

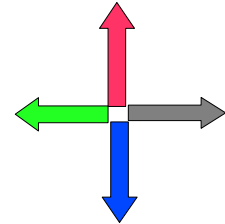
KANSHU KATA

(Kahn-Shoe Ka-Ta)
"The Crane Kata"
Red Belt Sequence

Bow with your hands by the sides of your legs.

(Kanshu Kata Opening) (Face Red Arrow Direction)

1. Move your Left Foot to Neutral Stance
2. Move your Arms into Ready Stance Position
3. Move your "Knife Hands" to your hips.
4. Move your Right Foot forward into a Right Sanchin Stance. **"Three!"**
5. Thrust out both "Knife Hand" fists. **"Four!"**
6. Squeeze hands into Fists. **"Five!"**
7. Bend Elbows into a "Closed Hand Guard Position" palms facing you. **"Six!"**
8. Open hands into "Knife Hand" fists. **"Seven!"**



(The Exercise)

9. Left Sanchin Strike
10. Slide Forward - Double Hiraken Temple Strike - Double Hiraken "Serrated" Strike
11. Slide Forward - Right Back Fist
12. Sanchin Step - Left Circle Block - Left Front Kick
13. Sanchin Step - Right Circle Block - Right Front Kick
14. Left Circle Block - Right Hammer Strike
 Right Circle Block - Left Palm Heel Strike
 Left Circle Block - Right Spear Hand Strike (Bushkin)
15. Sanchin Turn (Face Blue Arrow Direction)
16. Right Sanchin Strike
17. Slide Forward - Left Circle Block - Right Spear Hand Strike (Bushkin)
18. Sanchin Step - Right Circle Block - Left Spear Hand Strike (Bushkin)
19. Sanchin Step - Left Circle Block - Right Spear hand Strike (Bushkin)
20. Step Off to the Left (Face Gray Arrow Direction) -Advanced Left Wa-Uke Block
21. Step Off to the Right (Face Green Arrow Direction) - Advanced Right Wa-Uke Block
22. Pivot to the Left (Face Blue Arrow Direction) - Sanchin Step - Double Hiraken High Block
23. Sanchin Turn (Face Red Arrow Direction) - Left Circle Block - Left Front Kick
24. Extend your Left Foot Forward and Diagonally Left (Aggressive Step)
 Step your Right Foot forward to a "Club Attack Defense" Stance with a Left Circle Block
 Right Elbow Strike - Right Back-Fist - Right Shoken Punch
25. Move your Right Foot backwards to Neutral Stance, Left Hand Palm Out, Right Hand Palm Up
26. Stand Still for 5 seconds
27. Bow

HOW TO DO KANSHU KATA

Begin your kata standing straight with your heels together and your toes slightly apart. As you bow, do not allow your arms to go limp, hold your arms tightly against your body.

2. READY STANCE POSITION

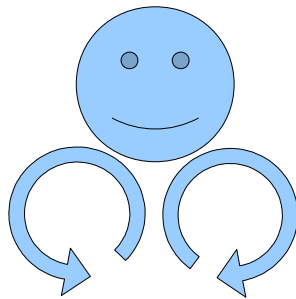
Close your hands into fists, bend your arms, and raise your arms from the sides of your body out in front of you (palms down) until your hands are even with the hips. Elbows should be bent and pointing outwards.



10. DOUBLE HIRAKEN TEMPLE STRIKES - SERATED STRIKE

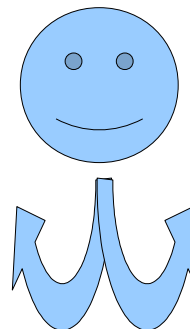
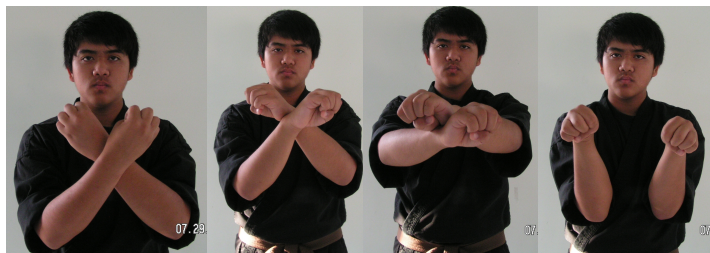
Close both hands into Hiraken Fists and turn them palms up. Draw your hands backwards into your chest and then outward and forward in a circular motion. As your hands begin to move outward and forward, begin to turn your palms down and raise your hands up to your eye height. The strike should end with the Hiraken Fists palm down, knuckles pointing at each other, and about a "fist sized" distance away from each other. (The hand movements of the Hiraken Temple Strike should be performed at the same time as the "Slide Forward" foot movement.)

