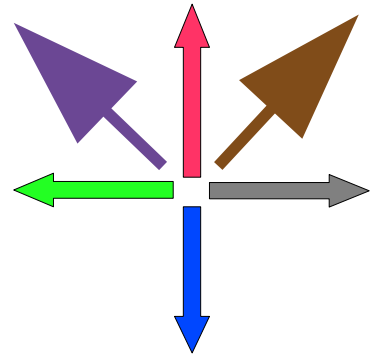


KANSHIWA KATA

(Kahn-She-wah Ka-Ta)
"The Tiger Kata"
Purple Belt Sequence
"Short Form"



Bow with your hands by the sides of your legs.

(Kanshiwa Opening) (Face Red Arrow Direction)

1. Move your left leg to Neutral Stance.
2. Both hands move to a Open Hand Double Guard (Crane Hands)

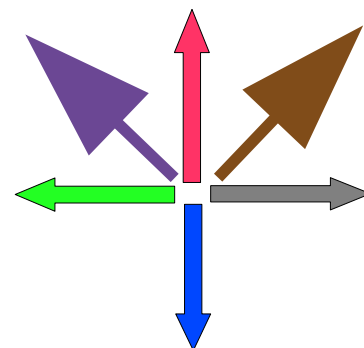
(The Exercise)

3. Half-Sanchin Turn to the Left into a Left Sanchin Stance (Face Green Arrow Direction)
4. Left Circle Block - Right Punch
5. Sanchin Turn into a Right Sanchin Stance (Face Gray Arrow Direction)
6. Right Circle Block - Left Punch
7. Step-Off to the Left (back to the front) into a Left Sanchin Stance (Face Red Arrow Direction)
8. Left Circle Block - Right Punch
9. Sanchin Step into a Right Sanchin Stance
10. Right Circle Block - Right Snapping Side Kick (Kick towards Purple Arrow Direction)
11. Sanchin Step into a Left Sanchin Stance
12. Left Circle Block - Left Snapping Side Kick (Kick towards Brown Arrow Direction)
13. Step your Right Foot forward to a "Club Attack Defense" Stance with a Left Circle Block (Red Arrow Direction)
14. Right Elbow Strike - Right Back-Fist
15. (Kimei Position) Move your right foot backwards to Neutral Stance - Crane Hands
16. Stay still for 5 seconds
17. Bow

Note on the performance of Kanshiwa Kata Short Form: There's a rhythm that flows through the Kata that helps with learning the sequence of this Kata. After the Kanshiwa Opening you will move your FEET, perform a Circle BLOCK, and STRIKE at something. Then again you move your FEET, BLOCK something, and STRIKE. The pattern is simply FEET, BLOCK, STRIKE. . . FEET, BLOCK, STRIKE. . FEET, BLOCK, STRIKE. . . all the way until you reach the Right Back-Fist (the last technique) which makes you Strike twice, thus breaking the rhythm. This break will let you know that Kanshiwa Short Form is done and that you will move to your Kimei position.

KANSHIWA KATA

(Kahn-She-wah Ka-Ta)
"The Tiger Kata"
Green Belt Sequence
"Long Form"



Bow with your hands by the sides of your legs.

(Kanshiwa Opening) (Face Red Arrow Direction)

1. Move your left leg to Neutral Stance.
2. Both hands move to a Open Hand Double Guard (Crane Hands)

(The Exercise)

3. Half-Sanchin Turn to the Left into a Left Sanchin Stance (Face Green Arrow Direction)
4. Left Circle Block - Right Punch
5. Sanchin Turn into a Right Sanchin Stance (Face Gray Arrow Direction)
6. Right Circle Block - Left Punch
7. Step-Off to the Left (back to the front) into a Left Sanchin Stance (Face Red Arrow Direction)
8. Left Circle Block - Right Punch
9. Sanchin Step into a Right Sanchin Stance
10. Right Circle Block - Right Snapping Side Kick (Kick towards Purple Arrow Direction)
11. Sanchin Step into a Left Sanchin Stance
12. Left Circle Block - Left Snapping Side Kick (Kick towards Brown Arrow Direction)
13. Step your Right Foot forward to a "Club Attack Defense" Stance with a Left Circle Block (Red Arrow Direction)
14. Right Elbow Strike - Right Back-Fist
15. "Sanchin Turn" into a Left Sanchin Stance (Blue Arrow Direction)
16. Left "Sliding" Wa-Uke Block (Drop, Chop, Slide and Circle, Pull, Push, Guard)
17. Sanchin Step into a Right Sanchin Stance
18. Right Wa-Uke block (Drop, Chop, Circle, Pull, Push, Guard)
19. Sanchin Step into a Left Sanchin Stance
20. Left Wa-Uke Block (Drop, Chop, Circle, Pull, Push, Guard)
21. Sanchin Step into a Right Sanchin Stance while doing a Left Circle Block
22. Right Chop - Right Backfist
23. Sanchin Turn into a Left Sanchin Stance (Red Arrow Direction)
24. Left Circle Block - Left Front Kick
25. Slide Forward with a Left Circle Block - Right Shoken Punch
26. Slide Backwards with your Shoken Punch still extended
27. Shoken "Cross"
28. Move your Left Foot to Neutral Stance
29. Stand Still for 5 seconds
30. Bow

