





















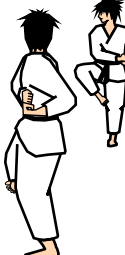

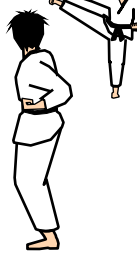







# KANKU DAI





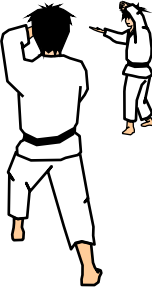

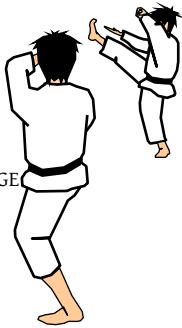



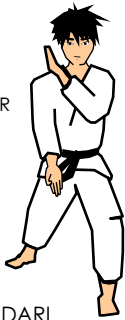









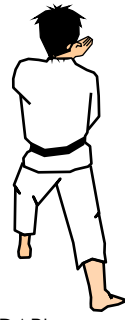

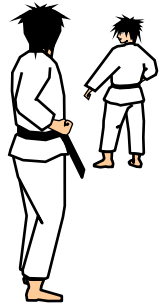

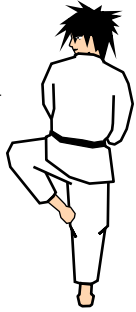



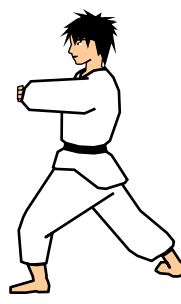

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KANKU DAI IS ONE OF THE LONGEST KATAS IN JKA KARATE AND ITS PRESENT NAME COMES FROM THE FIRST AND SECOND MOVEMENTS, "LOOKING AT THE SKY".

65 MOVEMENTS, ABOUT 90 SECONDS

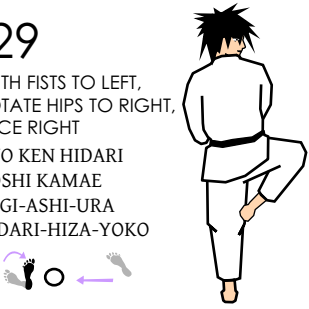


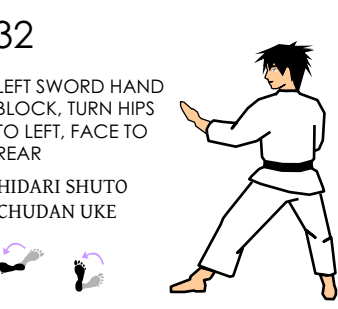
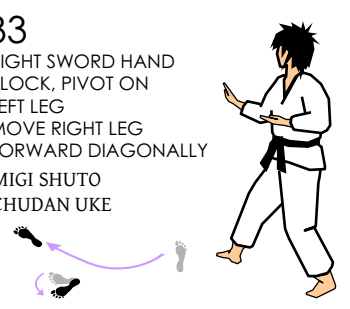
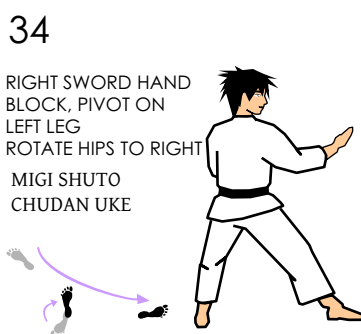
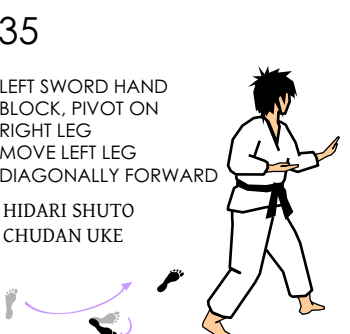
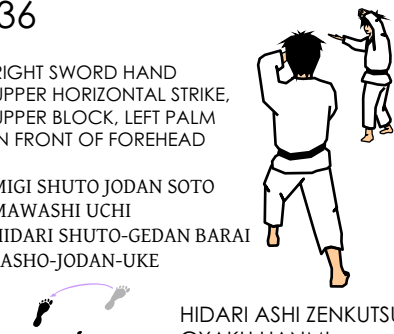

