

KUSHANKU

(revised 12-Aug-09)

- 1) NATURAL STANCE, ATTENTION, SHIZENTAI, FROM NATURAL STANCE OPEN THE HANDS KEEPING FINGERS SOLID, BRING THE HANDS IN FRONT OF THE GROIN AREA UNTIL BOTH THE THUMBS AND FIRST FINGERS TOUCH TOGETHER FORMING A TRIANGLE. (YOU SHOULD BE ABLE TO SEE YOUR HANDS WITHOUT LOOKING DOWN). WHEN THEY TOUCH SLOWLY RAISE THEM TOGETHER STRAIGHT UP IN FRONT OF YOUR FACE UNTIL YOUR THUMBS ARE AT THE MIDDLE OF THE FOREHEAD. THEN SLOWLY SPLIT BRING ARMS IN A OUTSIDE CIRCLE DOWN (MAKE SURE THAT YOU DO NOT LOOSE SIGHT OF YOUR HANDS) JOINING LITTLE FINGERS & THE NEXT TWO FINGERS TOGETHER WITH THE PALMS OUT BACK TO THE GROIN AREA. (SHOWING YOU DO NOT HAVE ANY WEAPONS AND/OR INDICATING THE UNIVERSE.)
- 2) AS SOON AS THE FINGERS TOUCH, TURN TO THE LEFT 90 DEGREES INTO A LEFT CAT STANCE WITH A LEFT SHUTO.
- 3) DROP THE LEFT HEEL DOWN, THEN BRING LEFT FOOT BACK TO THE RIGHT ONE (NOT TOUCHING), TURN TO THE RIGHT 180 DEGREES INTO A RIGHT CAT STANCE WITH A RIGHT SHUTO.
- 4) DROP THE RIGHT HEEL DOWN THEN PIVOTING ON THE HEELS TURN 90 DEGREES TO THE LEFT INTO NATURAL STANCE WHILE MAKING THE LEFT HAND A FIST AS A GUARD (KAMAE) IN FRONT OF THE SOLAR PLEXUS (PALM DOWN), BRINGING THE RIGHT FIST BACK TO THE RIGHT HIP (REACTION). TURN LEFT FIST UP (PALM TO THE INSIDE), LEADING WITH THE THUMB DO A HAMMER FIST AT SHOULDER HEIGHT STRAIGHT FORWARD, THEN DO A RIGHT FRONT PUNCH TO THE MID SECTION, LEFT FIST IS REACTION.
- 5) STEP OUT TO THE SIDE WITH THE LEFT LEG, BENDING THE LEFT KNEE, RIGHT LEG IS STRAIGHT (KOKUTSU STANCE) BRING THE RIGHT FIST TO THE LEFT SIDE OF THE CHEST AND DO A RIGHT INSIDE MIDDLE BLOCK TO THE FRONT RIGHT SIDE, EXAGGERATE THE STANCE & THE RIGHT SHOULDER, LEFT FIST REACTION.
- 6) BRING THE LEFT FOOT BACK INTO NATURAL STANCE & DO A LEFT STRAIGHT PUNCH TO THE MID SECTION, RIGHT FIST REACTION.
- 7) STEPPING TO THE RIGHT WITH THE RIGHT LEG, BENDING THE RIGHT KNEE, LEFT LEG IS STRAIGHT (KOKUTSU STANCE) DO A LEFT INSIDE MIDDLE BLOCK TO THE FRONT, EXAGGERATE THE STANCE & THE LEFT SHOULDER, RIGHT FIST REACTION.