2 MAN KANSHIWA BUNKAI

To begin, both people bow to their audience (Sensei, Test Board). Then they bow to each other. The person who stands on the right shall demonstrate the Kata and Applications. The person on the left will be the Attacker.

DEMONSTRATOR

Show: Neutral Stance- Crane Hands

Half-turn - Left Circle Block - Right Punch

Sanchin Turn - Right Circle Block - Left Punch

Step-Off - Left Circle Block - Right Punch

(Return to Neutral Stance - Crane Hands)

Defend: Half-turn - Left Circle Block - Right Punch
(Return to Neutral Stance - Crane Hands)

Defend: Half-turn - Right Circle Block - Left Punch

Show: Step-Off - Left Circle Block - Right Punch

Step - Right Circle Block - Right Snap-Side Kick

Step - Left Circle Block - Left Snap-Side Kick

(Return to Right Sanchin Stance)

Defend: Right Circle Block - Right Side-Snap Kick
(Step Forward to Left Sanchin Stance)

Defend: Left Circle Block - Left Side-Snap Kick

(Left Sanchin Stance)

Show: Left Circle Block - Left Side-Snap Kick

"Club Attack Defense" Block, Elbow Strike, Backfist

Defend: "Club Attack Defense" Block, Elbow Strike, Backfist

(Left Sanchin Stance)

Show: "Club Attack Defense" Block, Elbow Strike, Backfist

Turn - Left Sliding Wa-Uke Block

Sanchin Step - Right Wa-Uke Block

Sanchin Step - Left Wa-Uke Block

(Left Sanchin Stance)

Defend: Left Wa-Uke Block

(Right Sanchin Stance)

Defend: Right Wa-Uke Block

(Left Sanchin Stance- Facing Backwards)

Show: Left Wa-Uke Block

Sanchin Step - Left Circle Block - Right Chop/Backfist

Sanchin Turn

ATTACKER

Right Sanchin Stance

Left "Step and Punch"

Switch Sides - Left Sanchin Stance

Right "Step and Punch"

Move to Diagonal Position

Left Sanchin Stance

Right "Step and Punch"

Switch Sides - Right Sanchin Stance

Left "Step and Punch"

Left Sanchin Stance

Step Forward - Right Hammer Strike

Right Sanchin Stance

Left "Step and Punch"

Left Sanchin Stance

Right "Step and Punch"

DEMONSTRATOR

(Left Sanchin Stance)

Defend: Step - Left Circle Block - Right Chop/Backfist

(Left Sanchin Stance)

Show: Left Circle Block - Left Front Kick

Slide Forward - Left Circle Block - Right Shoken Punch

Slide Back - Shoken "Cross"

Neutral Stance - Shoken "Cross"

(Left Sanchin Stance)

Defend: Left Circle Block - Left Front Kick

Defend: Slide Forward - Left Circle Block - Right Shoken Punch

(Left Sanchin Stance)

Show: Slide Forward - Left Circle Block - Right Shoken Punch

Slide Back - Shoken "Cross"

Neutral Stance - Shoken "Cross"

ATTACKER

Right Sanchin Stance

Left "Step and Punch"

Switch Sides - Right Sanchin Stance

Left "Step and Punch"

