

Kushanku (Kata 6)



Yoi



'Karate-Do way of the Empty Hand'



Block



Turn - Block



Step Up



Gedan Barai



Punch



Prepare



Soto Uke



Punch



Prepare



Soto Uke



Turn



Maegeri - Soto Uke



Shuto Uke



Shuto Uke



Shuto Uke



Spear Hand



Turn Block



Maegeri



Turn - Block



Strike Across



Strike Across



Prepare



Block



Maegeri



Turn Block



Strike Across



Strike



Step Back



Gedan Barai - Maegeri



Empi



Turn



Gedan Barai - Maegeri



Empi



Shuto Uke



Shuto Uke



Shuto Uke



Shuto Uke



Block



Maegeri



Back Fist



Slide Back Soto Uke



Gyakuzuki



Junzuki



Turn



Prepare



Feint



Drop



Shuto Uke



Shuto Uke



Turn - Prepare



Soto Uke



Gyakuzuki



Turn Prepare



Soto Uke



Gyakuzuki



Junzuki



Turn Prepare



Soto Uke - Maegeri



Shuto Uke



Prepare



Spear Hand



Prepare



Turn Tetsui Strike



Slide - Back Fist



Empi



Double Block



Step Round



Turn Block



Block



Juji Uke



Step Round



Turn



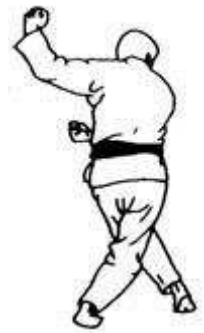
Gedan Juji Uke



Nidan Geri Jodan



Back Fist



Step Round



Turn



Block



Throw



Yamae