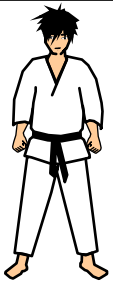
GANKAKU

FORMERLY CALLED CHINTO, GANKAKU CONSISTS OF 42 MOVEMENTS AND TAKES AROUND ONE MINUTE TO PERFORM. THE NAME - CRANE ON A ROCK - IS ILLUSTRATIVE OF THE BALANCE REQUIRED TO MASTER THIS KATA.

1/3

YOI

RYOKEN-DAI TAI-MAE



SHIZENTAI HACHIJI DACHI

UPPER LEVEL SIDE BLOCK WITH BOTH HANDS.
STEP BACK RIGHT FOOT.

RYO KO JODAN SOKUMEN AWASE-UKE

1



MIGI KOKUTSO DACHI

MIDDLE LEVEL PRESSING BLOCK WITH BOTH HANDS.
TURN WRISTS, LEFT HAND ON TOP.

RYO SHO JUJI CHUDAN OSAE-UKE

2



MIGI KOKUTSO DACHI

MIDDLE LEVEL PUNCH WITH LEFT FIST.

SAKEN CHUDAN-ZUKI

UKEN-MIGI-KOSHI

3



MIGI KOKUTSO DACHI

MIDDLE LEVEL REVERSE PUNCH WITH RIGHT FIST.

MIGI CHUDAN GYAKU-ZUKI

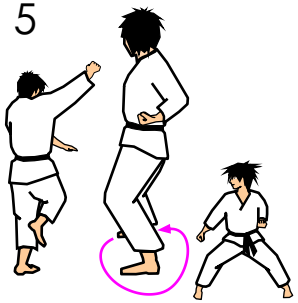
4



RIGHT DOWNWARD BLOCK

MIGI SOKUMEN-MIGI GEDAN-BARAI

5

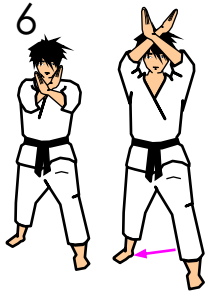


KIBA DACHI

UPPER LEVEL X BLOCK WITH BOTH HANDS

KAI SHO JODAN KOSA-UKE

6



HIDARI ZENKUTSU DACHI

CLASP HANDS IN FRONT OF CHEST, X KAMAE

RYO KEN MUNE MAE

7



HIDARI ZENKUTSU DACHI

TWO LEVEL KICK

NIDAN GERI

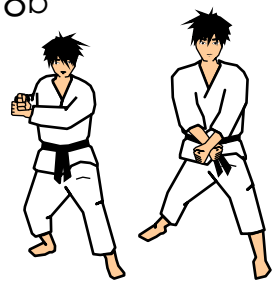
8a



LOWER LEVEL X BLOCK WITH BOTH FISTS

GEDAN KOSA-UKE

8b

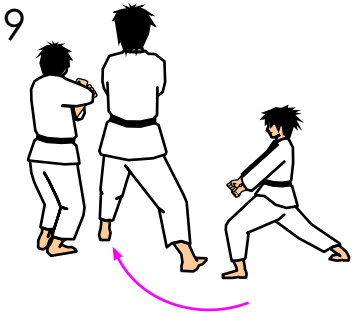


HIDARI ZENKUTSU DACHI

LOWER LEVEL X BLOCK WITH BOTH FISTS. PIVOT ON RIGHT LEG.

GEDAN KOSA-UKE

9



HIDARI ZENKUTSU DACHI

RIGHT LOWER LEVEL BLOCK LEFT FIST AT RIGHT SIDE, KAMAE. PIVOT ON LEFT LEG.

UKEN GEDAN UKE
SAKEN MIGI KOSHI -KAMAE

10

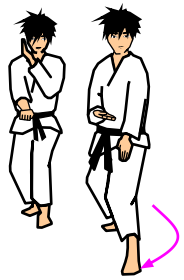


HIDARI KOKUTSU DACHI

SLOW LOWER LEVEL BLOCK WITH LEFT SWORD HAND. RIGHT SWORD HAND AT LEFT SIDE, KAMAE.

HIDARI SHUTO GEDAN UKE
MIGI SHUTO HIDARIKOSHIMAE KAMAE

11



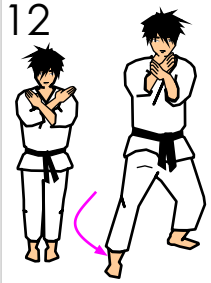
MIGI KOKUTSO DACHI

GANKAKU 2/3

MIDDLE LEVEL REVERSE WEDGE BLOCK. BACK OF HANDS TO REAR.