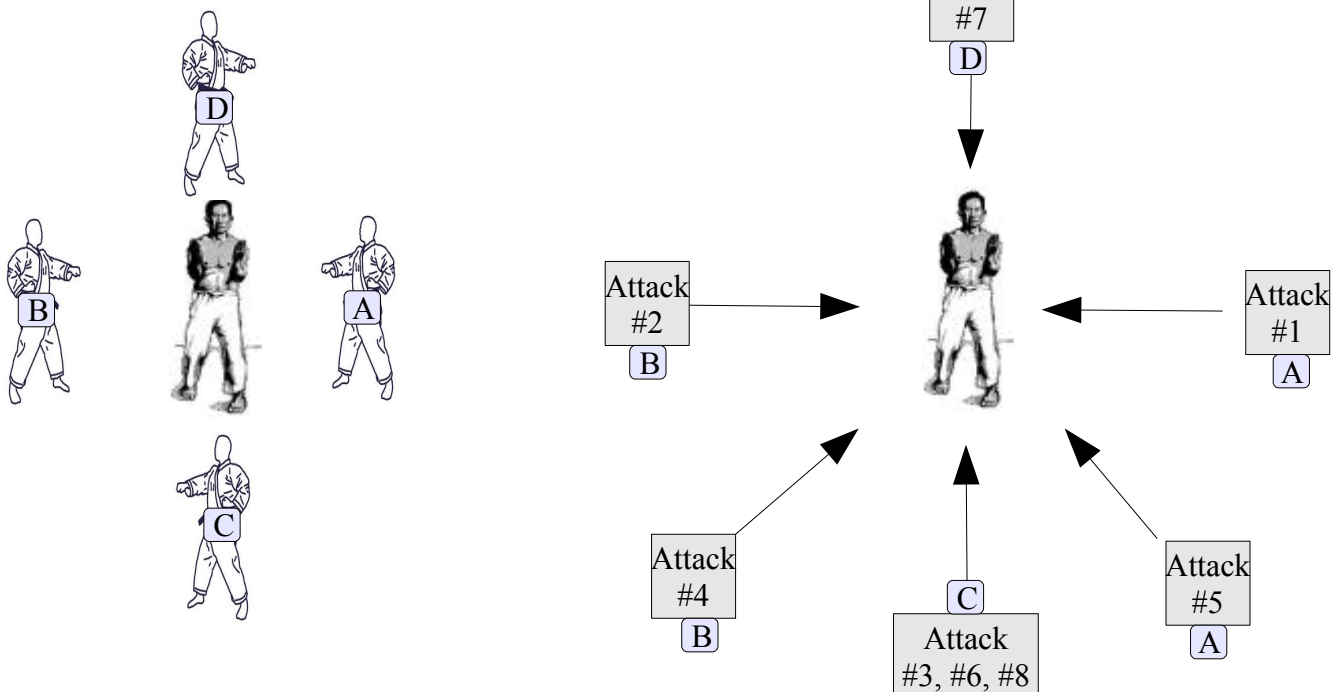
Slide Back - Double Arm Guard

When the first Demonstrator finishes, both the Demonstrator and the Attacker should be on the opposite side from which they started. This sets up the Bunkai to begin all over again. The first Demonstrator will now become the Attacker and the first Attacker will become the Demonstrator.

When the second demonstration has finished, both people will bow to each other and then bow to the audience (Sensei / Test Board)

5 MAN KANSHIWA BUNKAI

This is a faster paced version of the 2 man demonstration. The Defender will stand in the middle of 4 Attackers (front, back, left side, right side)



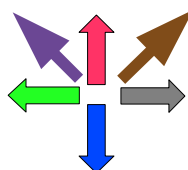
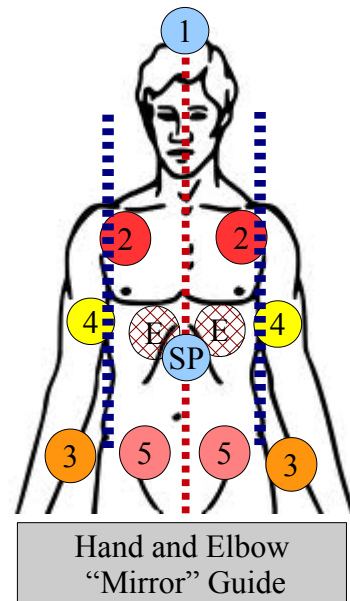
ATTACKER

DEFENDER

A #1	(Right Stance) - Left "Step and Punch"	Half-turn - Left Circle Block - Right Punch
B #2	(Left Stance) - Right "Step and Punch"	Sanchin Turn - Right Circle Block - Left Punch
C #3	(Right Stance) - Left "Step and Punch"	Step Off - Left Circle Block - Right Punch
B #4	(Left Stance) - Right "Step and Punch"	Step Back - Right Circle Block - Right Kick
A #5	(Right Stance) - Left "Step and Punch"	Step Back - Left Circle Block - Left Kick
C #6	(Left Stance) - Step - Right Hammer Strike	"Club Attack Defense"- Right Elbow/Backfist
D #7	(Left Stance) - Right "Step and Punch"	Step - Left Circle Block - Right Chop/Backfist
C #8	(Right Stance) - Left "Step and Punch"	Turn - Left Circle Block - Left Front Kick
	Slide Back - Double Hand Guard	Slide Forward - Left Circle Block - Right Shoken