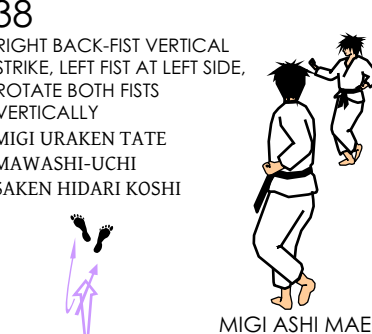

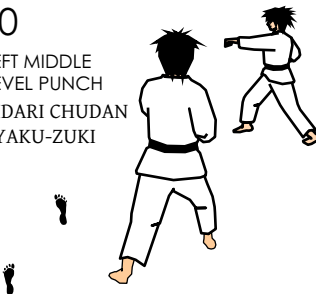

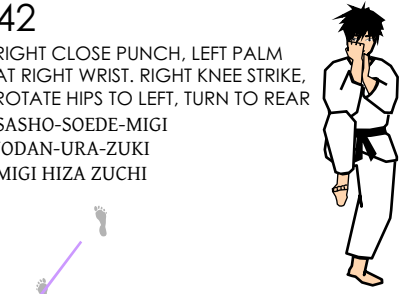
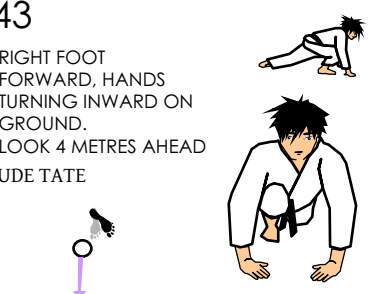
<p>REI</p>  <p>MUSUBI-DACHI</p>	<p>SLOWLY BRING THE HANDS TOGETHER, RIGHT FINGERTIPS ON LEFT HAND</p>  <p>RYOTE-KAFUKUBU-MAE</p> <p>YOI</p>  <p>HACHIJI DACHI</p>	<p>1</p> <p>RAISE HANDS DIAGONALLY ABOVE THE FOREHEAD, LOOK UP THROUGH FINGERS</p>  <p>RYOTE-HITAI-MAE-UE</p>  <p>HACHIJI DACHI</p>	<p>2</p> <p>OPEN HANDS TO THE SIDES, LOWER HANDS AND STRAIGHTEN ELBOWS, BRING PALMS DIAGONALLY OUTWARDS, RIGHT IN FRONT OF LEFT</p>   <p>RYOTE-KAFUKUBU-MAE</p>  <p>HACHIJI DACHI</p>	<p>3</p> <p>FAST UPPER LEVEL BLOCK TO LEFT, RIGHT PALM IN FRONT OF CHEST KAMAE, LEFT PALM FRONTWARDS</p> <p>HIDARI HAIWAN HIDARI SOKUMEN JODAN UKE USHO MUNE MAE KAMAE</p>   <p>MIGI KOKUTSU-DACHI</p>
<p>4</p> <p>FAST UPPER LEVEL BLOCK TO RIGHT, LEFT PALM IN FRONT OF CHEST KAMAE</p> <p>MIGI HAIWAN MIGI SOKUMEN JODAN UKE SASHO MUNE MAE KAMAE</p>   <p>HIDARI KOKUTSU-DACHI</p>	<p>5</p> <p>MIDDLE LEVEL INSIDE BLOCK, VERTICAL SWORD HAND. RIGHT FIST AT RIGHT SIDE. STRAIGHTEN KNEES</p> <p>HIDARI TATE SHUTO CHUDAN UKE UKEN MIGI KOSHI</p>   <p>HACHIJI DACHI</p>	<p>6</p> <p>MIDDLE LEVEL RIGHT PUNCH</p> <p>UKEN CHUDAN ZUKI SAKEN HIDARI KOSHI</p>   <p>HACHIJI DACHI</p>	<p>7</p> <p>RIGHT MIDDLE LEVEL INSIDE BLOCK</p> <p>MIGI CHUDAN UCHI UKE</p>   <p>HIDARI HIZA KUTSU</p>	<p>8</p> <p>LEFT MIDDLE LEVEL PUNCH, ROTATE HIP TO RIGHT</p> <p>SAKEN CHUDAN ZUKI UKEN-MIGI-KOSHI</p>   <p>HACHIJI DACHI</p>
<p>9</p> <p>LEFT MIDDLE LEVEL INSIDE BLOCK</p> <p>HIDARI CHUDAN UCHI UKE</p>   <p>MIGI HIZA KUTSU</p>	<p>10</p> <p>BOTH FISTS LEFT SIDE KAMAE, RIGHT FIST ON TOP</p> <p>RYO KEN HIDARI KOSHI KAMAE MIGI-ASHI-URA HIDARI HIZA-YOKO</p>   <p>HIDARI ASHI-DACHI</p>	<p>11</p> <p>UPPER HORIZONTAL STRIKE WITH RIGHT BACK FIST, RIGHT SNAP KICK</p> <p>MIGI URAKEN JODAN YOKO MAWASHI-UCHI MIGI SOKUTO-CHUDAN YOKO-GERI-KEAGE</p>   <p>HIDARI ASHI-DACHI</p>	<p>12</p> <p>LEFT SWORD HAND MIDDLE BLOCK</p> <p>HIDARI SHUTO CHUDAN UKE</p>   <p>MIGI KOKUTSU-DACHI</p>	<p>13</p> <p>RIGHT SWORD HAND MIDDLE BLOCK, STEP FORWARD</p> <p>MIGI SHUTO CHUDAN UKE</p>   <p>HIDARI KOKUTSU-DACHI</p>

