

[Image 1]

[Image 2]



KUSHANKU

With a focus on the traditional, the collection is a celebration of the past.

[Image 3]



The collection is a celebration of the past, with a focus on the traditional.

[Image 4]

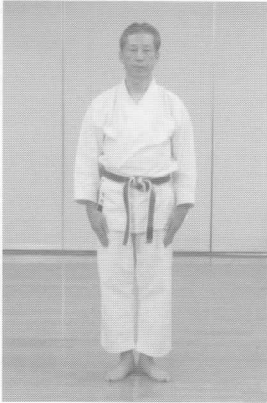


The collection is a celebration of the past, with a focus on the traditional.

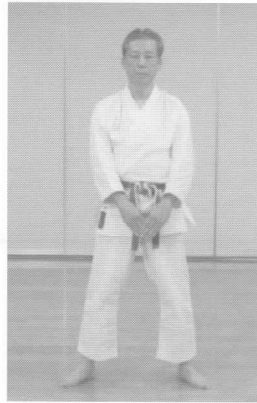
[Image 5]



【Ready 1】



【Ready 2】



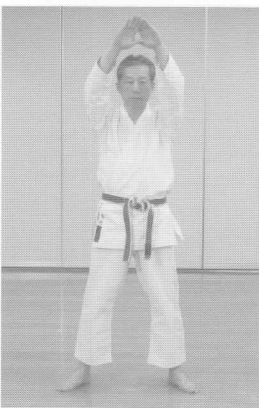
<Ready 1>

Same as in PINAN SHODAN.

<Ready 2>

From the Musubidachi position, spread both legs left and right to a Hachijidachi (the width between the heels should be slightly wider than the shoulder width). At the same time, with both hands open, place the left palm on the back of the right hand. Hold them in front of the body in GEDAN.

【Movement 1-1】



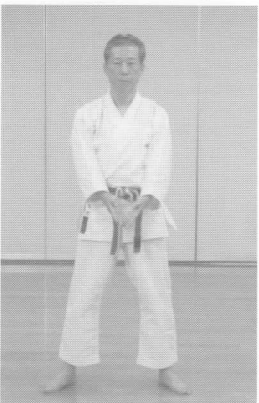
While keeping both hands together, quietly raise them above forehead (slightly forward).

【Movement 1-2】



Get the overlapped palms apart, and lower both hands in Shuto in an arc-line motion to each side of the performer's body.

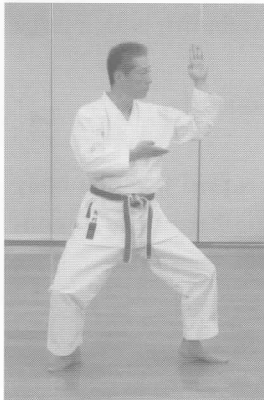
【Movement 1-3】



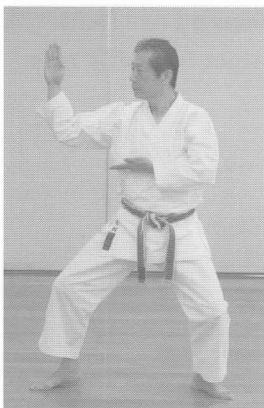
Return the Shuto hands to Gedan position, with the palms facing to the front, and with right Shuto lightly placed on the left Shuto.

<Note>

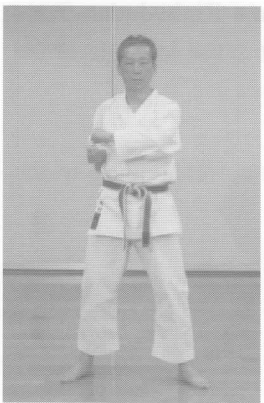
The outside of both ring fingers touch with each other lightly. Right little finger overlapped with left little finger lightly.

【Movement 2】

From Hachijidachi, move the left foot to left (toward the east) to stand in Mahanmi-Nekoashidachi. Execute a Jodan-Sotouke with back of left hand. Hold the right Shuto in front of the chest (the back of the hand is facing downwards).

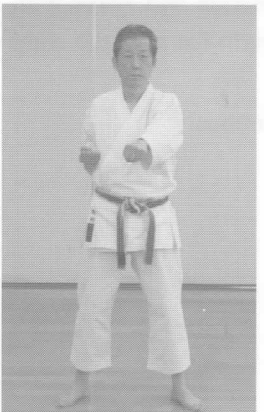
【Movement 3】

Return the left foot to the original position and move the right foot toward the west. Execute a Jodan-Sotouke with the right hand. Hold the left hand in front of the chest (the back of the hand is facing downwards).

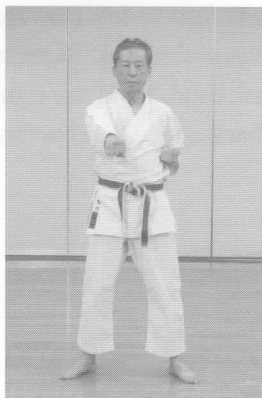
【Movement 4】

Return the right foot to the original position, and stand in the wider Hachijidachi position.

At the same time, grasp both hands. Hold the left fist (the back of the hand facing up) in front of the chest. Hold the left fist as it lightly touches the dogi. The right fist is pulled to the right side of the body, as in Hikite.

【Movement 5】

Execute Left-Chudan-Harai with the left arm. The right fist is kept steadfast at the right side of the body.

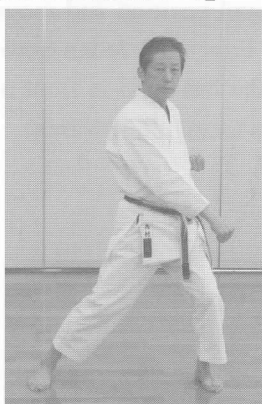
【Movement 6】

Execute a Chudan-Tsuki with the right fist, with left fist pulled to the left side of the body.

Execute Movements 5 and 6 continuously.

