

## Kanshiwa Bunkai

- Kata** Demonstrates first three punches from the kata
- Attacker** Throws a left punch
- Defender** Turns, blocks, and punches to the ribs
- Attacker** Walks around to the other side and throws a right punch
- Defender** Turns, blocks, and punches to the ribs.
- Kata** Demonstrates the two side kicks
- Attacker** Throws a right punch
- Defender** Blocks and throws a side kick to the attacker's ribs
- Attacker** Walks behind and throws a left punch
- Defender** Blocks and throws a side kick to the attacker's ribs.
- Kata** Steps into a right horse stance and left circle block, right elbow and right back fist, then turns to face the attacker
- Attacker** Throws a right roundhouse punch
- Defender** Horse stance, left block, right elbow strike to rib and right backfist to face
- Kata** Demonstrates the three wa-uke blocks, then turns to face the attacker
- Attacker** Throws a right punch
- Defender** Left wa-uke and boshiken
- Attacker** Throws a left punch
- Defender** Right wa-uke and boshiken
- Kata** Demonstrates the block, chop and backfist, then turns to face the attacker
- Attacker** Throws a right punch
- Defender** Blocks with the left hand, steps into the attack, and throws a right chop to the neck and a back fist to the face.
- Kata** Demonstrates left block and front kick.
- Attacker** Throws a left punch
- Defender** Moves to the right, left circle block and left kick to the ribs.
- Kata** Demonstrates left block and one knuckle punch, then turns to face the attacker
- Attacker** Stands in a left stance
- Defender** Slides in blocks the left hand down and throws a right one knuckle punch to the patch