- 8) WHILE STAYING LOW, BRINGING LEFT FOOT TO OUTSIDE OF RIGHT FOOT KEEPING KNEES BENT AND TURN TO THE RIGHT 180 DEGREES, WHILE DOING A RIGHT INSIDE MIDDLE BLOCK, LEFT FIST REACTION.
- 9) DO A RIGHT FRONT KICK TO THE MIDDLE SECTION, BRING THE FOOT BACK TO THE KNEE THEN STEP OUT ON TO THE RIGHT HEEL, PIVOTING TO THE LEFT 180 DEGREES GOING INTO A LEFT CAT STANCE WITH A LEFT MID SECTION SHUTO.
- 10) SLIDE THE LEFT FOOT FORWARD & SLIDE INTO A RIGHT CAT STANCE WITH A RIGHT MID SECTION SHUTO.
- 11) SLIDE THE RIGHT FOOT FORWARD & SLIDE INTO A LEFT CAT STANCE WITH A LEFT MID SECTION SHUTO.
- 12) SLIDE THE LEFT FOOT FORWARD & SLIDE INTO AN EXTENDED RIGHT FORWARD STANCE WITH A RIGHT SPEAR HAND (MAKING SURE THE WRIST IS BENT STRIKING WITH THE PADS OF THE THREE FINGERS) TO THE MID SECTION, LEFT FIST REACTION. **KIAI !!!**
- 13) WHILE TURNING TO THE LEFT 180 DEGREES (MOVING THE LEFT LEG TO THE RIGHT SIDE OF THE RIGHT LEG, PIVOTING ON THE BALL OF THE RIGHT FOOT) FINISHING IN LEFT FORWARD STANCE, THE LEFT FIST OPENS INTO A KNIFE HAND PROTECTING THE GROIN AREA THEN AS YOU TURN THE HAND MOVES UP PALM OUT PROTECTING THE FOREHEAD (MAKING SURE THAT YOU CAN SEE THE ELBOW), WHILE THE RIGHT KNIFE HAND DOES A SCOOPING BLOCK ENDING IN A RIGHT KNIFE HAND (PALM ALMOST VERTICAL) TO THE MID SECTION.
- 14) DO A RIGHT FRONT KICK TO THE MID SECTION (LEAVING THE KNIFE HAND OUT), BRINGING THE FOOT BACK TO THE KNEE, BRING RIGHT FIST UNDER THE LEFT ARM, LEFT FIST GOES TO RIGHT SHOULDER (AS IN LOW BLOCK), STEPPING FORWARD (EXTENDED STANCE) ON THE BALL OF THE RIGHT FOOT THEN PIVOT TO THE LEFT 90 DEGREES, DOING A LEFT LOW BLOCK TO THE SIDE (BLOCKING A RIGHT FRONT KICK) & DO A RIGHT HIGH ELBOW STRIKE TO THE FACE LEVEL, RIGHT KNEE IS BENT, LEFT LEG IS STRAIGHT.
- 15) DRIVE RIGHT FIST DOWN TOWARDS LEFT FOOT (STRIKING THE GROIN AREA), (USING LITTLE HIP) AT THE SAME TIME BRING LEFT FIST TO RIGHT SHOULDER, FROM THERE BRING LEFT LEG BACK UP TO RIGHT INTO NATURAL STANCE WHILE DOING A LEFT LOW BLOCK TO THE SIDE, RIGHT FIST REACTION.

16) WHILE PIVOTING ON THE BALL OF THE RIGHT FOOT, TURN LEFT 90 DEGREES STEPPING OUT INTO A LEFT FORWARD STANCE, WHILE THE LEFT HAND OPENS INTO A KNIFE HAND IT COVERS THE GROIN AREA THEN COMES UP TO PROTECT THE FOREHEAD (PALM OUT, MAKING SURE YOU CAN SEE THE ELBOW)AS THE RIGHT HAND IS DOING A RIGHT SCOOPING BLOCK TO THE MID SECTION (PALM ALMOST VERTICAL).

17) DO A RIGHT FRONT KICK TO THE MID SECTION (KNIFE HAND STAYS OUT), BRINGING THE FOOT BACK TO THE KNEE, BRING RIGHT FIST UNDER THE LEFT ARM, LEFT FIST GOES TO RIGHT SHOULDER (AS IN A LOW BLOCK), STEPPING FORWARD (EXTENDED STANCE) ON THE BALL OF THE RIGHT FOOT THEN PIVOT TO THE LEFT 90 DEGREES, DOING A LEFT LOW BLOCK TO THE SIDE & DO A RIGHT HIGH ELBOW STRIKE, RIGHT KNEE IS BENT, LEFT LEG IS STRAIGHT.