Example of a Shoken Fist



These Arrows show
the direction you
should be Facing in your
Kata or in the
Direction you should be attacking

KANSHIWA KATA NOTES

Only techniques that have not been discussed before or common mistakes that are unique to the performance of this Kata will be noted. If you need more written information about a technique that is not listed here, search for that techniques in the notes of a previous Kata.

HOW TO DO KANSHIWA 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. (Face Red Arrow Direction)



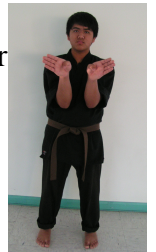
1. MOVE YOUR LEFT LEG TO NEUTRAL STANCE.

Keep both feet straight!



2. BOTH HANDS MOVE TO A OPEN HAND DOUBLE GUARD (CRANE HANDS).

Slide your wrists up the sides of your legs to the sides of your hips. Without stopping at the hips, continue to move your hands towards Mirror Guide position 2, rubbing your forearms against your torso as you do so. Keep your elbows tucked in behind you.



Common Mistakes:

1) **"Double Jab" Crane Hands.** Do not "jab" your arms into position as you would in performing Uke Kata. Rather, the sensation should feel like you are lifting and pushing a heavy object. Your forearms rub against your body for support.

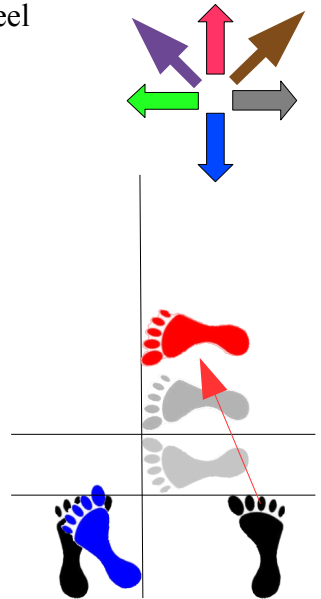
3. HALF TURN to the Left

On the ball of your Left Foot, pivot your heel inwards until the back of your Left Heel is pointing at the back of your Right Heel (Blue Foot Position). Then lift up your Right Foot (continue turning your upper body towards the left) and place it behind you (Red Foot Position) straight so that you end in a Left Sanchin Stance.

(Face Green Arrow Direction)

Common Mistakes:

- 1) **Step Off** - Do not perform a Sanchin "Step Off"! The footwork at the beginning of Kanshiwa Kata is not like the end of Sanchin Kata. In Sanchin Kata we aim to stay "ON" the line of attack. In Kanshiwa Kata we aim to move "OFF" the line of attack. Therefore, we "turn" away from the attack rather than "stepping" into it.
- 2) **Dropping the Hands** - Complete the whole half-turn with your hands and arms in "Crane Hands". Do not drop your arms to begin a circle block as you turn. Your feet should be rooted on the floor before you begin the block and punch. (This timing will eventually change to suit a more "combat oriented scenario".)
- 3) **Front Foot not in Position** - Pointing the heel of your left foot at the heel of your right foot before turning is a good trick into keeping your front foot in a good Sanchin foot position as you turn.
- 4) **Body is Not Turned All The Way** - Drop your foot into it's position straight and two "foot-widths" distance from your other foot. This will allow your whole body to move and completely face the left.



4. LEFT CIRCLE BLOCK - RIGHT PUNCH

Straighten your arm and "Drop" your Left Hand to Mirror Guide Position 3 with your palm facing to the left. Perform your Circle Block. (By bringing your hand to Mirror Guide Position 3 you are in the same exact place as you are in Uke Kata when you begin your Circle Block).

Right Punch (the Japanese word for the type of fist used is Seiken)- When you perform your Left Circle Block, as your Left Hand travels from Mirror Guide Position 3 to the Mirror Guide Position 3 on the opposite side of your body, close your Right Hand into a fist and move your Right Fist towards the "center-line" of your body (Red Line in the Mirror Guide). When both hands in those positions, draw your Right Hand back into a "Ready to Punch" position while you continue with your Left Circle Block.



When the Left Circle Block is completed, perform a Right "Reverse" Punch. Return your Right Hand to a "Closed Hand Guard" position with your palm facing towards you.