The path of the Hiraken Fists should be circular. From your viewpoint, your Left Hand will be traveling in a clockwise circle and your Right Hand will be traveling in a counter-clockwise circle



DOUBLE HIRAKEN SERATED STRIKE

At the wrists, cross your Right Hiraken Fist in front of your Left Hiraken Fist (the palms of both hands facing you) and draw your elbows back into Mirror Guide Position E. As you strike forward with your Hiraken Fists, rotate your palms away from you and begin to slightly bend your wrists so that you are leading your strike with the second knuckles of each hand. Your strikes will "arch" as they return to a "Hiraken Fisted Guard Position".



14. LEFT CIRCLE BLOCK - RIGHT HAMMER STRIKE

As you perform your Left Circle Block, close your Right Hand into a Karate (Seiken) Fist and draw back your Right Hand to a Ready-to-Punch Position. Raise your Right Hand to a vertical position (Fist on top, Elbow on Bottom) and lift your upper arm until it is parallel to the floor (your arm should be bent 90 degrees). Leading the motion with your Elbow, swing your Right Fist forward (fleshy, pinky side of the hand leading) towards an eye-height or temple-height target (Target Guide Position 1). As you swing your arm will extend to a 30 degree bend. Allow your Right Forearm to hit your Left Palm to demonstrate the power of the strike (strike your arm). Return to Crane Hands position.



Common Mistakes:



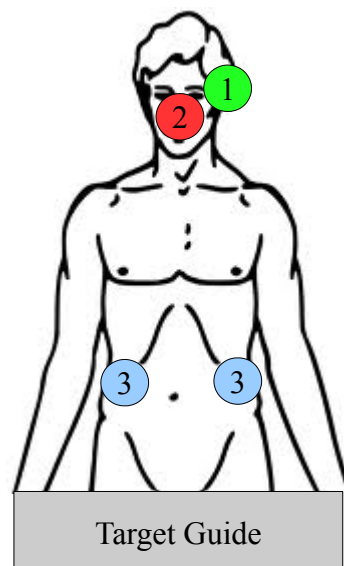
1) Arm Doesn't Extend or "Kiss them and Hit them"- Practice your strike with an ideal striking range in mind. Your arm must extend to a 30 degree arm bend to hit an opponent in an ideal striking range. For those who don't extend their arm, to correct their distancing, I jokingly show that if an opponent's head was in the range of which you are striking at you would be "kissing" them.

RIGHT CIRCLE BLOCK - LEFT PALM HEEL STRIKE (BUSHIKEN)- As you perform your Right Circle Block draw your Left Hand into a Ready-to-Punch Position. Bend your Left wrist backwards to show the palm of your hand and point your fingers towards a 10 or 11 o'clock position. Leading with the Heel of the Palm strike out towards the Center-line (Red Line Mirror Guide) and aim your strike at nose-height (Target Guide Position 2). Return to Crane Hands Position.



LEFT CIRCLE BLOCK - RIGHT SPEAR HAND STRIKE

(NUKITE) - As you perform your Left Circle Block make a Knife-Hand Fist with your Right Hand and draw your Right Hand into a Ready-to-Punch Position. Leading with your Fingertips, and keeping your palm up, strike out towards a Lower Rib Height target (Target Guide Position 3). Your Knife-Hand Fist will naturally angle diagonally at the end of your strike. At the end of the strike your palm and hand should be at a 45 degree angle (palm up). Return to a Double Hand Guard position (Right Hand Crane, Left Hand Knife-Hand)



17. SLIDE FORWARD - LEFT CIRCLE BLOCK - RIGHT SPEAR HAND STRIKE (NUKITE)

At the same time, Slide forward into a Left Sanchin Stance and perform a Left Circle Block, draw your Right "Knife-Hand" Fist into Ready-to-Punch Position. Leading with the fingertips, strike forward to the Target Guide Position 3 height. Your palm should stay in 45 degree angle

Note: When you draw back your Right Hand into the Ready-to-Punch position it will follow the same path as described in the first movement of a Sanchin Strike (The Elbow Strike). As your hand moves towards your center-line it becomes a Horizontal Chop.

