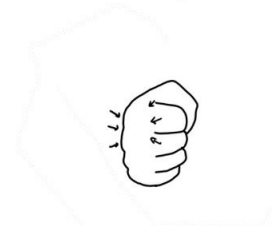
Ippon Nukite  
(single finger  
spear strike)



Nihon Nukite  
(two finger  
spear strike)



Kumade  
(full palm strike)



Tate  
(vertical strike /  
vertical fist strike)



Washide  
(eagle beak strike)



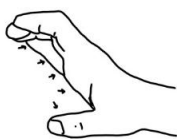
Kakuto  
(wrist joint strike /  
Goose neck strike)



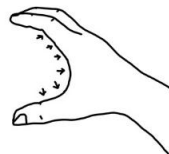
Keito  
(chicken head strike)



Te Kubi Kake  
(wrist hooking  
strike/block)



Kakute  
(tiger claw strike)



Toraguchi  
(tiger mouth strike /  
hook strike)



# Karate Terms

## General

karate	- Empty hand
karate-do	- The karate way
bushido	- The way of the warrior / samurai
shotokan	- Hall of pine waves
sensei	- Teacher
sempei	- Senior student
karateka	- Student of karate
obi	- Belt
kumite	- Sparring
bunkai	- To breakdown
kata	- Form
kiai	- Fighting shout
jodan	- High level/head height
chudan	- Mid-level / chest height
gedan	- Lower level / lower body height
hai	- Yes
lie	- No
oss	- *no translation* noise of acknowledgement
dojo	- Place of learning
dan	- (Black belt) level
arigato gozaimasu / arigato	- Thank you very much / thank you
yoi	- Get ready
yame	- Stop
hajime	- Start
rei	- Bow
narade	- Line up
kime	- Focus /energy
seiza	- Kneel
tatami	- (dojo) mat

## Directions

hidari	- Left
migi	- Right
ushiro	- Back/backwards
soto	- Outside
yoko	- Side
mae	- Front

## Counting

ichi	- 1
ni	- 2
san	- 3
yon/shi	- 4
go	- 5
roku	- 6
shichi (nana)	- 7
hachi	- 8
kyu	- 9
ju	- 10
ni ju. san ju, etc.	- 20, 30, etc.
hyaku	- 100

## uke - blocks (to receive)

gedan barai	- Downward block
soto uke	- Outside block
shuto uke	- Knife hand block
nagashi uke	- Sweeping block
empi uke	- Elbow block
morote uke	- Augmented block
age uke	- Rising block
uchi uke	- Inside block
tate shuto uke	- Vertical knife hand block
haishu uke	- Back hand block
juji uke	- X block
kakewake uke	- Wedge block
kose uke	- Cross-hand block
haito uke	- Back hand knife block

## tsuki - punches

kara/choku tsuki	- Straight punch
kizami tsuki	- Front hand punch
kagi tsuki	- Hook punch
sanbon tsuki	- Three punch combination
oi tsuki	- Stepping punch
gyaku tsuki	- Reverse punch
ren tsuki	- Two punch combination

## uchi - strikes

age empi uchi	- Rising elbow strike
mawashi empi uchi	- Round elbow strike
tate empi uchi	- Downward elbow strike
uraken uchi	- Back fist strike
nukite	- Spear hand thrust
haito uchi	- Ridge hand strike
yoko empi uchi	- Side elbow strike
ushiro empi uchi	- Reverse elbow strike
shuto uchi	- Knife hand strike
tetsui uchi	- Hammer fist strike
teisho uchi	- Palm heel strike
hikite	- Pulling back hand to strike

## keri - kicks

mae geri	- Front kick
yoko geri kekomi	- Side thrust kick
ushiro geri	- Back kick
ren geri	- Kicking combinations
yoko geri keage	- Side snap kick
mawashi geri	- Roundhouse kick
hiza geri	- Knee kick
nidan geri	- Two kicks with same leg
yoko tobi geri	- flying sidekick
ura mawashi geri	- Hook kick (reverse roundhouse)
keage	- Snap kick, e.g. mae geri keage
kekomi	- Thrust kick, e.g. mae geri kekomi
ashi barai	- Leg sweep

**Karate kata – step by step**

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