# KANKU DAI

<p>14</p> <p>LEFT SWORD HAND MIDDLE BLOCK, STEP FORWARD HIDARI SHUTO CHUDAN UKE</p>   <p>MIGI KOKUTSU-DACHI</p>	<p>15</p> <p><b>KIAI</b></p> <p>RIGHT SPEAR HAND MIDDLE PUNCH, LEFT PALM PRESSING BLOCK, STEP FORWARD SASHO-CHUDAN-OSAE-UKE MIGI-CHUDAN-SHIHON-NUKITE</p>   <p>MIGI ZENKUTSU-DACHI</p>	<p>16</p> <p>UPPER STRIKE WITH RIGHT SWORD HAND, UPPER BLOCK, LEFT PALM IN FRONT OF FOREHEAD MIGI SHUTO JODAN SOTO MAWASHI-UCHI HIDARI SHUTO KOKO-GEDAN-BARAI-SASHO-JODAN-UKE</p>   <p>HIDARI ASHI ZENKUTSU GYAKU HANMI</p>	<p>17</p> <p>RIGHT FRONT SNAP KICK MIGI JODAN MAE-GERI KEAGE</p>   <p>HIDARI ASHI-DACHI</p>	<p>18</p> <p>UPPER INSIDE BLOCK TO RIGHT WITH RIGHT FIST, LEFT DOWNWARD BLOCK TO LEFT SIDE MIGI SOKUMEN JODAN UCHI UKE HIDARI SOKUMEN GEDAN UKE</p>   <p>MIGI KOKUTSU-DACHI</p>
<p>19</p> <p>RIGHT LOWER SWORD HAND STRIKE, LEFT SWEEPING BLOCK, PALM TO RIGHT SHOULDER DIAGONALLY UPWARDS MIGI SHUTO GEDAN UCHI-KOMI SASHO JODAN NAGASHI UKE</p>   <p>HIDARI ASHI-ZENKUTSU</p>	<p>20</p> <p>LEFT FIST EXTENDED SLOWLY DOWNWARDS, RIGHT FIST AT RIGHT SIDE SAKEN GEDAN UKEN-MIGI-KOSHI</p>   <p>ASHI- MAE RENOJI DACHI</p>	<p>21</p> <p>RIGHT SWORD HAND UPPER HORIZONTAL STRIKE, UPPER BLOCK, LEFT PALM IN FRONT OF FOREHEAD SASHO JODAN-UKE MIGI-SHUTO-JODAN SOTO- MAWASHI-UCHI</p>   <p>ASHI-ZENKUTSU GYAKU-HANMI</p>	<p>22</p> <p>RIGHT FRONT SNAP KICK JODAN-MAE GERI-KEAGE</p>   <p>HIDARI ASHI-DACHI</p>	<p>23</p> <p>RIGHT UPPER INSIDE BLOCK, LEFT DOWNWARD BLOCK MIGI SOKUMEN JODAN UCHI UKE HIDARI SOKUMEN GEDAN UKE</p>   <p>MIGI KOKUTSU-DACHI</p>
<p>24</p> <p>RIGHT SWORD HAND LOWER LEVEL STRIKE, SWEEPING BLOCK LEFT PALM TO RIGHT SHOULDER MIGI SHUTO GEDAN UCHI-KOMI SASHO JODAN NAGASHI UKE</p>   <p>HIDARI ASHI-ZENKUTSU</p>	<p>25</p> <p>LEFT FIST EXTENDED DOWNWARDS, RIGHT FIST AT RIGHT SIDE SAKEN GEDAN UKEN MIGI KOSHI</p>   <p>HIDARI MAE RENOJI-DACHI</p>	<p>26</p> <p>BOTH FISTS RIGHT SIDE KAMAE HIDARI-ASHI URA-MIGI HIZA-YOKO</p>   <p>MIGI ASHI-DACHI</p>	<p>27</p> <p>LEFT BACK-FIST UPPER HORIZONTAL STRIKE, LEFT SNAP KICK HIDARI URAKEN JODAN YOKO MAWASHI-UCHI HIDARI SOKUTO CHUDAN-YOKO-GERI KEAGE</p>   <p>MIGI ASHI-DACHI</p>	<p>28</p> <p>RIGHT ELBOW STRIKE TO FRONT, STRIKE LEFT PALM SASHO-NI-MIGI MAE-ENPI</p>   <p>HIDARI ZENKUTSU DACHI</p>