<Note>

Movements 5 and 6 should be executed with the body kept facing to the front, and with efficient use of concentrated strength of the tighten abdomen.

【Movement 7-1】

Shift the left foot in a wide stance toward east (left).

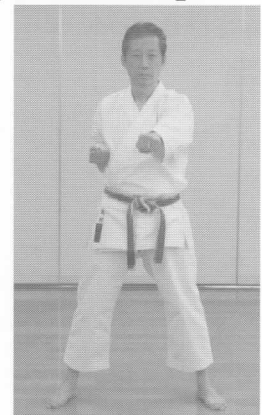
As the left foot move, lower the right fist softly twisting inward to the lower left side.

【Movement 7-2】

Twisting the body to left, execute a Right-Jodan-Soto-Uke. The left fist is kept steadfast at the left side of the body.

<Note>

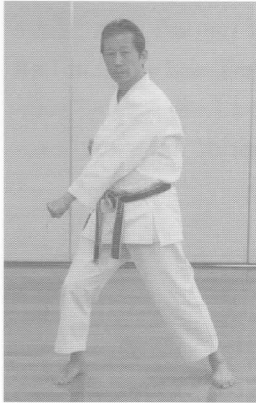
The tiptoe can be open naturally corresponding to the body twisting.

【Movement 8】

Move left foot back to Ready position and strike with left hand in Chudan-Tsuki. The right fist is at the right side of the body in Hikite.

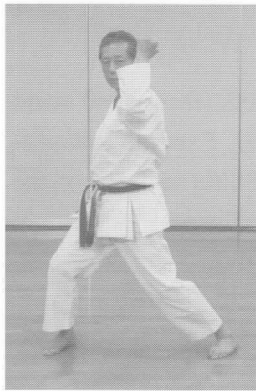
Execute Movements 7 and 8 continuously.

【Movement 9-1】



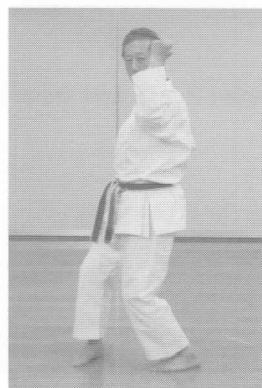
Step wide to the west (to right) with the right foot.
As the feet move, lower the left fist softly twisting inward to the lower right side of the body.

【Movement 9-2】



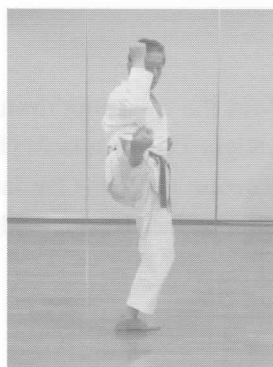
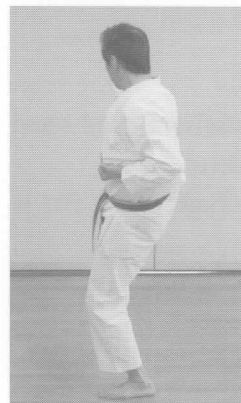
After twisting the body fully to the right, execute a Left-Jodan-Sotouke.
The right fist is kept steadfast at the right side of the body.

【Movement 10-1】



Pull left foot half step to right.

【Movement 10-2】

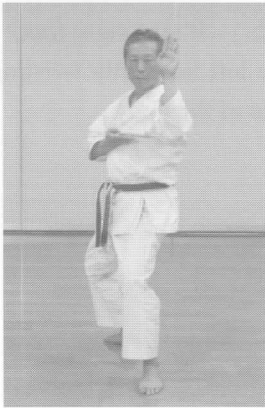


Seen from the north.

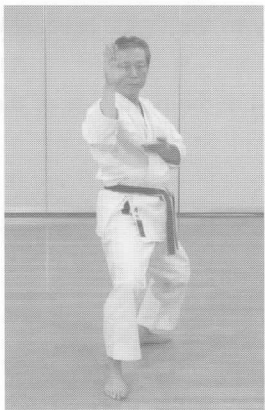
Execute a Right-Jodan-Sotouke and a Right-Chudan-Yokogeri to the north simultaneously.
Left fist is pulled to left side of the body.

<Note>

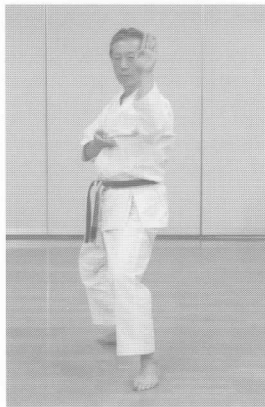
As in PINAN SHODAN'S Movement 7, execute Jodan-Sotouke with right fist moving from the pre-set position.

【Movement 11】

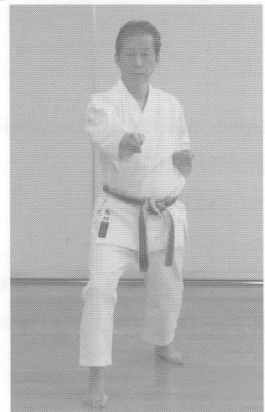
Place the right foot at the side of the left foot. Move the Left foot toward the south (front), and stand in Left Mahanmi-Nekoashidachi. Execute a Left-Jodan-Shuto-Uke. Hold the Right Shuto in front of the chest. Execute Movements 9~11 continuously.

【Movement 12】

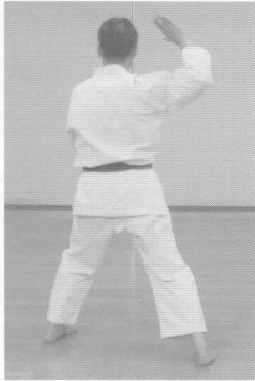
Move the right foot toward the south (front), and stand in Right Mahanmi-Nekoashidachi. Execute a Right-Jodan-Shuto-Uke. Hold the left Shuto in front of the chest.