18. SANCHIN STEP - RIGHT CIRCLE BLOCK - LEFT SPEAR HAND STRIKE (NUKITE)

The Step, Circle Block, and Left "Knife-Hand" to the Ready-to-Punch Position movements should begin and end at the same time. Strike Forwards to Target Guide Position 3.

19. SANCHIN STEP - LEFT CIRCLE BLOCK - RIGHT SPEAR HAND STRIKE (NUKITE)

The Step, Circle Block, and Left "Knife-Hand" to the Ready-to-Punch Position movements should begin and end at the same time. Strike Forwards to Target Guide Position 3.

20. & 21. ADVANCED WA-UKE BLOCK

In an Advanced Wa-Uke Block the timing of the block changes and the "Chop" hand position changes.

Begin your Wa-Uke with the "Drop" movement, do not perform the "Chop" movement, continue on to the "Circle" movement. As your Circle Block rises up the outside edge of your body (Mirror Guide Dotted Blue Line) it will pass in front of your other hand. When your Circle Block hand passes in front of your other hand the other hand will start its "Chop" movement by making contact with the Circle Block arm and sliding down towards the elbow. As the "Chop" hand slides down the arm turn your palm up. At the end of the block the "Chop" arm should be diagonal and the back of the fingers (palm up) should be on top of the Circle Block arm's forearm.

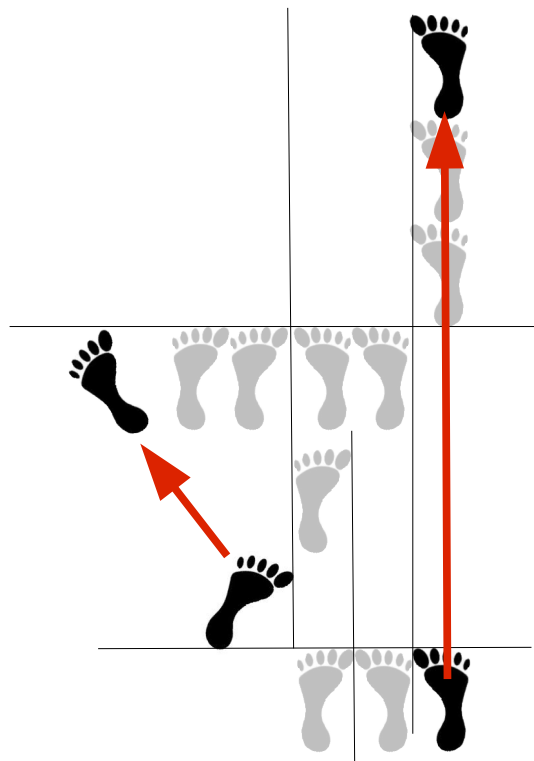


24. AGGRESSIVE STEP, CLUB ATTACK STANCE, ELBOW, BACK-FIST

A Club Attack Defense Stance is wider than a Sanchin Stance and when we perform this technique we want our Right Leg to travel forward in a straight line. Therefore, as you move your Left Foot forward to allow more distance to be covered with your Right Step, move it to the Left far enough so that you can end in a proper Club Attack Defense Stance.

STEP YOUR RIGHT FOOT FORWARD TO A "CLUB ATTACK DEFENSE" STANCE WITH A LEFT CIRCLE BLOCK - Remember, from our Left Sanchin Stance into our Right Club Attack Stance, we want our Right Leg to travel in a straight line.

RIGHT ELBOW STRIKE - RIGHT BACK-FIST - RIGHT SHOKEN PUNCH - After you perform your Right Shoken Punch bring your arm back into a Guard Position with your hand still in a Shoken Fist.



Aggressive Step into a
Right Club Attack Defense Stance

25. MOVE YOUR RIGHT FOOT BACKWARDS TO NEUTRAL STANCE, LEFT HAND PALM OUT, RIGHT HAND PALM UP

As you step backwards into a Neutral Stance open your Right Hand into a Knife-Hand Fist. Leave your Left Hand in it's Crane Hand (palm out) position. Both arms should be in a Double Guard Position.