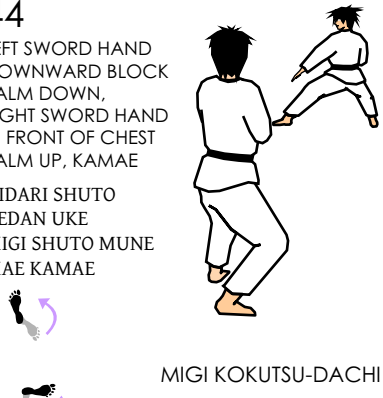

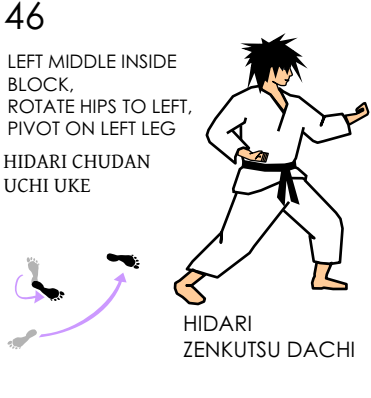
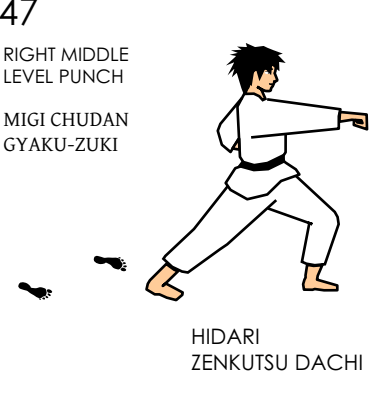
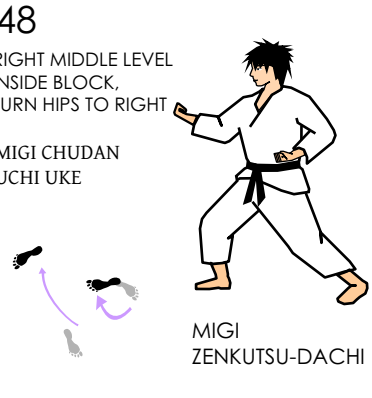
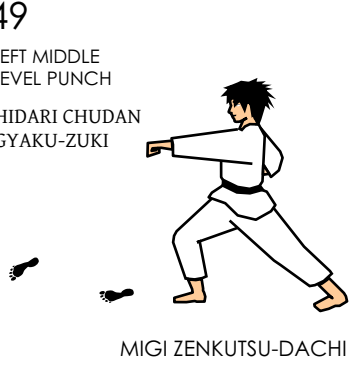