【Movement 13】

Move the left foot toward the south (front), and stand in Left Mahanmi-Nekoashidachi. Execute a Left-Jodan-Shuto-Uke. Hold the right Shuto in front of the chest.

【Movement 14】

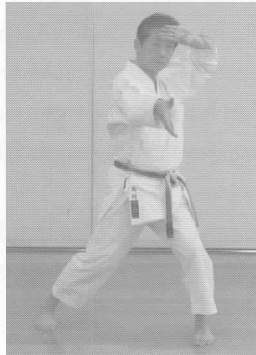
Move the right foot toward the south(front), and stand in Right Zenkutsudachi (Junzucidachi). Execute a Right-Chudan-Nukite-Tsuki. Left fist is pulled to the left side of the body.

【Movement 15-1】

Pivoting on the right foot, turn left to face the north (right back), and stand in Yoko-Seishan-dachi for an applied Left-Gyakuzuki-Tukkomi-dachi.

<Note>

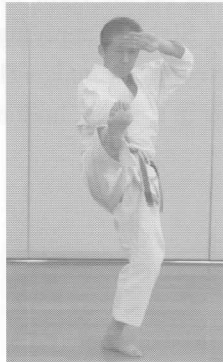
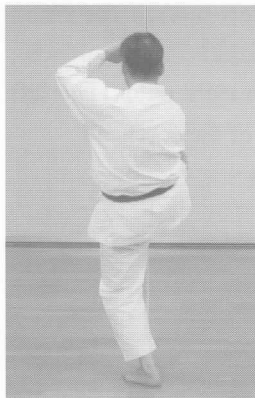
Right elbow is naturally raised at the height of the shoulder.

【Movement 15-2】

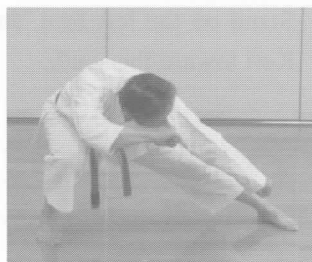
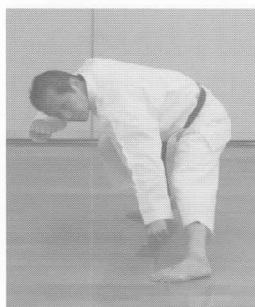
Execute Right-Kaishu-Chudan-Barai, with left Shuto in front of forehead.

<Note>

Act as described in PINAN YODAN'S Move 11. The left tiptoe can be open outward naturally in line with the twisting of the performer's body.

【Movement 16】

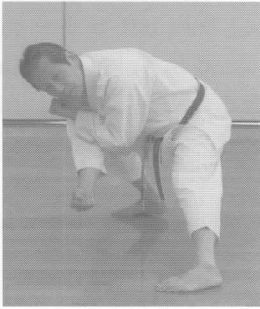
Stand on the left foot, and execute a Right-Chudan-Keri toward the north.

【Movement 17】

While turning around to face front (the south), deeply lower the body and stand on right toe, with left fist in Gedangamae position and with right fist in front of forehead. Naturally extend the left foreleg.

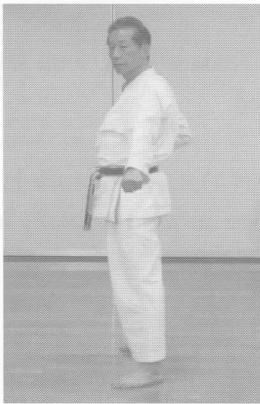
<Note>

Turn the right tiptoe inward toward the front. On the instant turning back, deeply lower the body to duck a stick blow from behind.

【Movement 18】

Execute Right-Sukui-Uke.

Cross left fist (the palm side facing upward) over right arm.

【Movement 19】

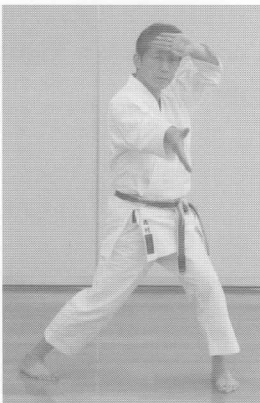
Pull the left foot toward the north. When standing up, make a wider Hachijidachi.

Execute a Gedanzuki with the left fist. The right fist is pulled back to the right side of the body.

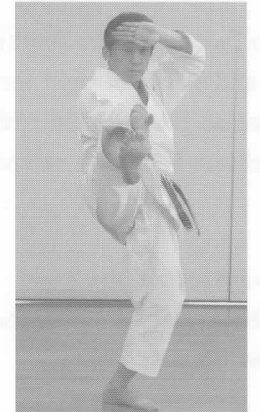
Movements 15 through 19 are in continuous motion.

<Note>

Upon executing Gedanzuki, strike down with left fist at inguinal region (the root of femoral region).

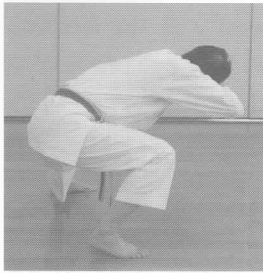
【Movement 20】

Pivoting on the right foot, turn left toward the south (front). Stand in applying a Gyakuzuki-Tsukkomidachi, and execute a Chudan-Hrai with a right palm. The left hand is in a Shuto, hold it in front of the forehead.

【Movement 21】

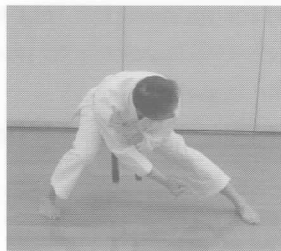
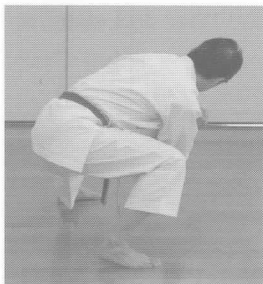
Stand on the left foot, and executed a Right-Chudan-Keri toward the south.