To perform a Right "Reverse " Punch (the "Reverse" just means that you are punching with the hand that shares the same side of your body as your rear leg), the arm travels forward against the side of the body with the palm side of the fist up. As your elbow moves forward enough to clear the side of your body begin to rotate the palm side of the fist down. Lead your punch with the large knuckle (1st knuckle) of your index finger. When you hit something with this punch, the knuckle on your index finger should hit first but since the 1st knuckle of your middle finger is larger they will usually make contact at the same time.

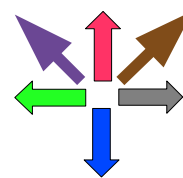


Common Mistakes:

- 1) **Elbow Sticks Out 1** - At the end of the circle block, remember to return your Elbow to Mirror Guide Position E and your arm to a Open Hand Guard Position.
- 2) **Little Block** - Wrong timing with the arms will make your circle block too small. Remember that the circle block rises up to your "ear height" and travels across your face before it returns to it's end position.
- 3) **Punch Falls** - This happens when you don't return your arm to a Open Hand Guard Position before you begin the next turn.
- 4) **Chicken-wing Punch** - This happens when you turn your fist palm down too early. It's best to begin turning your fist from it's "palm up" position (Ready To Punch Position) as your elbow clears the side of your body. A good training tool is to rub your forearm against the side of your body as you punch out. When the last part of your forearm (your elbow) no longer touches the body begin to rotate your fist into it's "palm down" position.
- 5) **Snap Punch** - Allow your arm to be fully extended (straightened) for a second before bringing it back to an Open Hand Guard Position. Do not pull your hand back before the punch is completely finished.

5. SANCHIN TURN

Pivot your Right Foot on the "ball-of-the-foot" until your heel points at the big toe of your Left Foot. Turn your body and place your left foot down straight in a Sanchin Stance behind your Right Foot. As you turn, open your Fisted Right Hand into an Open Hand Guard Position. Your hand should be open by the time your feet complete the turn. (Face Grey Arrow Direction)

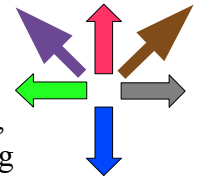


Common Mistakes:

- 1) **Arms Relax** - As you turn, keep your elbows in front of you and your hands in "Crane Position". Do not allow your elbows to slide to the sides of your body. Do not allow your elbows to pop out to the sides. Keep your "V" shape with your arms.
- 2) **Step Off** - Do not perform a Step Off! We are, once again, "turning" away from the attack.

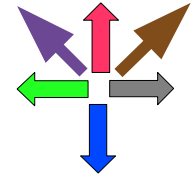
7. STEP OFF

Lift your Left Foot up off the floor (about an inch), begin to turn your body to your left (towards the direction you were facing when you began your Kata), push off the ground with your Right Foot towards the "Front" (Red Arrow Direction), land your Left Foot first (the ball of your foot touches first, heel second) into it's front leg Sanchin Stance Position, then land your Right Foot (the ball of your foot touches first, heel second) into it's rear leg Sanchin Stance Position. Keep your arms in their position as you step off. Your Fisted Hand will open into an Open Hand Guard Position as you Step Off.

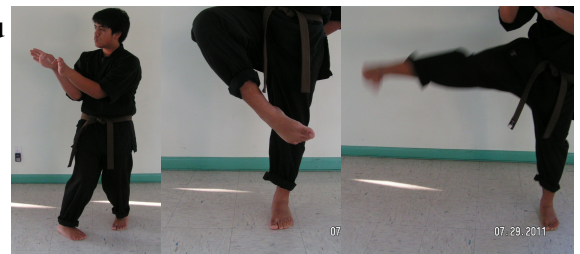


10. RIGHT CIRCLE BLOCK - RIGHT SNAPPING SIDE KICK

Before you begin your Circle Block, turn your torso towards the 45 degree angle direction that you will be kicking in. (Brown Arrow Direction) Once your upper body and your hands are facing the 45 degree angle direction you should begin your circle block. When you have completed your circle block your arms should be in a Open Hand Guard Position (Crane Hands).

