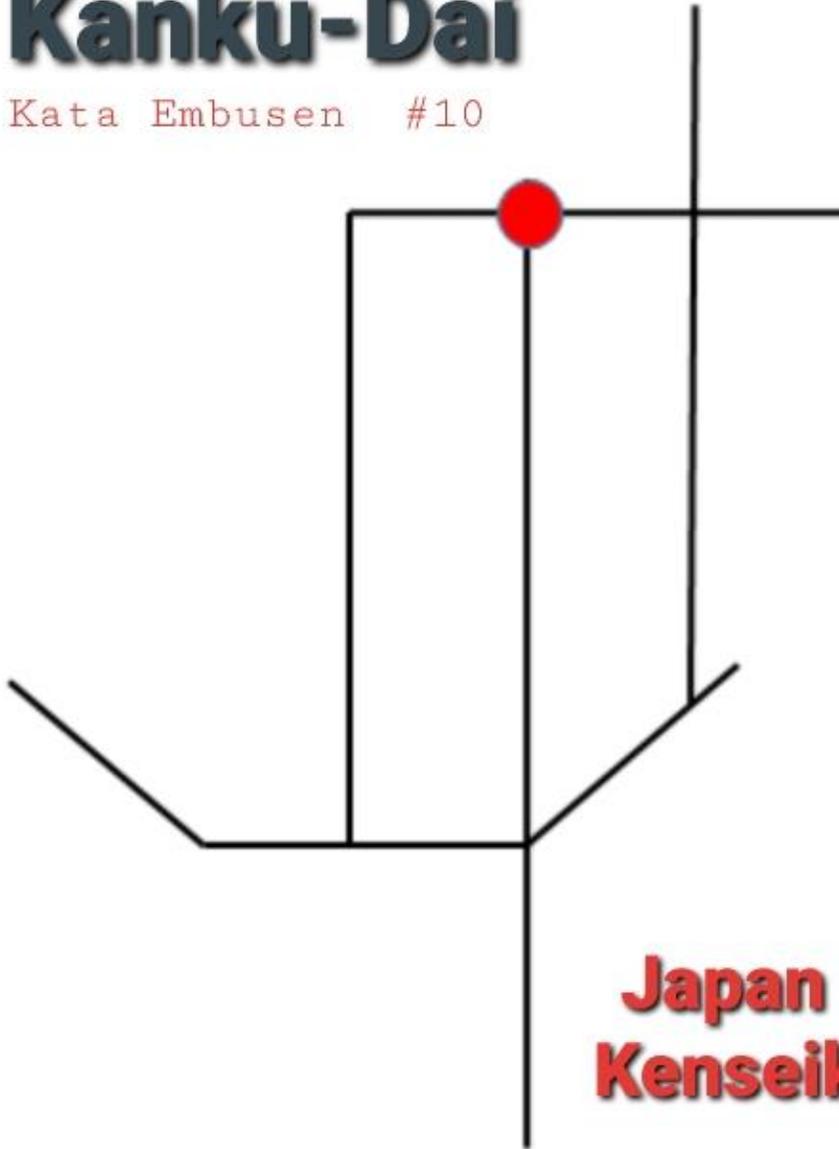


Kanku-Dai

Kata Embusen #10



**Japan Karate-Do
Kenseikan Canada**

(See Description Below)

KANKU DAI

Having 65 movements, *Kanku Dai* is the longest of the *Sentei* kata, as well as one of the longest kata in the Shotokan syllabus. *Kanku* translates as "Looking at the Sky" or "Viewing the Sky," referring to the kata's opening sequence. The word *Dai* (big) is used to describe the kata's larger movements as compared to the kata's smaller version, *Kanku Sho*. *Kanku* is one of three Shotokan kata that have two versions, *Dai* (big) and *Sho* (small). Originally, the kata was called *Kushanku*, named after a Chinese diplomat and *kung fu* expert. It is uncertain if this diplomat actually created the kata (or if he even existed), but many credit the kata to one of his alleged students, Santunuku Sakugawa.

Kanku Dai is basically an amalgamation of the *Heian* and *Tekki* kata. When practicing this kata, one will find many pieces of H2-H5, and even some T1. It is a very energetic kata involving jumping, dropping, and spinning techniques. It is said that this was Gichin Funakoshi's favorite kata. Although the kata tends to favor the use of *shuto-uchi*, *Kanku Dai* offers two unique combinations, *ura-zuki* & *ude-tate-fuse* and *gedan-uke/furiage*. The very difficult jumping *nidan-geri* is also first practiced in this kata. *Kanku Dai* has many high and low techniques, requiring a certain amount of flexibility. It is a highly dynamic kata that must be performed with grace in motion.