【Movement 22】



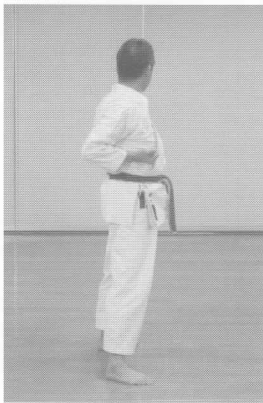
Deeply lower body while turning around to face the back and stand on right toe with right fist in front of the forehead and left fist in Gedangamae position.

【Movement 23】



Execute Right-Sukui-Uke. Cross left fist (the palm side facing up) over right arm.

【Movement 24】



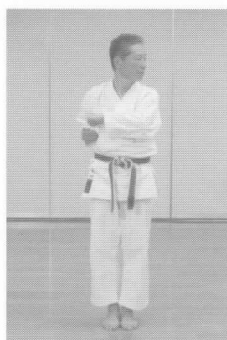
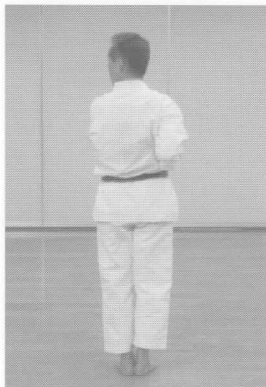
Pull the left foot toward the south. When standing up, make a wider Hachijidachi.

Execute a Gedan Tsuki with left fist.

The right fist is pulled back to the right side of the body.

Movements 20 through 24 are in continuous motion.

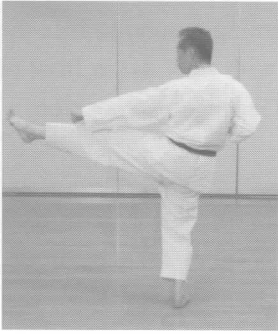
【Movement 25】



Pulling the left foot, turn the body to the north (the back) and stand in Heisokudachi position.

Hold the left fist (the back of the hand is facing up) horizontally so that it is at the front chest level. Hold the left fist as it lightly touches the dogi. The right fist is held at the right side of the body.

【Movement 26】



Execute a Chudan-Harai to the west with the left fist, and simultaneously with the left foot execute a Yoko-Keri to the west. The right fist is in Hikite.

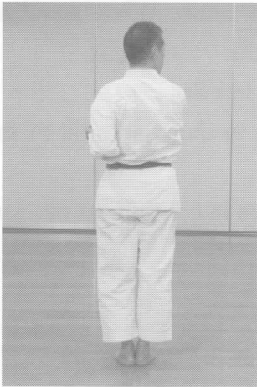
【Movement 27】



At the moment left foot touches the floor and stand in Left-Gyakuzukidachi position, execute a Right-Chudan-Hiji-Ate.

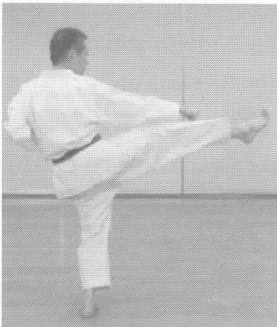
Execute Movements 26 and 27 continuously.

【Movement 28】

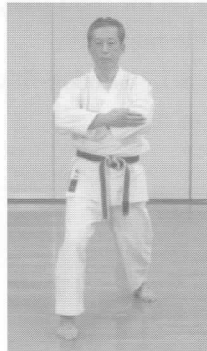
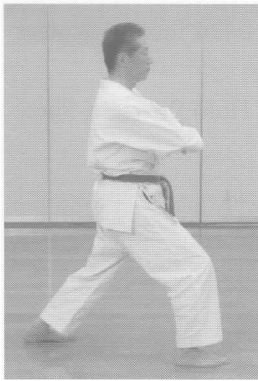


Inverted motion of Movement 25.

【Movement 29】



Inverted motion of Movement 26.

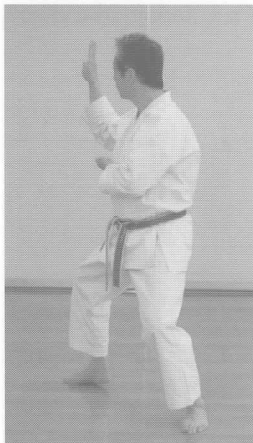
【Movement 30】

Invented motion of Movement 27.

Execute Movements 29 and 30 continuously.

【Movement 31】

Pivoting on the right foot, move the body to the left (from east to west) in a counterclockwise rotation and stand in the Left-Mahanmi-Nekoashidachi position. At the same time, execute a Left-Jodan-Shuto-Sotouke. Hold the right Shuto in front of the chest.

【Movement 32】

Pivoting on the left-foot, slide right foot at 45 degrees toward the northwest and stand in the Right-Mahanmi-Nekoashidachi position. Execute a Right-Jodan-Shuto-Uke.

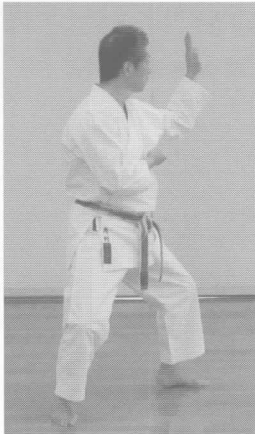
Hold the left Shuto in front of the chest.

【Movement 33】

Pivoting on the left foot, turn right at 135 degrees to the east, and stand in the Right-Mahanmi-Nekoashidachi position. Execute a Right-Jodan-Shuto-Uke. Hold the left Shuto in front of the chest.

<Note>

- While turning to a different direction, relax the elbow fully.

【Movement 34】

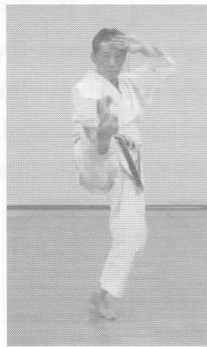
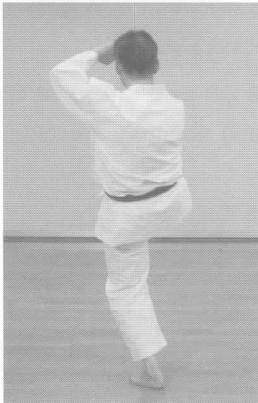
Pivoting on the right foot, move the left foot 45 degrees toward the northeast.