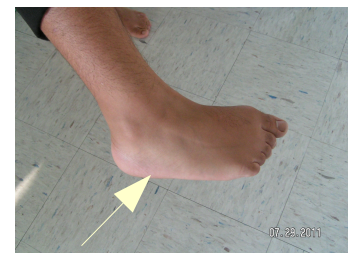
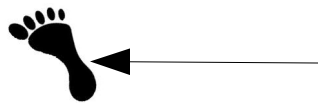


SNAPPING SIDE KICK Lift your Right Knee up in front of you as if you were going to perform a Front Snap Kick. As your Right Knee lifts, draw your Right Foot towards your Left Knee. Snap/Kick your leg out diagonally to the Right (45 degrees) (Brown Arrow Direction). Place your foot back down on the floor in it's Sanchin Stance position.

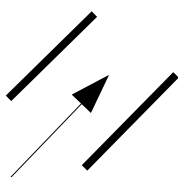


Common Mistakes:

- 1) **The Foot Angle is Wrong:** To find the correct angle your foot and your ankle need to be in when you perform this kick begin in a Sanchin Stance. Now that your front foot is turned inwards in a 30 degree angle, roll your front foot onto it's outside edge (the pinky toe side). As you perform your kick, your foot and ankle are going to remain in this shape.
- 2) **Wrong Striking Surface:** Do not lead your kick with the top of your foot (like a Roundhouse Kick) or with the ball-of-the-foot (like a Front Kick). Lead with the outside edge of your foot. Your striking surface should be the edge of your foot near your heel.



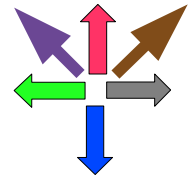
- 3) **Arms Collapse:** Some people get the feeling that when they perform their Snapping Side Kick that their arms will get in the way of the kick. They will then bring their arm closer to their body. (Usually the left arm collapses towards their body with a left kick, and the right arm with a right kick.) Keep your arms in their Sanchin (Crane Hands) position and use your arms as a guide as to "where to kick". When your arms and upper body are facing diagonally like the thick black lines to the left, kick through the middle of them like the arrow suggests.



- 4) **Hip Raises Up -** Your waist should remain parallel to the floor as you kick. Do not tilt your hips (as you would in other types of Side Kicks), your hips should stay in the same position as if you were performing a Front Kick.

12. LEFT CIRCLE BLOCK - LEFT SNAPPING SIDE KICK

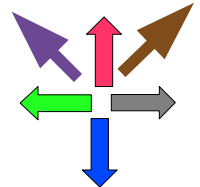
Before you begin your Circle Block, turn your torso towards the 45 degree angle direction that you will be kicking in. (Purple Arrow Direction) Once your upper body and your hands are facing the 45 degree angle direction you should begin your circle block. When you have completed your circle block your arms should be in a Open Hand Guard Position (Crane Hands).



SNAPPING SIDE KICK Lift your Left Knee up in front of you as if you were going to perform a Front Snap Kick. As your Left Knee lifts, draw your Left Foot towards your Right Knee. Snap/Kick your leg out diagonally to the Left (45 degrees) (Purple Arrow Direction). Place your foot back down on the floor in it's Sanchin Stance position.

13. CLUB ATTACK DEFENSE

Starting from a Left Sanchin Stance (Face Red Arrow Direction), pivot your left foot until your Left Heel points at the big toe of your Right Foot. Step your Right Foot forward and diagonally to the right. (Brown Arrow Direction) Keep your torso and your hips facing forward (Red Arrow Direction) Your Left Hip should actually be slightly closer to the front than your Right Hip. Perform your Left Circle Block as you step forward, the block should end at the same time as when your Right Foot gets into place. Draw your Right Arm into Ready to Punch Position as you Circle Block.



Common Mistakes:

1) **Hip Turns** - Because of the distance between your feet, sometimes this stance feels like a Horse Stance and it will make you turn your hips to the left. Keep your hips forward through the whole technique.

2) **Front Foot turns Inward** - Do not angle your front foot like a Sanchin Stance. Your Front Foot should be placed on the floor straight.

3) **Sideways Circle Block** - Be sure to reach out over your Right Leg as you perform your Circle Block so that the block remains in front of you. Do not perform the "circle" completely on your left side.



4) **Arm Not in Ready-To-Punch** - Disguise your elbow strike as a punch by pulling your arm all the way back in to Ready-To-Punch position. Do not let it rest on your stomach.



14. RIGHT ELBOW STRIKE - RIGHT BACK-FIST

Starting from "Ready to Punch" Position, keep your arm in it's current bend and move your arm forward (keep your arm against your body). Your Right Fist will travel towards the Left Side of your Chest (Mirror Guide Position 2). Keep your elbow close to your body as it moves forward. With your Left Hand facing palm down in front of you, strike your Left Hand and with your Right Elbow.