18) DRIVE RIGHT FIST DOWN TOWARDS LEFT FOOT (STRIKING THE GROIN AREA), (WITH LITTLE HIP), AT THE SAME TIME BRING LEFT FIST TO RIGHT SHOULDER, FROM THERE BRING LEFT LEG BACK UP TO RIGHT INTO NATURAL STANCE WHILE DOING A LEFT LOW BLOCK TO THE SIDE, RIGHT FIST REACTION.

19) IN NATURAL STANCE, PIVOT ON THE LEFT FOOT TO THE LEFT 90 DEGREES BRING LEFT FIST UP INTO LEFT KAMAE (PALM DOWN). BRING FEET TOGETHER.

20) WITH FEET TOGETHER, PIVOT ON THE RIGHT FOOT, TURN TO THE LEFT 90 DEGREES THEN DO A LEFT TETSUI BLOCK TO THE LOW SECTION. THEN DO A LEFT MID SECTION FRONT KICK, STEPPING FORWARD INTO LEFT FORWARD STANCE, DOING A RIGHT ELBOW STRIKE AT SHOULDER HEIGHT.

21) BRING THE RIGHT FOOT UP TO THE LEFT, PIVOT ON THE LEFT FOOT TO THE RIGHT 180 DEGREES, DOING A RIGHT TETSUI BLOCK TO THE LOW SECTION THEN DO A RIGHT MID SECTION FRONT KICK, STEPPING FORWARD INTO RIGHT FORWARD STANCE, DOING A LEFT ELBOW STRIKE AT SHOULDER HEIGHT.

22) BRING LEFT FOOT UP WHILE PIVOTING ON THE RIGHT FOOT TURNING TO THE LEFT 180 DEGREES INTO A LEFT CAT STANCE WITH A LEFT MID SECTION SHUTO.

23) DROP THE LEFT DOWN THEN STEP OUT WITH THE RIGHT FOOT 45 DEGREES INTO RIGHT CAT STANCE WITH A RIGHT MID SECTION SHUTO.

- 24) PIVOTING ON THE LEFT FOOT TURN TO THE RIGHT 135 DEGREES INTO A RIGHT CAT STANCE WITH A RIGHT MID SECTION SHUTO.
- 25) DROP THE RIGHT DOWN THEN STEP OUT WITH THE LEFT FOOT 45 DEGREES INTO A LEFT CAT STANCE WITH A LEFT MID SECTION SHUTO.
- 26) DROP THE LEFT HAND DOWN AS A GUARD TO THE GROIN, WHILE PIVOTING ON THE RIGHT FOOT TURN LEFT 45 DEGREES INTO LEFT FORWARD STANCE DOING A RIGHT KNIFE HAND SCOOP BLOCK TO THE MID SECTION, AS THE LEFT OPEN HAND COMES UP AS A GUARD TO THE FOREHEAD (PALM OUT MAKING SURE THAT YOU CAN SEE THE ELBOW). DO A RIGHT FRONT KICK TO THE MID SECTION (LEAVING KNIFE HAND OUT), WHILE BRINGING THE RIGHT FOOT BACK TO THE KNEE, BRING THE RIGHT FIST BACK TO THE LEFT SHOULDER AND DO A RIGHT BACK FIST WHILE STEPPING FORWARD WITH THE RIGHT FOOT AND BRING THE LEFT FOOT BESIDE THE RIGHT KNEES ALMOST TOUCHING ON THE BALL OF THE LEFT FOOT. STEP BACK WITH THE LEFT LEG INTO RIGHT FORWARD STANCE, AT THE SAME TIME DO A RIGHT INSIDE MIDDLE BLOCK, FOLLOWED BY A LEFT PUNCH, THEN A RIGHT PUNCH TO THE MID SECTION.
- 27) BRING THE LEFT LEG UP TO THE RIGHT, TURN TO THE LEFT 180 DEGREES AS YOU BRING BOTH FISTS BACK TO THE BODY AT THE SOLAR PLEXUS CROSSING FISTS, STEP OUT INTO LEFT FORWARD STANCE AS YOU SLOWLY BRING BOTH FIST OUT TO THE SIDE AT SHOULDER HEIGHT, OPENING THE LEFT HAND INTO A SHUTO (THUMBS ON TOP), BRING THE RIGHT KNEE UP CHEST HEIGHT AS THE HANDS COME IN AND TOUCH ABOVE THE RIGHT KNEE FIST TO PALM, (FIST & SHUTO STRIKING ATTACKER'S HEAD AS THE KNEES COMES UP TO THE GROIN OR THE NOISE OF THE HANDS COMING TOGETHER SCARES AWAY ATTACKER) WHEN THE HANDS TOUCH, DROP DOWN ON THE RIGHT FOOT (IN THE EXACT SAME PLACE WHERE THE LEFT FOOT WAS) WITH THE LEFT LEG SHOOTING OUT BEHIND LANDING ON THE BALL OF THE LEFT FOOT AS THE FINGERTIPS LAND FLAT ON THE FLOOR UNDER THE SHOULDERS. (IT IS DARK OUT & YOU DISAPPEAR FROM ATTACKER'S LINE OF VISION).
- 28) LOOKING OVER THE LEFT SHOULDER PIVOT ON THE RIGHT FOOT, BRING THE LEFT FOOT FORWARD, COMING UP TURN TO THE LEFT 180 DEGREES GOING INTO A LEFT CAT STANCE WITH A LEFT MID SECTION SHUTO.
- 29) SLIDE THE LEFT FOOT FORWARD & DO A RIGHT CAT STANCE WITH A RIGHT MID SECTION SHUTO.
- 30) PLACE THE RIGHT HEEL DOWN, TURN TO THE LEFT 270 DEGREES (A 3/4 TURN) DOING LEFT CAT STANCE WITH A LEFT INSIDE MID BLOCK

