

KANKU SHO ENGI BUNKAI (54 KYODO)

ESECUZIONE DEL KATA		TECNICHE DA APPLICARE	
	<i>Yoi</i>		
1	<i>sx Chudan Morote Uke</i>		
2	<i>dx Chudan Morote Uke</i>		
		3	<i>sx Chudan Morote Uke</i>
		4	<i>dx Gyakuzuki</i>
		5	<i>dx Morote Zenwan Kake Ude Uke</i>
		6	<i>dx Kizamizuki</i>
		7	<i>dx Junzuki - Zenwan Hineri Kamae</i>
8	<i>sx Chudan Oizuki - Zenwan Hineri kamae</i>		
9	<i>dx Chudan Oizuki (KIAI)</i>		
		10	<i>sx Sho Harai dx Sho Kake Tsukami sx Sho Tsukami</i>
		11	<i>dx Chudan Maegeri</i>
		12	<i>dx Jodan Uraken Uchi</i>
		13	<i>dx Chudan Uchi Uke</i>
		14	<i>sx Chudan Renzuki</i>
		15	<i>sx Gedanbarai dx Chudan Kamae</i>
		16	<i>sx Gedan Otoshi Uke - Nekoashi Dachi - Pugno dx Anca dx</i>
		17	<i>sx Kizami Maegeri</i>
		18	<i>dx Gyakuzuki</i>
19	<i>Shizentai Renojidachi sx Gedan Kamae</i>		
20	<i>sx Soede Tsukami dx Kaisho Tsukami Uke</i>		
21	<i>dx Maegeri</i>		
22	<i>dx Jodan Uraken Uchi</i>		
23	<i>dx Chudan Uchi Uke</i>		
24	<i>sx Chudan Renzuki</i>		
25	<i>sx Gedanbarai dx Chudan Kamae</i>		
26	<i>Shizentai Renojidachi sx Gedan Kamae</i>		
27	<i>Kokutsudachi - sx Gedan dx Jodan Morote Kamae</i>		
28	<i>sx Morotezuki</i>		
29	<i>Kokutsudachi - dx Gedan sx Jodan Morote Kamae</i>		
30	<i>dx Morotezuki</i>		
		31	<i>Kokutsudachi - Morote Kaisho Tsukami Uke - Gyakute Waza</i>
		32	<i>dx Shuto Uchi sx Sho Gedan Kake Nage</i>
		33	<i>Gedanzuki</i>
34	<i>sx Tobi Kaiten dx Shuto Uke</i>		
35	<i>dx Ryoken Koshi Kamae</i>		
36	<i>sx Jodan Uraken Uchi sx Chudan Yokogeri Keage</i>		
37	<i>dx Chudan Mae Hijiate</i>		
38	<i>sx Ryoken Koshi Kamae</i>		
39	<i>dx Jodan Uraken Uchi dx Chudan Yokogeri Keage</i>		
40	<i>sx Chudan Mae Hijiate</i>		
41	<i>sx Soede Tsukami dx Kaisho Tsukami Uke</i>		
42	<i>dx Maegeri</i>		
43	<i>dx Jodan Uraken Uchi</i>		
44	<i>dx Chudan Uchi Uke</i>		
45	<i>sx Chudan Renzuki</i>		
		46	<i>sx Kaisho Arai Kake Uke</i>
		47	<i>dx Mikazukigeri</i>
		48	<i>sx Ushirogeri - Fushi Kamae</i>
49	<i>sx Gedan Shuto Uke</i>		
50	<i>dx Chudan Shuto Uke</i>		
		51	<i>sx Kaiten Uchi Uke dx Chudan Gyakuzuki</i>
		52	<i>dx Chudan Oizuki</i>
53	<i>dx Chudan Uchi Uke</i>		
54	<i>sx Chudan Oizuki</i>		
	<i>Yame Rei Naotte</i>		

dx = destra sx = sinistra