Common Mistakes

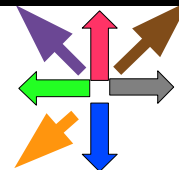
1) **Hand Strikes the Elbow** - The Left Hand is there to be a target for the Right Elbow Strike. The elbow should come to the hand (not the hand should come to the elbow). Do not just use your Left Hand to smack your elbow.

BACKFIST - Draw your Right Elbow towards the center-line of your body (Mirror Guide Red Line) and bring your Right Fist slightly below your chin. Leading with the back of your hand (specifically the large knuckles of your index and middle finger), snap out your hand (your nose height) and then return it to a Close Handed Guard Position with the palm facing you.



15. "SANCHIN TURN" INTO A LEFT SANCHIN STANCE

Since we are beginning this "Sanchin Turn" in a Right Club Attack Defense Stance and not in a Sanchin Stance, turning around into a Sanchin Stance takes a little more effort. First, staying low in your Stance, pivot to your left on both feet. Pivoting will cause your Right Leg to straighten and your Left Knee to bend and if you allow your hips to turn to the left you will find yourself in a Left Club Attack Defense Stance facing a diagonal angle (Orange Arrow Direction) . Keep your Left Foot on the floor, if you pivoted correctly it should be in the perfect position for your Left Sanchin Stance. Lift up your Right Foot and place it behind you to complete the Left Sanchin Stance facing the back (Face Blue Arrow Direction). At the end of the turn, your arms should be in their Sanchin position (knife hand fists).



Common Mistakes

- 1) **Sensei Bill's Mistake** - Do not have your hands in the "Crane Hands" position when you finish your turn. This was taught to many students and this is an error that Sensei Bill recognizes as his fault.
- 2) **Dropping the Hands** - Do not let your hands drop down as you turn. Your hands should "lead" the turn! In other words, let your hands face the direction you want to go before you move your body in that direction.

16. LEFT "SLIDING" WA-UKE BLOCK

The Wa-Uke is performed just like it is in Sanchin Kata with only two differences. 1) The "Drop and Chop" will now be performed at the same time. Both movements will begin and end together. 2) While performing the "Circle" Block, lift your Front Foot (Left Foot) up off of the floor and push yourself forward with your Right Foot (Back Foot). Both feet will come up off the floor. Your Left foot will land first (ball-of-the-foot first, heel second) and your Right Foot will land second (ball-of-the-foot first, heel second). End in a Left Sanchin Stance. A "Slide" is similar to a "Step-Off" except that we are not changing direction.

Common Mistakes

1) **The Zombie Drag** - Although the footwork is called a "Slide", do not drag your back foot across the floor. Remember, both feet must come off the floor.

2) **Jumping** - Just like a "Step-Off" your feet come off the floor one at a time and only raise up off the floor about one inch. Do not "hop" forward.

18. RIGHT WA-UKE BLOCK

The Wa-Uke is performed just like it is in Sanchin Kata but you will combine the "Drop and Chop" motions. Perform them at the same time so that the movements begin and end at the same time.

21. SANCHIN STEP and CIRCLE BLOCK

These movements should begin and end at the same time. In addition, your Right Hand should move to a Knife Hand Fist "Ready To Punch" position as you perform your Sanchin Step and Circle Block.

22. RIGHT CHOP - RIGHT BACKFIST

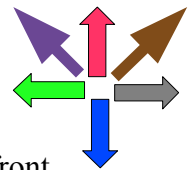
From the Knife Hand Fist "Ready To Punch" position, raise your arm up to the side (fingertips pointing up, elbow pointing down) until your upper arm is parallel to the floor. Using your elbow to lead the motion, swing your arm in front of you with your palm facing up. At the end of the strike your Right Hand should be "neck" height, your elbow pulled tight across your chest, and your arm in a 30 degree bend. The Chop uses the fleshy pad on your palm (pink side of the hand) to strike to the neck or collarbone.



Perform the Backfist in the same way you did as in Step # 14.

23 & 24 TURN, BLOCK, KICK

Although I numbered the Sanchin Turn separately from the Left Circle Block, these techniques are performed with one count. Meaning, all three techniques should flow from one to the other (but not done at the same time). (Turn to Face Red Arrow Direction)



LEFT FRONT KICK (in Japanese: Shomen Geri) - Lift your Left Knee as high as you can in front of you, curl your Left Foot so that the bottom of your foot remains parallel to the floor, and keep your Left Ankle directly underneath your Left Knee (Chambered Position). Quickly straighten your leg out in front of you (to kick) and begin pointing your Left Foot so that the Big Toe is in front. When your leg is extended your foot should be pointed (as if you are still trying to keep the bottom of your foot parallel with the floor). Quickly pull your leg back to Chambered Position (in Chambered Position it should look like you have placed your foot on an invisible box), and then return your Left Foot to its place in a Left Sanchin Stance.