FOLLOWED WITH A RIGHT MID SECTION FRONT PUNCH, LEFT FIST REACTION.

31) DROP THE LEFT HEEL THEN BRING THE LEFT FOOT BACK TO THE RIGHT FOOT, PIVOTING ON THE LEFT FOOT TURN TO THE RIGHT 180 DEGREES, DO A RIGHT CAT STANCE WITH A RIGHT INSIDE MID BLOCK FOLLOWED BY A LEFT MID SECTION FRONT PUNCH THEN A RIGHT MID SECTION FRONT PUNCH.

32) PIVOTING ON THE RIGHT FOOT TURN TO THE RIGHT 90 DEGREES AS THE LEFT FOOT COMES UP TO JOIN THE RIGHT (RIGHT FOOT SLIGHTLY AHEAD OF THE LEFT WITH THE KNEES SLIGHTLY BENT) DO A RIGHT INSIDE MIDDLE BLOCK, LEFT FIST REACTION.

33) DO A RIGHT FRONT KICK TO THE MID SECTION, BRING THE KICK BACK TO THE KNEE THEN STEP OUT AND LAND ON THE RIGHT HEEL, PIVOT TO THE LEFT 180 DEGREES, INTO A LEFT CAT STANCE WITH A LEFT MID SECTION SHUTO.

34) WHILE PUTTING THE LEFT HEEL DOWN & SLIDE FORWARD ON THE BALL OF THE RIGHT FOOT BRING THE KNEES ALMOST TOGETHER, AS THE LEFT KNIFE HAND COMES DOWN INTO A GUARD (PALM DOWN) AND THE RIGHT KNIFE HAND RESTS ON IT NEAR AND IN FRONT OF RIGHT HIP (WRISTS TO WRISTS AS A SET UP).

35) STEP FORWARD INTO A RIGHT EXAGGERATED FORWARD STANCE WITH A RIGHT KNIFE HAND (THE WRIST IS SLIGHTLY BEND SO THE PADS OF THE THREE FINGERS STRIKE THE TARGET AREA WHILE KEEPING THE BACK STRAIGHT) LEFT SHUTO HAND GOES UNDER RIGHT ARMPIT.

36) BEND SLIGHTLY FORWARD AT THE WAIST (MAKING SURE THAT THE HEAD DOES NOT GO OVER THE BENT KNEE) WHILE BRINGING THE RIGHT SHUTO HAND BACK TO THE RIGHT EAR (TO PROTECT THE SIDE OF THE HEAD), BRING THE LEFT FOOT UP (STAYING LOW) AS YOU PIVOT ON THE RIGHT FOOT TURN 275 DEGREES TO THE LEFT, LANDING IN SUMO STANCE DOING A LEFT LOW BLOCK (FROM UNDER THE ARM) TO THE SIDE, RIGHT FIST REACTION, WHILE SLIDING SIDEWAYS BRING THE RIGHT FOOT HALF WAY UP TO THE LEFT WHILE DOING A LEFT INSIDE MIDDLE BLOCK TO THE SIDE, RIGHT FIST REACTION THEN SLIDE TO THE LEFT BRING THE RIGHT LEG UP INTO NATURAL STANCE WHILE DOING A RIGHT ELBOW STRIKE TO THE FACE LEVEL (USING THE LEFT SHUTO HAND AS A TARGET).

