

KanKu

12

9 3

6

1. Starting at Junbi, power down with both hands – keeping both arms straight and hands forming a triangle, raise them forward over your head then move separate them outward and down bringing them together at chest height – right knifehand strike to the palm of your left hand.
2. Step to your left (toward 9) into a left back stance – middle knifehand guarding block – turn toward 3 into a right back stance - middle knifehand guarding block.
3. Jumping slightly to move your feet to ready position facing 12, cross your arms in front of your chest – left hand concentrated forward palm block – right hand middle punch toward 12.
4. Stepping slightly toward 6 with your left foot, turn toward 10:30 into a modified left front stance – right hand outside block toward 12 – jumping slightly, move your left foot to your right facing 12 – left middle punch.
5. Stepping slightly toward 6 with your right foot, turn toward 10:30 into a modified left front stance – left hand outside block toward 12.
6. Turning to slightly toward 3, chamber your hands on your left hip (right over left, palms facing each other) and your right foot for a side kick – Right leg side kick toward 6 landing into a left back stance facing 12 – middle knifehand guarding block.
7. Crossing your arms in front of your chest, step toward 12 into a right back stance – middle knifehand block - crossing your arms in front of your chest, step toward 12 into a left back stance – middle knifehand block - step toward 12 into a right front stance – spearhand strike (kihop).
8. Turning toward 6 into a left front stance – pseudo strike (high front hand open hand block / rear hand knifehand strike to the neck) – right leg snap kick toward 6 – land your right foot toward 6 into a left back stance facing 12 – left low block / right hand backfist toward 6 – shift your left foot into a left front stance facing 12 – right hand low palm strike (palm facing upward) while moving your left hand to the right side of your face (palm facing your head). This is a block. Move your left foot to your right – your body facing 3 – left low block toward 12 (right hand chambered on your hip).
9. Stepping toward 12 into a left front stance – pseudo strike (high front hand open hand block / rear hand knifehand strike to the neck) – right leg snap kick toward 12 – land your right foot toward 12 into a left back stance facing 6 – left low block / right hand backfist toward 12 – shift your left foot into a left front stance facing 6 – right hand low palm strike (palm facing upward) while moving your left hand to the right side of your face (palm facing your head). This is a block. Move your left foot to your right – your body facing 9 – left low block toward 6 (right hand chambered on your hip).
10. Chamber your left leg for a side kick toward 3 while chambering your hands on your right hip – left side kick toward 3 landing into a left front stance toward 3 – right elbow strike (strike your left palm) - chamber your right leg for a side kick toward 9 while chambering your hands on your left hip – right side kick toward 9 landing into a right front stance toward 9 – left elbow strike (strike your right palm).

11. Turning to your rear – step toward 6 with your left foot into a left front stance – left hand high open hand block – right knifehand strike to the throat.
12. Right leg snap kick toward 6 – land forward into an X stance – right hand backfist (Kihop).
13. Step backward toward 12 with your left foot into a right front stance – right outside block – reverse middle punch middle punch.
14. Turning counter-clockwise to face 12, pivot on you left foot, raise your right knee to waist height, raise your right hand into a Tai block and your left hand (palm) moves under your right elbow to protect your right side.
15. Drop down and shoot your left leg backward going down to the ground onto your right foot and both hands – slowly look to your right, your left, then behind you over your left shoulder.
16. Stand up into a left back stance facing 6 – middle knifehand guarding block.
17. Step with your left foot into a left front stance facing 3 – left hand outside block – reverse middle punch.
18. Turning clockwise to the rear (9) – step with your right foot into a right front stance – right hand outside block – reverse middle punch – middle punch.
19. Chamber your right leg for a sidekick toward 12 (your hands will chamber on your left hip – right hand over left) – sidekick toward 12 (Kihop) landing toward 12 – middle knifehand guarding block toward 6.
20. Step toward 6 into a right front stance – spearhand strike.
21. Move your left foot to your right foot – right hand downward palm block next to your right hip keeping your left hand near you right arm, chambered for a spin backfist.
22. Spin backward on your right foot into a left horse stance facing 9 – left hand backfist toward 6 – reach over their head – right elbow strike into your left hand – right hand low block toward 12.
23. Stepping with your left foot, spin clockwise on your right foot toward 12 into a horse stance facing 3 – left hand low block – right hand high block.
24. Low pressing block – jumping up slightly, moving your feet to ready position – high crossing block.
25. Turning your palms toward each other as if grabbing the attacker's wrist, step with your right foot toward 6 into a right front stance – pull both hands across to your right side.
26. Taking off with your left leg, right leg jump snap kick toward 6 landing into a right front stance – right hand backfist forward to the attacker's face (Kihop).
27. Spinning clockwise on your right foot, move your left foot to your right foot to junbi.