RYO SHO CHUDAN KAKIWAKE UKE

12

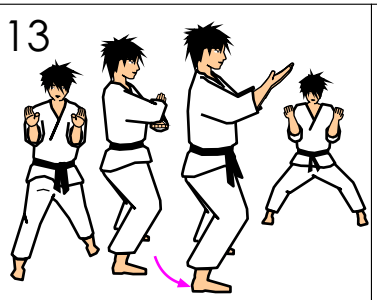


MIGI ZENKUTSU DACHI

MIDDLE LEVEL REVERSE WEDGE BLOCK. BACK OF HANDS TO FRONT

RYO SHO CHUDAN KAKIWAKE UKE

13



DOWNWARD THRUST WITH BOTH HANDS LOOK TO LEFT.

RYO KEN RYO GAWA KAKIWAKE

14

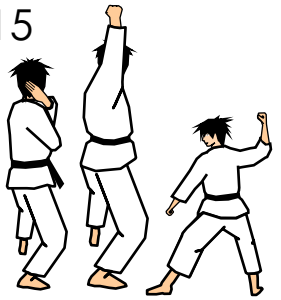


HACHI-JI DACHI

RIGHT SIDE, UPPER LEVEL BLOCK, INSIDE OUTWARDS. LEFT LOWER LEVEL BLOCK.

MIGI SOKUMEN JODAN UCHI-UKE HIDARI SOKUMEN GEDAN UKE

15

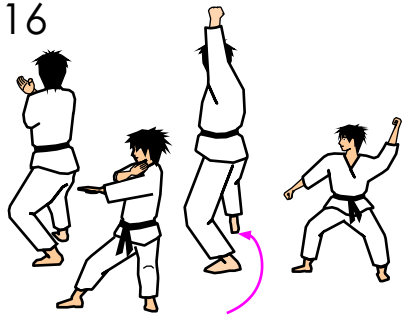


MIGI KOKUTSO DACHI

LEFT UPPER LEVEL INSIDE BLOCK. RIGHT LOWER LEVEL BLOCK. PIVOT ON LEFT LEG.

MIGI GEDAN-UKE HIDARI SOKUMEN JODAN UCHI UKE

16

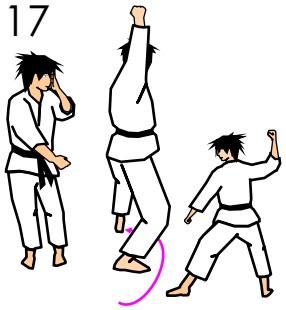


HIDARI KOKUTSU DACHI

RIGHT UPPER LEVEL BLOCK. INSIDE OUTWARD. LEFT LOWER LEVEL BLOCK. PIVOT ON RIGHT LEG.

MIGI SOKUMEN JODAN UCHI-UKE HIDARI SOKUMEN GEDAN UKE

17

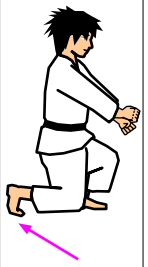


MIGI KOKUTSO DACHI

LOWER LEVEL X BLOCK, RIGHT HAND ON TOP RIGHT KNEE KNEEL

MIGI-ASHI-ORISUIKE-HIDARI-HIZA-TATE GEDAN KOSA-UKE

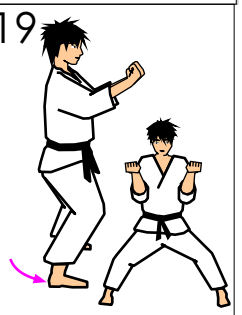
18



SLOW MIDDLE LEVEL REVERSE WEDGE BLOCK.BACK OF FISTS TO FRONT

RYO KEN CHUDAN KAKIWAKE

19



KIBA DACHI

SLOW DOWNWARD THRUST WITH BOTH FISTS. STRAIGHTEN KNEES.

RYO KEN RYO GAWA-GEDAN KAKIWAKE

20



HACHI-JI DACHI

SPREAD ELBOWS, BOTH FISTS AT SIDES.

RYO KEN RYO KOSHI KAMAE

21

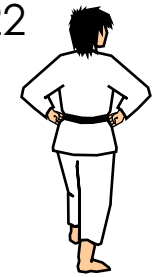


HACHI-JI DACHI

RIGHT ELBOW STRIKE. BEND LEFT KNEE, STRAIGHTEN RIGHT KNEE.

MIGI FURI-ENPI HIDARI - HIZA KUTSU

22



LEFT ELBOW STRIKE. BEND RIGHT KNEE. STRAIGHTEN LEFT KNEE.