#	Technique	Translation	Stance	Target	Notes
1	ryote-hitae-mae-ue	both hands in front and above forehead	hachiji-dachi	jodan	slow speed
2	ryote-kafukubu-mae	both hands in front of abdomen	hachiji-dachi	--	slow speed
3	haiwan-uke	back of arm block	kokutsu-dachi	jodan	
4	haiwan-uke	back of arm block	kokutsu-dachi	jodan	
5	tate-shuto-uke	vertical knife-hand block	hachiji-dachi	chudan	slow speed
6	tsuki (choku-zuki)	punch (straight punch)	hachiji-dachi	chudan	
7	uchi-uke	inside block	hizakutsu	chudan	
8	tsuki (choku-zuki)	punch (straight punch)	hachiji-dachi	chudan	
9	uchi-uke	inside block	hizakutsu	chudan	
10	ryoken-koshi-kamae	both fists hip posture	ashi-dachi	--	
11	uraken-yoko-mawashi-uchi / yoko-geri-keage	sideways back-fist strike / side snap kick	ashi-dachi	jodan chudan	
12	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
13	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
14	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
15*	osae-uke / shihon-nukite (tate-nukite)	pressing block / four finger spear-hand (vertical spear-hand)	zenkutsu-dachi	chudan chudan	
16	shuto-gedan-barai & jodan-uke / shuto-soto-mawashi-uchi	low knife-hand sweep & face block / outside sword-hand strike	ashi-zenkutsu	gedan jodan jodan	gyaku-hanmi

17	mae-geri	front kick	ashi-dachi	jodan	
18	uchi-uke / gedan-uke (manji-uke)	inside block / down block (swirling block)	kokutsu-dachi	jodan gedan	
19	nagashi-uke / shuto-uchikomi	flowing block / knife-hand thrusting strike	ashi-zenkutsu	jodan gedan	
20	gedan-barai	down block	renoji-dachi	gedan	slow speed
21	shuto-gedan-barai & jodan-uke / shuto-soto-mawashi-uchi	low knife-hand sweep & face block / outside sword-hand strike	ashi-zenkutsu	gedan jodan jodan	gyaku-hanmi
22	mae-geri	front kick	ashi-dachi	jodan	
23	uchi-uke / gedan-uke (manji-uke)	inside block / down block (swirling block)	kokutsu-dachi	jodan gedan	
24	nagashi-uke / shuto-uchikomi	flowing block / knife-hand thrusting strike	ashi-zenkutsu	jodan gedan	
25	gedan-barai	down block	renoji-dachi	gedan	slow speed
26	ryoken-koshi-kamae	both fists hip posture	ashi-dachi	--	
27	uraken-yoko-mawashi-uchi / yoko-geri-keage	sideways back-fist strike / side snap kick	ashi-dachi	jodan chudan	
28	mae-empi-uchi	front elbow strike	zenkutsu-dachi	--	
29	ryoken-koshi-kamae	both fists hip posture	ashi-dachi	--	
30	uraken-yoko-mawashi-uchi / yoko-geri-keage	sideways back-fist strike / side snap kick	ashi-dachi	jodan chudan	
31	mae-empi-uchi	front elbow strike	zenkutsu-dachi	--	
32	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
33	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
34	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
35	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
36	shuto-gedan-barai & jodan-uke / shuto-soto-mawashi-uchi	low knife-hand sweep & face block / outside sword-hand strike	ashi-zenkutsu	gedan jodan jodan	gyaku-hanmi
37	mae-geri	front kick	ashi-dachi	jodan	
38	uraken-tate-mawashi-uchi	vertical back-fist strike	kosa-dachi	jodan	
39	uchi-uke	inside block	zenkutsu-dachi	chudan	
40	gyaku-zuki	reverse punch	zenkutsu-dachi	chudan	
41	tsuki	punch	zenkutsu-dachi	chudan	
42	soete-ura-zuki / hiza-zuchi	added hand inverted punch / knee strike	ashi-dachi	jodan --	
43	ude-tate-fuse	arms vertically prone	ashi-zenkutsu	--	
44	shuto-uke	knife-hand block	kokutsu-dachi	gedan	
45	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
46	uchi-uke	inside block	zenkutsu-dachi	chudan	
47	gyaku-zuki	reverse punch	zenkutsu-dachi	chudan	
48	uchi-uke	inside block	zenkutsu-dachi	chudan	
49	gyaku-zuki	reverse punch	zenkutsu-dachi	chudan	
50	tsuki	punch	zenkutsu-dachi	chudan	

51	ryoken-koshi-kamae	both fists hip posture	ashi-dachi	--	
52	uraken-yoko-mawashi-uchi / yoko-geri-keage	sideways back-fist strike / side snap kick	ashi-dachi	jodan chudan	
53	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
54	osae-uke / shihon-nukite (tate-nukite)	pressing block / four finger spear-hand (vertical spear-hand)	zenkutsu-dachi	chudan chudan	
55	uraken-tate-mawashi-uchi	vertical back-fist strike	kiba-dachi	jodan	
56	kentsui-uchi-mawashi-uchi	inside hammer-fist strike	kiba-dachi	chudan	yori-ashi
57	sokumen-mae-empi-uchi	front elbow strike to side	kiba-dachi	--	
58	ryoken-koshi-kamae	both fists hip posture	kiba-dachi	--	
59	gedan-barai	down block	kiba-dachi	gedan	
60	zenwan-gedan-uke / furiage	forearm down block / rising swing	kiba-dachi	gedan jodan	fumikomi variation
61	otoshi-zuki	falling punch	kiba-dachi	gedan	
62	kaisho-kosa-uke (ryosho-juji-uke)	both palms crossing block (X-block)	hachiji-dachi	jodan	
63	ashi-jiku-mawari	foot pivot rotation	zenkutsu-dachi	--	natural speed
64	ryoken-mune-mae-kosa	both fists crossed in front of chest	zenkutsu-dachi	--	slow speed
65*	nidan-geri & uraken-tate-mawashi-uchi	two level kick & vertical back-fist strike	-- zenkutsu-dachi	chudan jodan jodan	