- 37) LOOK OVER THE RIGHT SHOULDER SLIDE TO THE RIGHT IN NATURAL STANCE DO A RIGHT LOW BLOCK TO THE RIGHT SIDE WHILE DOING A LEFT INSIDE MIDDLE BLOCK (EAR HEIGHT) TO THE LEFT SIDE.
- 38) PIVOTING ON THE RIGHT FOOT TURN TO THE RIGHT 180 DEGREES INTO SUMO STANCE DOING A LEFT INVERTED BLOCK (BLOCKING A LOW FRONT KICK) TO THE GROIN AREA AS THE RIGHT FIST COMES UP TO A HIGH BLOCK (EAR HEIGHT) ON THE RIGHT SIDE OF HEAD.
- 39) WHILE STILL IN SUMO STANCE, THE RIGHT FIST COMES DOWN INTO AN INVERTED BLOCK TO THE GROIN MAKING A "X" BLOCK (RIGHT FIST UNDER TRAPPING THE FOOT).
- 40) BRING THE FISTS BACK TO THE SOLAR PLEXUS THEN OUT INTO A HIGH "X" BLOCK, OPENING THE HANDS (PALMS OUT) AS IN A TRAP.
- 41) PIVOTING ON THE RIGHT FOOT TURN RIGHT 275 DEGREES INTO RIGHT FORWARD STANCE, BRINGING THE HANDS BACK TO THE SOLAR PLEXUS AREA CLOSING THE HANDS INTO FISTS. (SLIGHT PAUSE)
- 42) BRING THE LEFT KNEE UP (USING THE LEFT LEG AS A FAKE BY LIFTING THE KNEE UP) STEPPING FORWARD DOING A RIGHT FRONT KICK TO THE SOLAR PLEXUS AREA FOLLOWED WITH A RIGHT BACK FIST TO THE NOSE (**KIAI !!!**), LEFT FIST REACTION, LANDING IN RIGHT FORWARD STANCE.
- 43) LOOKING OVER RIGHT SHOULDER (A KICK IS COMING FROM BEHIND) WHILE BRINGING THE LEFT FOOT UP AND CROSSING IT IN FRONT AND TO THE SIDE OF THE RIGHT FOOT EXTENDING AS FAR AS POSSIBLE BOTH FEET ON GROUND FLAT (KEEPING BOTH FEET FORWARD) DO A RIGHT BACK FIST BEHIND YOU TO THE GROIN AREA, LEFT FIST REACTION.
- 44) WHILE PIVOTING TO THE RIGHT 180 DEGREES ON THE BALLS OF THE FEET TURNING INTO SUMO STANCE DOING A LEFT INVERTED PUNCH UNDER THE RIGHT FIST (X BLOCK, TRAPPING THE KICK).
- 45) WHILE STILL IN SUMO STANCE BRING BOTH FISTS UP TO THE SOLAR PLEXUS AREA THEN DO DOUBLE LOW BLOCKS TO THE SIDE.
- 46) WHILE STILL IN SUMO STANCE BENDING ONLY THE ELBOWS BRING BOTH FISTS IN AND UP INTO INSIDE MIDDLE BLOCKS (PALMS IN) ENDING FISTS AT EAR LEVEL.

47) GO INTO NATURAL STANCE BY BRING THE RIGHT FOOT BACK TO THE LEFT AS THE FISTS COME DOWN IN FRONT OPENING UP INTO SHUTOS PALMS DOWN WITH THE THUMBS AND FIRST FINGERS TOUCHING AND THEN FINISH IT OFF WITH THE HANDS GOING UP THEN DOWN, RIGHT FOOT IN THEN THE LEFT FOOT AND THEN BACK TO ATTENTION.