

KANKU SHO

by Hidy Ochiai

Starting position: Natural stance

1. Augmented block to left
2. Augmented block to right
3. Augmented block to front
4. Right lunge middle punch
5. Left lunge middle punch
6. Right lunge middle punch
7. Back stance with left downward block and right middle block to side
8. Hammi dachi (half-turned body) with left downward block.
9. Right hand catch with front stance
10. Front kick and step-in with back fist strike
11. Right hand inside-outward block with one-two punches
12. Back stance with left downward block and right middle block to side
13. Hammi dachi (half-turned body) stance with left downward block
14. Right hand catch with front stance
15. Right front kick and step-in with one-two punches
16. Back stance with left downward block and right middle block to side
17. Back stance with left downward block to the original right and right inside-outward block high to the original left
18. With Kiba dachi (straddle stance) execute right hook punch to the original right
19. Back stance with right downward block to the original left and left inside-outward block high to the original right
20. With Kiba dachi (straddle stance) execute left hook punch to the original left, facing the original starting position
21. With Kiba dachi execute the double hands block "catching a bo."

22. From the same position, make a wheel throw move with both hands.
23. Step forward with right foot and execute a right middle lunge punch.
24. Take off the imaginary "grabbing" hand of the opponent and spin and jump back with back stance. As you land, execute a knife hand block with back stance.
25. Bring the left foot next to the right foot. At the same time, place the left fist on the top of the right fist on the right hip.
26. Execute the left side kick and follow it with the right elbow strike.
27. Bring the right foot to the left foot. At the same time, place the right fist on the top of left fist on the left hip.
28. Execute the right side kick, and follow it with the left elbow strike.
29. Left knife hand extended and right knife hand covering the forehead area.
30. Execute the right knife hand attack as bring back the left knife hand to the forehead area.
31. Execute a front kick high and hop-in with a right back fist strike to mid-section of the opponent.
32. Immediately, execute an inside-outward block and follow it with left and right punches.
33. Reverse back stance with left block to the original front.
34. Crescent kick to open left hand and come down on the right foot and left knee bent.
35. Immediately, execute downward block knife hand block with back stance with left hand, and follow it with right middle knife hand block as you proceed with another back stance.
36. With the right foot as the center of pivoting, turn counterclock-wise and execute left inside-outward block with back stance. Follow it with right middle lunge punch.
37. With the left foot as the center of pivoting, turn the right foot clock-wise 180 degree to the original right side, executing the right inside-outward block with back stance. Follow it with the left middle lunge punch. ZANSHIN and THE END. Come back to the original natural stance.