Common Mistakes



1) **The Kick Snaps Up** - The power and energy of this kick should not go up (as if you were trying to kick a ball up into the air). The power and energy of this kick goes straight forward (as if you were pushing away something with your foot).

2) **Heel Kick** - Do not keep your foot curled (as it would be in Chambered Position) as you kick. This will cause you to hit something with the Heel of the Foot. Point your foot so that if you were to hit something you'd be hitting it with your Big Toe.

3) **Arms Bend towards Chest** - After you perform your Left Circle Block, hold your arms strongly in their Crane Hands position while you perform your Left Front Kick.

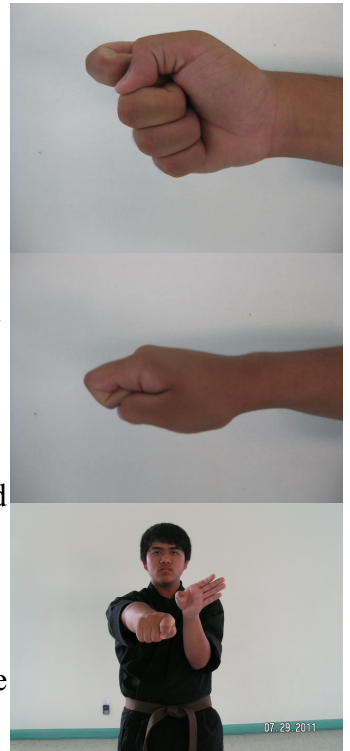
25. SLIDE FORWARD with a LEFT CIRCLE BLOCK - RIGHT SHOKEN PUNCH

SLIDE FORWARD - Lift up your Left Foot and push yourself forward with your Right Foot. Push yourself far enough so that both feet have to leave the ground. Left Foot lands first (ball-of-the-foot lands first, heel lands second) Right Foot lands second (ball-of-the-foot lands first, heel lands second). Land in a Left Sanchin Stance.

LEFT CIRCLE BLOCK - Timing: As you begin sliding forward, your arm should be circling up. As your front foot lands, your arm should be circling down. By the time your rear foot lands your CIRCLE BLOCK should be finished. Your Right Hand should be in a "Ready To Punch" position and in a Shoken Fist by the time your Circle Block ends as well.

RIGHT SHOKEN PUNCH - To make a Shoken Fist begin by making a "gun" shape with your hand (index finger extended, thumb raised up, the pinky, ring, and middle fingers bent and closed. Put the pad of your thumb (where your thumbprint would be) down on top of your bent middle finger and then curl your index finger so that the nail on your index finger is hidden behind your thumb.

The Shoken Punch begins in a "Ready to Punch" position. The punch is very similar to a Seiken Fisted punch (the type of punch you perform in Step #s 4,6, and 8) with only 2 differences. 1) At the end of the punch the palm will be rotated further than palms down. The palm should still face down but at a slight diagonal. The large 1st knuckle of your index finger should be lower than the large 1st knuckle of your pinky finger. The striking surface of this type of punch is with the 2nd knuckle of your index finger. 2) The punch will travel towards your center-line and strike the Solar-Plexus (Mirror Guide Position SP)



In Kanshiwa Kata, this punch is left extended until you Slide Backwards!

26. SLIDE BACKWARDS

Lift your Rear Foot (Right Foot) up off the floor and push yourself backwards with your Front Foot (Left Foot). The Right Foot will land first (ball-of-the-foot lands first, heel lands second) and the Left Foot will land second (ball-of-the-foot lands first, heel lands second). As you are Sliding Backwards move your Right Elbow back into Mirror Guide Position E while keeping your hand in a Shoken Fist. End in a Left Sanchin Stance.

Common Mistakes

*1) **Dragging the Front Foot** - Once again, although the technique is called a "Slide" do not drag or slide your foot across the floor. It should be lifted off the floor about 1 inch.*

26. SHOKEN CROSS

Make a Shoken Fist with your Left Hand and keep your palm facing out (down). Keeping both Elbows in Mirror Guide Position E, cross your Left Hand underneath your Right Hand so that both hands are along the center-line of your body (Mirror Guide Red Line) and the backs of the 1st knuckles of your index fingers are touching. Arms should still be in a 30 degree bend.