MIGI FURI-ENPI HIDARI - HIZA KUTSU

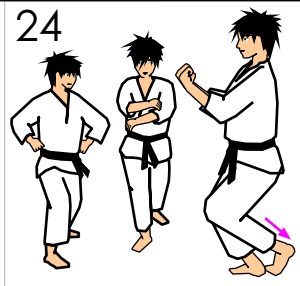
23



MIDDLE LEVEL REVERSE WEDGE BLOCK, BACK OF FISTS TO FRONT. CROSS LEFT LEG TO BACK OF RIGHT HEEL.

RYO KEN CHUDAN KAKIWAKE

24



MIGI ASHI-MAE-KOSA DACHI

RIGHT UPPER LEVEL INSIDE BLOCK-KAMAE. LEFT LOWER LEVEL KAMAE. GRADUALLY RAISE HIPS.

HIDARI-ASHI-MIGI-HIZA-URA MIGI-SOKUMEN-JODAN UCHI-UKE-NO-KAMAE HIDARI-SOKUMEN GEDAN-KAMAE

25

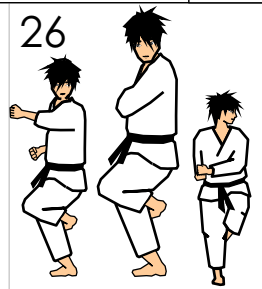


MIGI ASHI DACHI

BOTH FISTS AT RIGHT SIDE- KAMAE

RYO KEN MIGI KOSHI KAMAE HIDARI-ASHI-MIGI- HIZA-URA

26



LEFT BACK FIST UPPER HORIZONTAL STRIKE. LEFT SWORD FOOT MIDDLE LEVEL SIDE SNAP KICK.

HIDARI URAKEN JODAN YOKO MAWASHI-UCHI HIDARI SOKUTO CHUDAN YOKO GERI KEAGE

27



MIGI ASHI DACHI

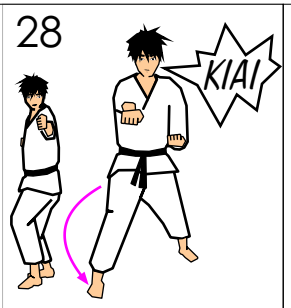
GANKAKU

3/3

RIGHT FIST MIDDLE LEVEL LUNGE PUNCH

MIGI KEN CHUDAN OI-ZUKI

28



MIGI ZENKUTSU DACHI

LEFT UPPER LEVEL BLOCK-KAMAE
RIGHT LOWER LEVEL KAMAE.
RIGHT FOOT TO BACK OF LEFT KNEE.

MIGI-ASHI-HIDARI HIZA-URA
HIDARI-SOKUMEN-JODAN
UCHI-UKE-NO-KAMAE
MIGI-SOKUMEN-GEDAN-KAMAE

29

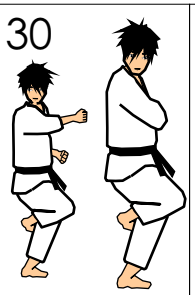


HIDARI ASHI DACHI

BOTH FISTS LEFT SIDE KAMAE.

MIGI-ASHI-HIDARI KOSHI-KAMAE
RYO KEN HIDARI KOSHI-KAMAE

30

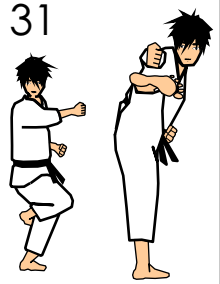


HIDARI ASHI DACHI

RIGHT BACK FIST UPPER LEVEL HORIZONTAL STRIKE. RIGHT SWORD FOOT MIDDLE LEVEL SIDE SNAP KICK.

MIGI URAKEN JODAN YOKO MAWASHI-UCHI
MIGI SOKUTO CHUDAN YOKO KEAGE

31



HIDARI ASHI DACHI

LEFT FIST MIDDLE LEVEL PUNCH TO RIGHT SIDE.
RIGHT FIST AT RIGHT SIDE.

SAKEN MIGI SOKUMEN CHUDAN-ZUKI
UKEN MIGI KOSHI

32

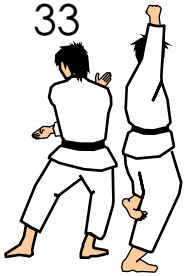


KIBA DACHI

RIGHT UPPER LEVEL INSIDE BLOCK-KAMAE.
LEFT LOWER LEVEL KAMAE. LEFT FOOT TO BACK OF RIGHT KNEE.

HIDARI-ASHI-MIGI-HIZA-URA
MIGI-SOKUMEN-JODAN-UCHI-UKE-NO-KAMAE
HIDARI-SOKUMEN-GEDAN-KAMAE

33



MIGI ASHI DACHI

BOTH FISTS RIGHT SIDE KAMAE.

