

KANKU DAI ENGI BUNKAI ICHI (72 Kyodo)**Da eseguire al Campionato Italiano a Squadre 2006 - FASCIA "C"****ESECUZIONE DEL KATA****TECNICHE DA APPLICARE**

	Yoi Gedan Morote Kaisho Awase Kamae		
1	Jodan Morote Kaisho Awase Kamae		
2	Endo Morote Kaisho Awase Kamae		
3	sx Jodan Kaisho Harai Uke		
4	dx Jodan Kaisho Harai Uke		
5	sx Chudan Tateshutouke		
6	dx Chudan Chokuzuki		
7	dx Chudan Uchiuke		
8	sx Chudan Chokuzuki		
9	sx Chudan Uchiuke		
10	sx Ryoken Koshi Kamae		
11	dx Jodan Urakenuchi - dx Chudan Yokogeri Keage		
12	sx Chudan Shukouke		
13	dx Chudan Shutouke		
		14	sx Chudan Shutouke
		15	sx Chudan Sho Osaeuke
		16	dx Chudan Gyakunukite (Kiai)
17	dx Chudan Oikomi Nukite (Kiai)		
18	sx Gedan Shutouke - dx Jodan Shutouke		
19	dx Chudan Maegeri		
20	sx/dx Gedan/Jodan Morote Kamae		
21	dx Gedan Kaishouchi		
22	sx Gedan Kamae		
23	sx Gedan Shutouke - dx Jodan Shutouke		
24	dx Chudan Maegeri		
25	sx/dx Gedan/Jodan Morote Kamae		
26	dx Gedan Kaishouchi		
27	sx Gedan Kamae		
		28	dx Ryoken Koshi Kamae

		29	sx Jodan Urakenuchi - sx Chudan Yokogeri Keage
		30	sx Tsukami
		31	dx Chudan Gyakuzuki (Kiai)
32	sx Ryoken Koshi Kamae		
33	dx Jodan Urakenuchi - dx Chudan Yokogeri Keage		
34	sx Chudan Mae Hijiate		
35	sx Chudan Shutouke		
36	dx Chudan Shutouke		

ESECUZIONE DEL KATA

TECNICHE DA APPLICARE

		37	dx Chudan Shutouke
		38	sx Chudan Nukite (Kiai)
39	sx Chudan Shutouke		
40	sx Gedan Shutouke		
41	dx Jodan Shutouke		
42	dx Chudan Maegeri		
43	dx Jodan Urakenuchi		
44	dx Chudan Uchiuke		
45	sx Chudan Renzuki		
46	dx Jodan Morotezuki		
47	Ryote Gedan Fushigamae		
48	sx Gedan Shutouke		
49	dx Chudan Shutouke		
50	sx Chudan Uchiuke		
51	dx Chudan Gyakuzuki		
52	dx Chudan Uchiuke		
53	sx Chudan Renzuki		
54	sx Ryoken Koshi Kamae		
55	dx Jodan Urakenuchi - dx Chudan Yokogeri Keage		
		56	sx Ryoken Gedan Kamae
		57	sx Chudan Shutouke
		58	sx Chudan Sho Osaeuke
		59	dx Chudan Nukite
		60	dx Gyaku Nuke Hazushi - sx Chudan Hijiate (Kiai)
61	sx Yoriashi Jodan Urakenuchi		
62	sx Yoriashi Chudan Kentsuiuchi		
63	dx Chudan Mae Hiji ate		

64	sx Ryoken Koshi Kamae		
65	dx Gedanbarai		
66	sx Gedanuke - dx Jodan Kamae		
67	dx Gedanzuki		
68	sx/dx Jodan Kosauke		
69	Ryote Jodan Jyuji Kamae		
70	Ryoken Chudan Jyuji Kamae		
71	Nidangeri (Kiai) - Jodan Urakenuchi		
72	Yamae Gedan Kakeuke Morote Endo No Kamae		

dx = destra

sx = sinistra