

# 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	