RYO KEN MIGI KOSHI KAMAE
HIDARI-ASHI MIGI-HIZA-URA

34

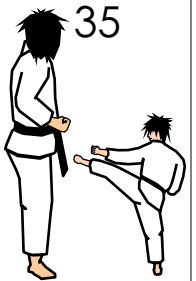


MIGI ASHI DACHI

LEFT BACK FIST UPPER LEVEL HORIZONTAL STRIKE. LEFT SWORD FOOT MIDDLE LEVEL SIDE SNAP KICK.

HIDARI URAKEN JODAN YOKO MAWASHI-UCHI
HIDARI SOKUTO CHUDAN YOKO KEAGE

35

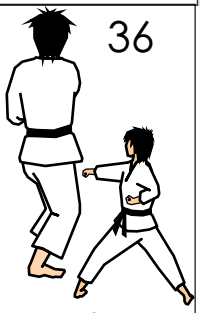


MIGI ASHI DACHI

RIGHT FIST MIDDLE LEVEL PUNCH TO LEFT SIDE.

UKEN HIDARI SOKUMEN CHUDAN-ZUKI
SAKEN HIDARI KOSHI

36

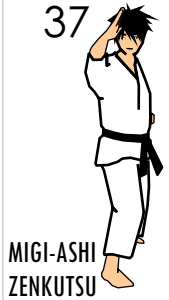


KIBA DACHI

RIGHT SWORD HAND UPPER LEVEL SIDE BLOCK TO RIGHT SIDE. HEAD TURNS TO RIGHT

MIGI SHUTO MIGI SOKUMEN JODAN YOKO UKE

37



MIGI-ASHI ZENKUTSU

LEFT UPPER LEVEL UPWARDS ELBOW STRIKE. ROTATE HIPS TO RIGHT. RIGHT FIST STRIKE WITH LEFT ELBOW.

HIDARI JODAN TATE EMPI USHO-ATE

38



MIGI-ASHI ZENKUTSU

LEFT HAND TO LEFT SIDE. PUSH RIGHT FIST TO LEFT HAND. ROTATE HIPS TO LEFT.

SASHO UKEN HIDARI KOSHI

39

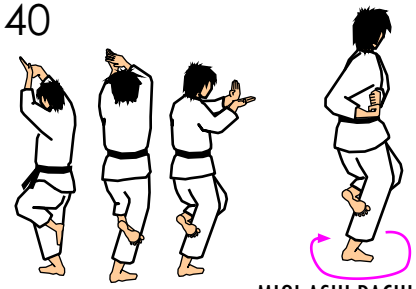


MIGI-ASHI ZENKUTSU

BOTH FISTS TO RIGHT SIDE -KAMAE. LEFT FIST ON RIGHT. BRING PALM HEELS TOGETHER, TURN WRISTS, SWING HANDS ABOVE HEAD.

MIGI-MAWARI-IKKAITEN-HIDARI-ASHI-MIGI-HIZA-URA RYOKEN-MIGI-KOSHI-KAMAE

40

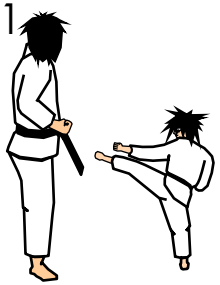


MIGI ASHI DACHI

UPPER HORIZONTAL STRIKE WITH LEFT BACK FIST. LEFT SWORD FOOT MIDDLE LEVEL SIDE SNAP KICK.

HIDARI URAKEN JODAN YOKO MAWASHI-UCHI
HIDARI SOKUTO CHUDAN YOKO GERI KEAGE

41

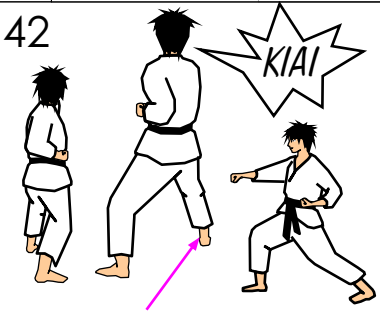


MIGI ASHI DACHI

RIGHT MIDDLE LEVEL LUNGE PUNCH.

MIGI CHUDAN OI-ZUKI

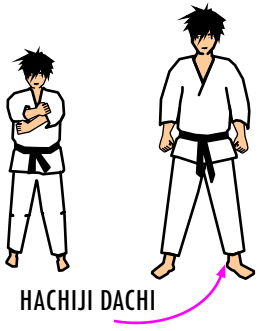
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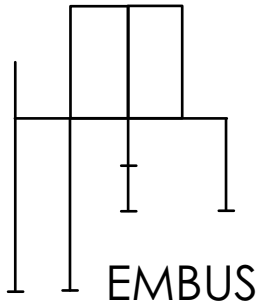
MIGI ZENKUTSU DACHI

PIVOT LEFT ON RIGHT LEG TO RETURN TO **YOI**

RYOKEN-DAI TAI-MAE NAORE



HACHIJI DACHI



EMBUSEN