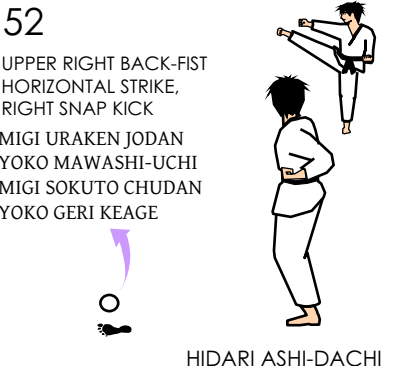


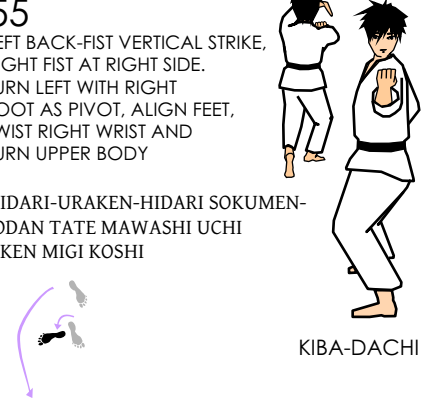
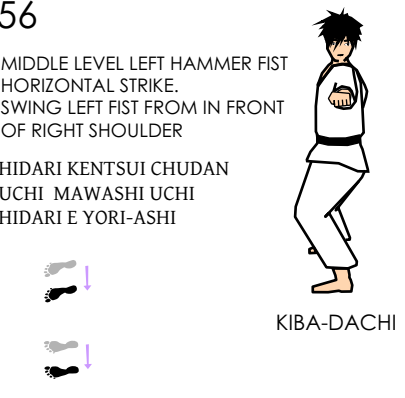

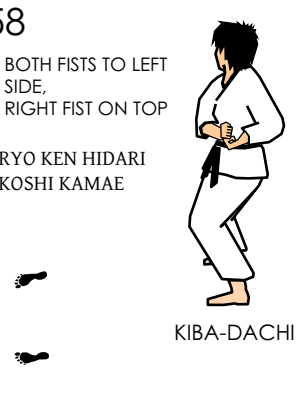
# KANKU DAI

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<p>29</p> <p>BOTH FISTS TO LEFT, ROTATE HIP TO RIGHT, FACE RIGHT RYO KEN HIDARI KOSHI KAMAE MIGI-ASHI-URA HIDARI-HIZA-YOKO</p>  <p>HIDARI ASHI-DACHI</p>	<p>30</p> <p>RIGHT BACK-FIST UPPER HORIZONTAL STRIKE, RIGHT SNAP KICK MIGI URAKEN JODAN YOKO MAWASHI-UCHI MIGI SOKUTO CHUDAN-YOKO-GERI KEAGE</p>  <p>HIDARI ASHI-DACHI</p>	<p>31</p> <p>LEFT ELBOW STRIKE TO FRONT USHO-NI-HIDARI MAE-ENPI</p>  <p>MIGI ZENKUTSU-DACHI</p>	<p>32</p> <p>LEFT SWORD HAND BLOCK, TURN HIPS TO LEFT, FACE TO REAR HIDARI SHUTO CHUDAN UKE</p>  <p>MIGI KOKUTSU-DACHI</p>	<p>33</p> <p>RIGHT SWORD HAND BLOCK, PIVOT ON LEFT LEG MOVE RIGHT LEG FORWARD DIAGONALLY MIGI SHUTO CHUDAN UKE</p>  <p>HIDARI KOKUTSU-DACHI</p>
<p>34</p> <p>RIGHT SWORD HAND BLOCK, PIVOT ON LEFT LEG ROTATE HIPS TO RIGHT MIGI SHUTO CHUDAN UKE</p>  <p>HIDARI KOKUTSU-DACHI</p>	<p>35</p> <p>LEFT SWORD HAND BLOCK, PIVOT ON RIGHT LEG MOVE LEFT LEG DIAGONALLY FORWARD HIDARI SHUTO CHUDAN UKE</p>  <p>MIGI KOKUTSU-DACHI</p>	<p>36</p> <p>RIGHT SWORD HAND UPPER HORIZONTAL STRIKE, UPPER BLOCK, LEFT PALM IN FRONT OF FOREHEAD MIGI SHUTO JODAN SOTO MAWASHI UCHI HIDARI SHUTO-GEDAN BARAI SASHO-JODAN-UKE</p>  <p>HIDARI ASHI ZENKUTSU GYAKU HANMI</p>	<p>37</p> <p>RIGHT FRONT SNAP KICK MIGI JODAN MAE GERI KEAGE</p>  <p>HIDARI ASHI-DACHI</p>	<p>38</p> <p>RIGHT BACK-FIST VERTICAL STRIKE, LEFT FIST AT LEFT SIDE, ROTATE BOTH FISTS VERTICALLY MIGI URAKEN TATE MAWASHI-UCHI SAKEN HIDARI KOSHI</p>  <p>MIGI ASHI MAE KOSA-DACHI</p>
<p>39</p> <p>RIGHT MIDDLE INSIDE BLOCK MIGI CHUDAN UCHI UKE</p>  <p>MIGI ZENKUTSU-DACHI</p>	<p>40</p> <p>LEFT MIDDLE LEVEL PUNCH HIDARI CHUDAN GYAKU-ZUKI</p>  <p>MIGI ZENKUTSU-DACHI</p>	<p>41</p> <p>RIGHT MIDDLE LEVEL PUNCH UKEN CHUDAN ZUKI SAKEN HIDARI KOSHI</p>  <p>MIGI ZENKUTSU-DACHI</p>	<p>42</p> <p>RIGHT CLOSE PUNCH, LEFT PALM AT RIGHT WRIST, RIGHT KNEE STRIKE, ROTATE HIPS TO LEFT, TURN TO REAR SASHO-SOEDE-MIGI JODAN-URA-ZUKI MIGI HIZA ZUCHI</p>  <p>HIDARI ASHI-DACHI</p>	<p>43</p> <p>RIGHT FOOT FORWARD, HANDS TURNING INWARD ON GROUND. LOOK 4 METRES AHEAD UDE TATE</p>  <p>MIGI ASHI ZENKUTSU</p>