Execute a Left-Jodan-Shuto-Uke. Hold the right Shuto in front of the chest.

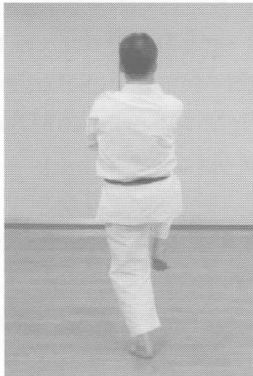
【Movement 35】

Pivoting on the right foot, move the left foot toward the north (to face back), and apply a Left-Gyakuzuki-Tsukukomidachi (a Yoko-Seishandachi). Simultaneously, execute a Right-Kaishu-Chudan-Harai.

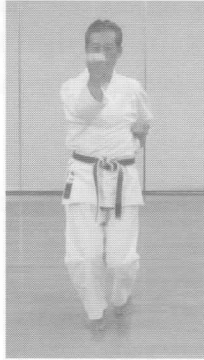
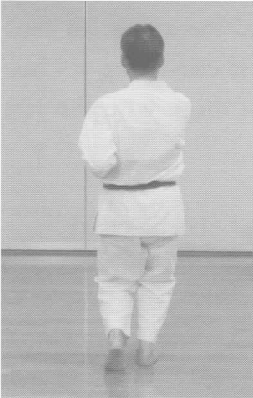
Hold the left Shuto in front of the forehead.

【Movement 36-1】

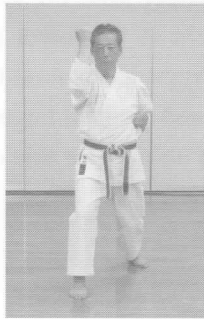
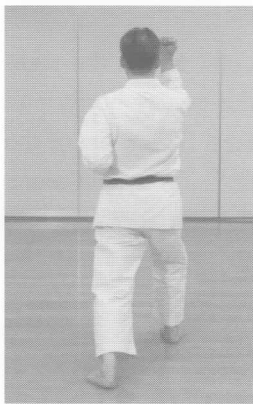
Pivoting on the left foot, execute a Chudan-Mae-Keri with the right foot.

【Movement 36-2】

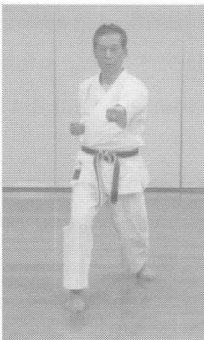
In rapid succession, execute a Chudan-Otoshi-Uke with the left fist from the center of the body. At the same time, hold the right fist in front of the forehead to prepare for Uraken.

【Movement 36-3】

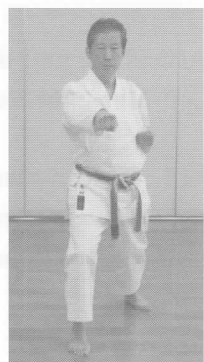
After jumping in, execute a Keri with right foot, and place the left foot at the right heel and stand on the toe (Tsumasakidachi). Execute a Right-Uraken-Jodan-Uchi. Execute an Otoshi-Uke in Chudan with the left Shuto and make a fist to execute a Hikite. Movements 35 and 36 are in continuous motion.

【Movement 37】

Leap back wide from the left foot to stand in Right-Zenkutsudachi, and execute Right-Jodan-Sotouke. Hold the left fist at the left side of the body.

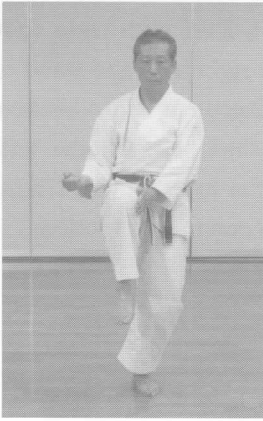
【Movement 38-1】

Execute a Left-Chudan-Gyakuzuki.

【Movement 38-2】

Strike with right hand in Chudan-Gyakuzuki. Movements 37 and 38 are in continuous motion.

【Movement 39-1】

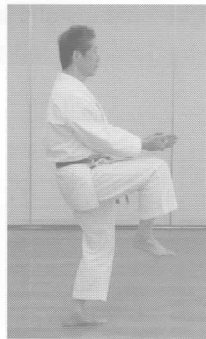
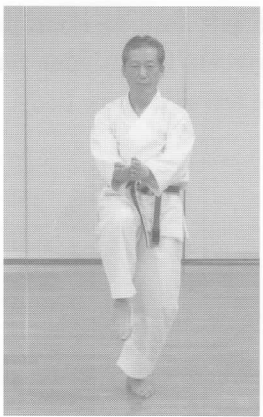


Pivoting on the left foot, turn to the south (to face front). Raise the right knee as if executing a Chudan-Maegeri. Hit the inner right thigh with the left palm.

<Note>

This is a feint technique called a cat-cheating trick.

【Movement 39-2】



Immediately hold the left Shuto just above the right knee held at the lower part of the center body, and place a right Kentsui on the left hand. The roots of the middle and medical fingers of Left-Shuto should touch with the little finger side of the right fist (palm side facing upward).

【Movement 40】



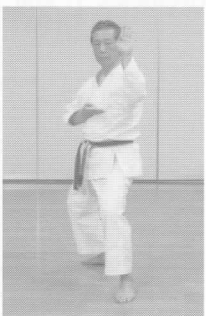
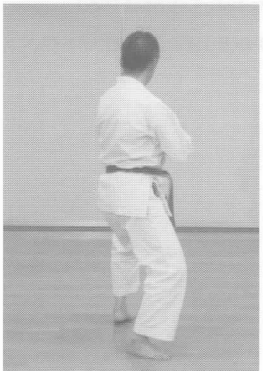
Bend the body forward into a low position and take the push-up position standing on both toes (Ryo-Ashi-Tsumasakidachi) facing south.

