

KANSHIWA

1. Bow and come up to neutral stance with hands in ready position.
2. Turn 90 degrees to the left in a left. Block with left hand and throw a right punch.
3. Turn 180 degrees into a right stance. Block with the right hand and throw a left punch.
4. Turn 90 degrees to the left in a left stance. Block with the left hand and throw a right punch.
5. Step through into a right stance and throw a right block and right side kick.
6. Step through into a left stance and throw a left block and left side kick.
7. Step into a right horse stance. Left block left hand and right elbow then backfist.
8. Turn 180 degrees into a left stance with the arms in Sanchin position.
9. Slide forward in a left stance and perform a left wa-uke block and strike.
10. Step forward in a right stance and perform a right wa-uke block and strike.
11. Step forward in a left stance and perform a left wa-uke block and strike.
12. Step forward in a right stance and perform a left block and a right chop and a right back fist.
13. Turn 180 degrees into a left stance. Throw a left block and a left front kick.
14. Slide forward in a left stance. Throw a left block and a right one- knuckle punch kiai.
15. Slide back in a left stance. Put both hands in shoken fists and place the right hand over the left.
16. Slide the left foot back to a neutral stance.
17. Place both hands by your side and bow.