# KANKU DAI

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<p>44</p> <p>LEFT SWORD HAND DOWNWARD BLOCK PALM DOWN, RIGHT SWORD HAND IN FRONT OF CHEST PALM UP, KAMAE</p> <p>HIDARI SHUTO GEDAN UKE MIGI SHUTO MUNE MAE KAMAE</p>  <p>MIGI KOKUTSU-DACHI</p>	<p>45</p> <p>RIGHT SWORD HAND BLOCK, STEP FORWARD</p> <p>MIGI SHUTO CHUDAN UKE</p>  <p>HIDARI KOKUTSU-DACHI</p>	<p>46</p> <p>LEFT MIDDLE INSIDE BLOCK, ROTATE HIP TO LEFT, PIVOT ON LEFT LEG</p> <p>HIDARI CHUDAN UCHI UKE</p>  <p>HIDARI ZENKUTSU DACHI</p>	<p>47</p> <p>RIGHT MIDDLE LEVEL PUNCH</p> <p>MIGI CHUDAN GYAKU-ZUKI</p>  <p>HIDARI ZENKUTSU DACHI</p>	<p>48</p> <p>RIGHT MIDDLE LEVEL INSIDE BLOCK, TURN HIP TO RIGHT</p> <p>MIGI CHUDAN UCHI UKE</p>  <p>MIGI ZENKUTSU-DACHI</p>
<p>49</p> <p>LEFT MIDDLE LEVEL PUNCH</p> <p>HIDARI CHUDAN GYAKU-ZUKI</p>  <p>MIGI ZENKUTSU-DACHI</p>	<p>50</p> <p>RIGHT MIDDLE LEVEL PUNCH</p> <p>UKEN CHUDAN ZUKI SAKEN HIDARI KOSHI</p>  <p>MIGI ZENKUTSU-DACHI</p>	<p>51</p> <p>BOTH FISTS TO LEFT SIDE, RAISE RIGHT FOOT TO SIDE OF LEFT KNEE</p> <p>RYO KEN HIDARI KOSHI KAMAE MIGI ASHI URA HIDARI-HIZA YOKO</p>  <p>HIDARI ASHI-DACHI</p>	<p>52</p> <p>UPPER RIGHT BACK-FIST HORIZONTAL STRIKE, RIGHT SNAP KICK</p> <p>MIGI URAKEN JODAN YOKO MAWASHI-UCHI MIGI SOKUTO CHUDAN YOKO GERI KEAGE</p>  <p>HIDARI ASHI-DACHI</p>	<p>53</p> <p>LEFT SWORD HAND BLOCK, TURN HIP TO LEFT, KICKING FOOT TO THE REAR</p> <p>HIDARI SHUTO CHUDAN UKE</p>  <p>MIGI KOKUTSU-DACHI</p>
<p>54</p> <p>RIGHT SPEAR HAND MIDDLE PUNCH, LEFT PALM PRESSING BLOCK, LEFT PALM UNDER RIGHT ELBOW</p> <p>SASHO CHUDAN OSAE-UKE MIGI CHUDAN SHIHON NUKITE</p>  <p>MIGI ZENKUTSU-DACHI</p>	<p>55</p> <p>LEFT BACK-FIST VERTICAL STRIKE, RIGHT FIST AT RIGHT SIDE. TURN LEFT WITH RIGHT FOOT AS PIVOT, ALIGN FEET, TWIST RIGHT WRIST AND TURN UPPER BODY</p> <p>HIDARI-URAKEN-HIDARI SOKUMEN- JODAN TATE MAWASHI UCHI UKEN MIGI KOSHI</p>  <p>KIBA-DACHI</p>	<p>56</p> <p>MIDDLE LEVEL LEFT HAMMER FIST HORIZONTAL STRIKE, SWING LEFT FIST FROM IN FRONT OF RIGHT SHOULDER</p> <p>HIDARI KENTSUI CHUDAN UCHI MAWASHI UCHI HIDARI E YORI-ASHI</p>  <p>KIBA-DACHI</p>	<p>57</p> <p>RIGHT ELBOW STRIKE TO FRONT, STRIKE LEFT PALM</p> <p>HIDARI-SOKUMEN MIGI-MAE-ENPI SASHO-MIGI HIJI-ATE</p>  <p>KIBA-DACHI</p>	<p>58</p> <p>BOTH FISTS TO LEFT SIDE, RIGHT FIST ON TOP</p> <p>RYO KEN HIDARI KOSHI KAMAE</p>  <p>KIBA-DACHI</p>