Fingers should touch the floor lightly.

<Note>

- Fingers should be placed directing inwards.
- Maintain the bended body, not on fingers but on both toes.
- Make the right knee-top a little outward.
- Look 2 or 3 meters ahead. Do not look up or down unnaturally.

【Movement 41】

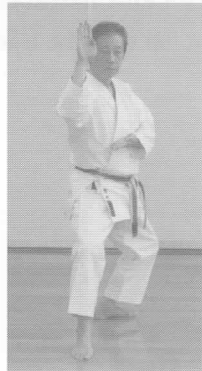
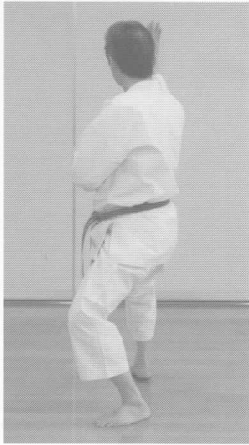


Quickly stand up, pull the left foot a little and stand in the Left-Mahanmi-Nekoashidachi position facing north.

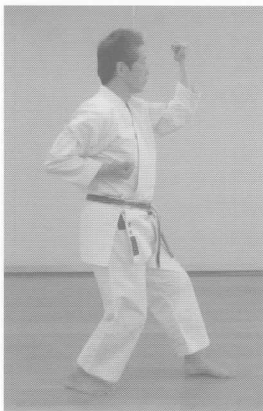
Execute a Left-Jodan-Shuto-Sotouke.

Hold a right Shuto in front of the chest.

Execute Movements from 39 to 41 continuously.

【Movement 42】

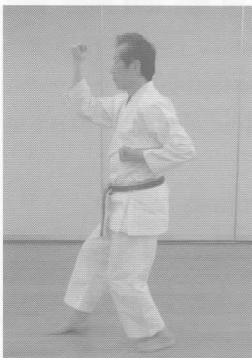
Move the right foot one step forward (towards the north), and stand in Right-Mahanmi-Nekoashidachi. Execute Right-Jodan-Shuto-Uke. Hold a left Shuto in front of the chest.

【Movement 43】

Pivoting on the right foot, turn counterclockwise left at 270 degrees to face the east and stand in Left-Mami-Nekoashidachi. Execute a Left-Jodan-Soto-Uke. The right fist is in the Hikite position.

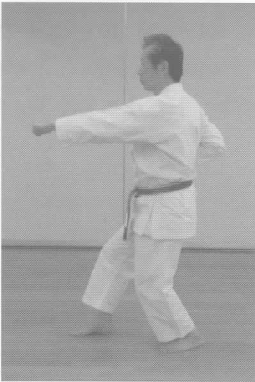
【Movement 44】

Execute a Chudan-Gyakuzuki with the right fist. The left fist is pulled to the left side of the body (as in the Hikite position).

【Movement 45】

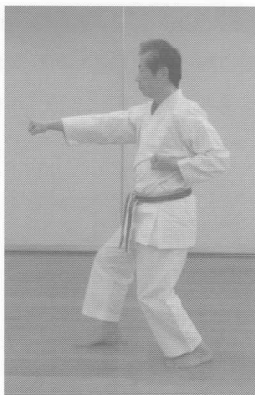
Pivoting on the left foot, turn right at 180 degrees to face the west. Sliding the right foot to the west, pull the left foot inward to stand in a Right-Mami-Nekoashidachi. Execute a Right-Jodan-Sotouke. The left fist is in the Hikite position.

【Movement 46-1】



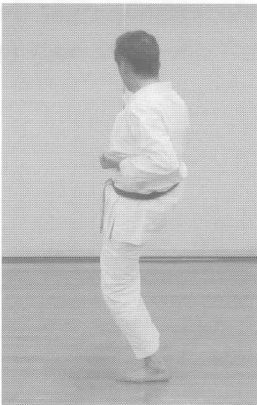
Execute a Left-Chudan-Gyakuzuki.
The right fist is in the Hikite position.

【Movement 46-2】



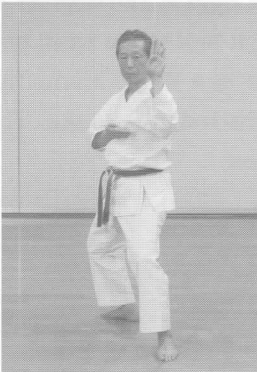
Execute a Right-Chudan-Junzuki.
The left fist is in the Hikite position.

【Movement 47】



Execute a Right-Jodan-Soto-Uke while executing Chudan-Right-Yoko-Keri to the north.

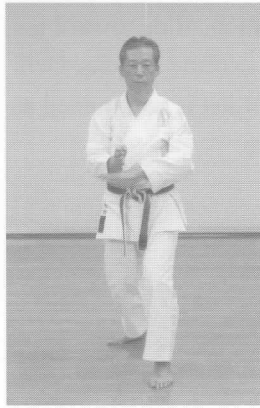
【Movement 48】



Lower the right foot to the side of the left foot, and move the left foot toward the south (the front) and stand in the Left-Mahanmi-Nekoashidachi position. Execute Left-Jodan-Shuto-Uke. Hold the right hand in front of the chest.

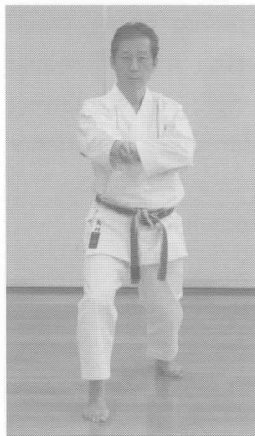
Movements 47 and 48 are in continuous motion.

【Movement 49-1】



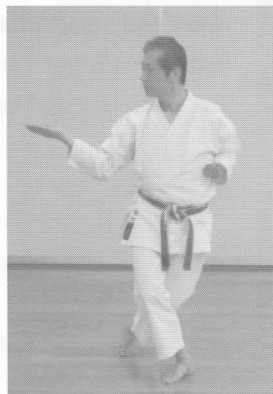
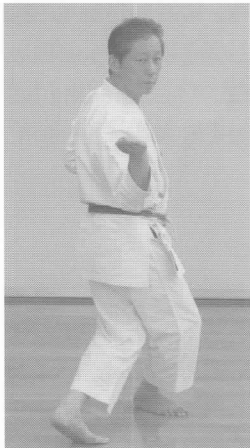
Lower the left heel to the floor, and move one step forward. With the left forearm (the palm facing downward) kept horizontally, execute an Otoshi-Uke in Chudan. Hold a right Shuto facing inward.

【Movement 49-2】



Move the right foot one step forward, and stand in Right-Zenkutsudachi position. Execute a Nukite-Chudan-Tsuki with the right hand.

【Movement 50-1】

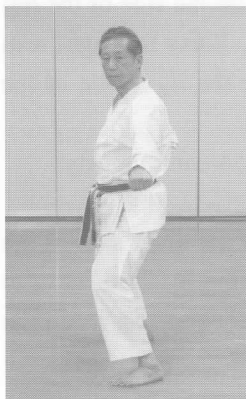


Upon being caught by the right wrist, lower the body and turn the body toward the south by moving left foot forward from behind right foot.

<Note>

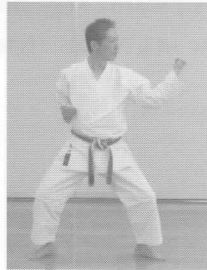
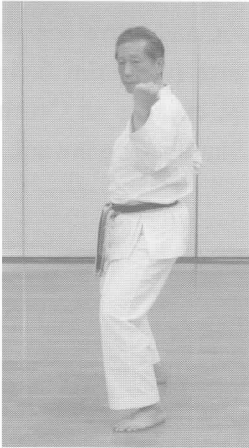
Keep the upper body upright, and draw near to the opposite person by using IRIMI technique.

【Movement 50-2】



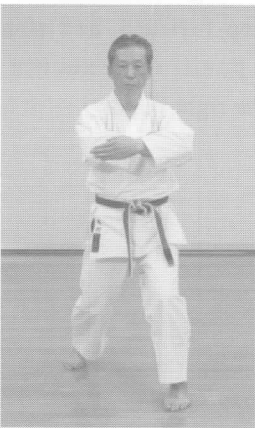
Directly stand in Left-Shikodachi and execute a Chudan-Yoko-Uchi with a left Kentsui. The right fist is in Hikite.

【Movement 51】



Holding the Shikodachi position, slide toward the south (toward the front) and execute a Jodan-Uchi with a Left-Uraken. The right fist is maintained as in the same position in Hikite.

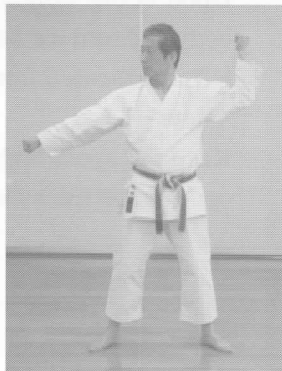
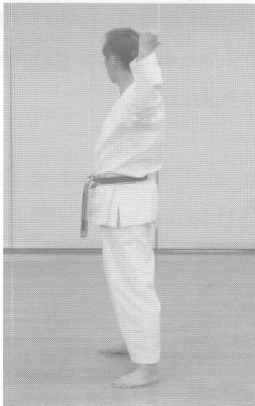
【Movement 52】



Sliding toward the south (facing front), stand in Left-Gyakuzukidachi facing front. Execute Right-Chudan-Hijiate (with right elbow), hitting at the left palm held facing inwards and horizontally in front of the chest.

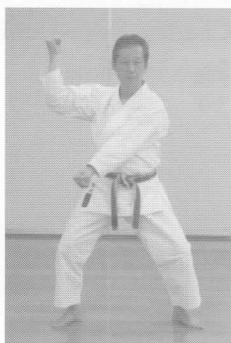
Movements 50~52 are in continuous motion.

【Movement 53】



Pulling the right foot, turn the body right to the west and stand in a wider Hachijidachi position. Execute a Right-Chudan-Harai, while holding left fist vertically and facing inward in Jodan position.

【Movement 54】

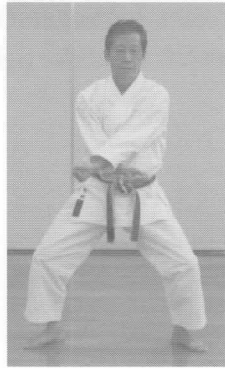


Pivoting on the right foot, move the left foot to right (to the north), turning the body to face back (facing the west) to stand in a Shikodachi. Execute a Chudan-Sukui-Uke with the side of the left elbow, palm facing upward. Raise the right arm vertically and slightly above the right side of the forehead (in Jodan position).

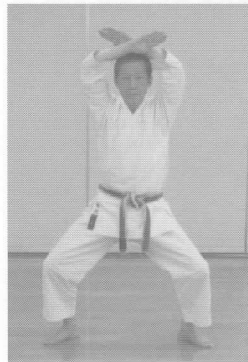
Execute Movements 53 and 54 continuously.

<Note>

In executing Sukui-Uke, use the ulnar side of the left arm, with the Palm facing upward. Do not bend the elbow so that the left arm can reach the right side of the body.

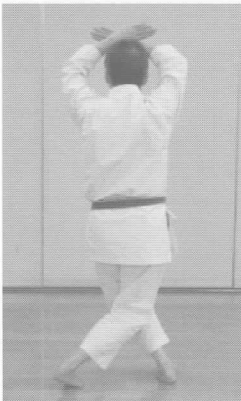
【Movement 55】

Hold the left arm as it is.
Execute Right-Chudan-Sukui-Uke.
(The right arm is below the left arm.)