# KANKU DAI

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EMBUSEN

59  
RIGHT DOWNWARD BLOCK  
MIGI SOKUMEN  
MIGI GEDAN  
BARAI

mirror

KIBA-DACHI

60  
LEFT DOWNWARD BLOCK, UPWARD SWING WITH RIGHT FIST. PIVOT RIGHT ON RIGHT LEG. LEFT STAMPING KICK  
HIDARI ZENWAN GEDAN UKE  
UKEN FURIAGE

KIBA-DACHI

61  
RIGHT DOWNWARD PUNCH, RIGHT FIST BEHIND LEFT FIST, WRISTS CROSSED.  
UKEN OTOSHI-ZUKI

KIBA-DACHI

62  
CROSS BLOCK ABOVE HEAD, BACK OF HANDS FACING, STRAIGHTEN KNEES  
KAISHO JODAN  
KOSA UKE

HACHIJI DACHI

63  
PIVOT ON RIGHT LEG, ROTATE HIPS TO RIGHT. CLENCH FISTS  
HANDS STAY JODAN  
KOSA UKE  
MIGI-ASHI-JIKU-MIGI-MAWARI

MIGI ZENKUTSU-DACHI

64  
LOWER HANDS TO FRONT OF CHEST  
RYOKEN MUNE MAE

MIGI ZENKUTSU-DACHI

65a  
TWO LEVEL KICK  
NIDAN-GERI

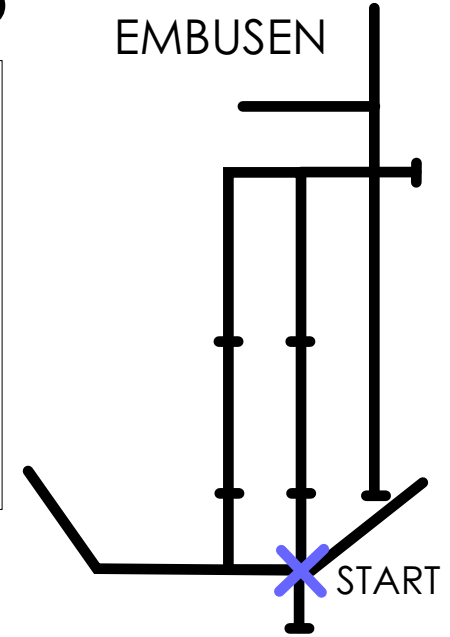
**KIAI**

65b  
RIGHT BACK-FIST VERTICAL STRIKE, LEFT FIST AT LEFT SIDE  
MIGI URAKEN TATE  
MAWASHI-UCHI  
SAKEN HIDARI KOSHI

MIGI ZENKUTSU-DACHI

WIDE CIRCULAR CLOSING MOVEMENT WITH ARMS  
YAME

SHIZEN-TAI



THE EMBUSEN IS IN THE SHAPE OF AN I  
THE VERTICAL LINE EXTENDS ABOVE THE UPPER HORIZONTAL LINE

THIS IS KNOWN AS THE PLUS AND MINUS