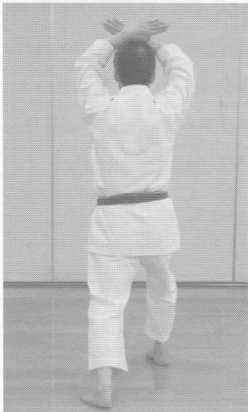
【Movement 56】

Raising both arms to Jodan position, change both fists to both Shutoes.

Execute Left and Right-Jodan-Shuto-Uke, with both arms crossed, right one outside and left one inside.

【Movement 57-1】

Pivoting on the right foot, slide left foot to right (to the south), moving the left knee wide in flexible movement.

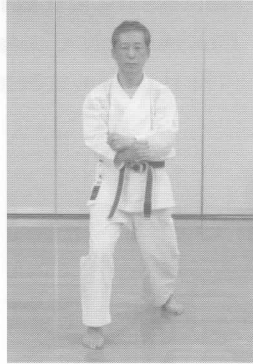
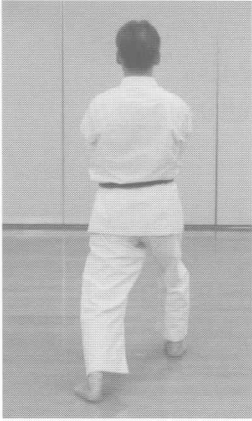
【Movement 57-2】

Turn back to the north, and stand in a Right-Zenkut-sudachi.

<Note>

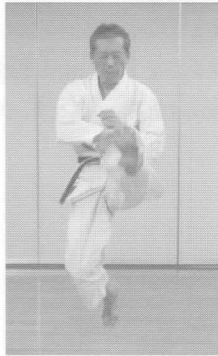
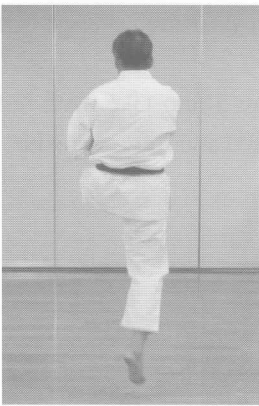
The crossed left and right Shutoes are maintained in the same Jodan-Uke position.

【Movement 58】



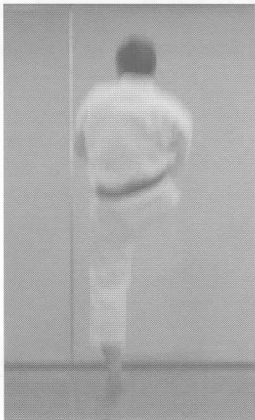
Execute a Chudan-Otoshi-Uke with both hands, with left fist above right fist.

【Movement 59-1】



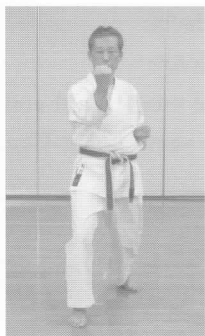
Kick with left foot in Nidan-Keri.

【Movement 59-2】



Continuously kick with right foot in Nidan-Keri.

【Movement 59-3】



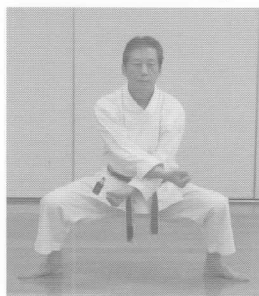
Land in a north position. Place the right foot in front, and stand in the Zenkutsu-Dachi position. While landing, execute a Jodan-Uchi with the right-Uraken. Left fist is pulled to the side of the body. Execute Movements 57~59 continuously.

【Movement 60-1】



Pivoting on the right foot to make a right turn to face the south, and lower the right knee, execute a Right Gedan-Sukui-Uke on the right arm radius side.

【Movement 60-2】

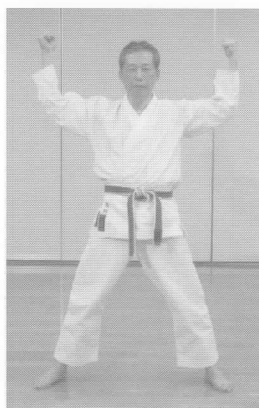


Place the left foot toward the south (to the front), and stand in Shikodachi. While executing Gedan-Sukui-Uke, insert the left arm through under the right arm. Cross right fist over left fist in front of the body.

<Note>

- Both arms face upward.

【Movement 60-3】

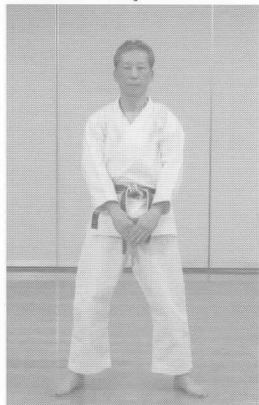


Quickly raise the body, scoop up the opponent's body with both arms, and take Jodan-Soto-Uke position with both fists at sides of the body.

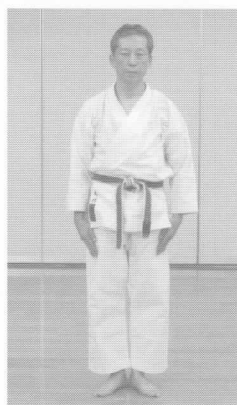
<Note>

- When raising up the body, do not move the feet, but keep them at the same position.
- This is a fling-down technique, applying the physical strength for both arms and standing ups.

【Yame/Step】



【Naore/Stand】



<Yame/Step>

Return the right foot to the original position in a wider Hachijidachi to stand in the Ready position. Place both palms in the center of the body in Gedan, with right palm on top.

<Naore/Stand>

Pull the left foot and right foot, and stand in a Mu-subidachi. Open both hands and place them in front of the thighs, touching the thighs lightly.