

KANKU SHO

Kanku Sho is a smaller and more advanced version of *Kanku Dai*. In Shotokan, there exist three kata that have two versions: *Kanku*, *Bassai*, and *Gojushiho*. Each has a *Sho* (small) version and a *Dai* (big) version, the *Dai* form usually being the one with the larger frame and greater number of movements. Yasutsune Itosu is believed to have been responsible for these second editions. He used *Kanku* as a model for the newer *Kanku Sho*, thereby creating two forms of the kata, each having similar *embusen* and pattern of movements. When practicing *Kanku Sho*, one can see that it does indeed have a smaller frame than *Kanku Dai* and it also has fewer movements. At one time having a count of 47 (*Best Karate #9*), the JKA has officially changed the count to 48, still less than *Kanku Dai's* 65. Although the shorter kata, *Kanku Sho* is quite exhaustive, requiring a greater level of fitness, especially if it must be performed repeatedly. It is one of the more acrobatic kata found in Shotokan, complete with, not one, but two jumping techniques, which are very difficult for the average karate student first learning them. The first jump is similar to the jump found in *Empi (kaiten-tobi)*, except the jump should be performed on the spot, rather than moving backwards. The second jump, similar to the one found in *Unsu* (albeit easier), is a jumping spinning crescent kick. Like most anything, these jumps get easier with practice, but then of course, become more difficult with age. As such, *Kanku Sho* is usually the preferred kata of younger and more athletic black belts.

Although many of *Kanku Sho's* techniques can be found in other kata, it is the only kata demonstrating *tsukami-uke* with the other hand grasping one's own wrist (*kaeshi-dori*), providing an advanced wrist-locking application (*kote-kudaki*). As a final point regarding *Kanku Sho*, there has been some confusion over when to *kiai*. *Kiai* have been reported on moves #6,#28,#29, and #48 (#47). According to present day JKA standards, the *kiai* are on moves #6 and #48.

#	Technique	Translation	Stance	Target	Notes
1	morote-uke	double-hand block	kokutsu-dachi	chudan	yoru-ashi
2	morote-uke	double-hand block	kokutsu-dachi	chudan	yoru-ashi
3	morote-uke	double-hand block	kokutsu-dachi	chudan	yoru-ashi
4	oi-zuki & zenwan-hineri	lunge-punch & forearm twist	zenkutsu-dachi	chudan --	
5	oi-zuki & zenwan-hineri	lunge-punch & forearm twist	zenkutsu-dachi	chudan --	
6*	oi-zuki	lunge punch	zenkutsu-dachi	chudan	
7	soete-tsukami-uke	added hand grasping block	zenkutsu-dachi	chudan	slow speed gyaku-hanmi
8	mae-geri / ryote-hikiyose	front kick / both hands pulling	ashi-dachi	chudan	
9	uraken-tate-mawashi-uchi	vertical back-fist strike	kosa-dachi	jodan	
10	uchi-uke	inside block	zenkutsu-dachi	chudan	
11	gyaku-zuki	reverse punch	zenkutsu-dachi	chudan	
12	tsuki	punch	zenkutsu-dachi	chudan	
13	uchi-uke / gedan-uke	inside block / down block	kokutsu-dachi	chudan gedan	

14	furioroshi-uchi	downward swinging strike	renoji-dachi	gedan	slow speed gedan- barai variation
15	soete-tsukami-uke	added hand grasping block	zenkutsu-dachi	chudan	slow speed gyaku-hanmi
16	mae-geri / ryote-hikiyose	front kick / both hands pulling	ashi-dachi	chudan	
17	uraken-tate-mawashi-uchi	vertical back-fist strike	kosa-dachi	jodan	
18	uchi-uke	inside block	zenkutsu-dachi	chudan	
19	gyaku-zuki	reverse punch	zenkutsu-dachi	chudan	
20	tsuki	punch	zenkutsu-dachi	chudan	
21	uchi-uke / gedan-uke	inside block / down block	kokutsu-dachi	chudan gedan	
22	furioroshi-uchi	downward swinging strike	renoji-dachi	gedan	slow speed gedan- barai variation
23	uchi-uke / gedan-uke (manji-uke)	inside block / down block (swirling block)	kokutsu-dachi	jodan gedan	
24	sokumen-zuki / gyaku-zuki (morote-zuki)	punch to side / reverse punch	kiba-dachi	chudan chudan	yorishi-ashi
25	uchi-uke / gedan-uke (manji-uke)	inside block / down block (swirling block)	kokutsu-dachi	jodan gedan	
26	sokumen-zuki / gyaku-zuki (morote-zuki)	punch to side / reverse punch	kiba-dachi	chudan chudan	yorishi-ashi
27	ryosho-bo-uke	both palms stick block	kokutsu-dachi	jodan	slow speed
28	bo-oshikomi	stick pushing thrust	fudo-dachi	--	kokutsu variation
29	shuto-uke	knife-hand block	kokutsu-dachi	chudan	kaiten-tobi
30	ryoken-koshi-kamae	both fists on hip posture	ashi-dachi	--	
31	uraken-yoko-mawashi-uchi / yoko-geri-keage	sideways back-fist strike / side snap kick	ashi-dachi	jodan chudan	
32	mae-empi-uchi	front elbow strike	zenkutsu-dachi	--	
33	ryoken-koshi-kamae	both fists on hip posture	ashi-dachi	--	
34	uraken-yoko-mawashi-uchi / yoko-geri-keage	sideways back-fist strike / side snap kick	ashi-dachi	jodan chudan	
35	mae-empi-uchi	front elbow strike	zenkutsu-dachi	--	
36	soete-tsukami-uke	added hand grasping block	zenkutsu-dachi	chudan	slow speed
37	mae-geri / ryote-hikiyose	front kick / both hands pulling	ashi-dachi	chudan	
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	koho-kake-uke & mikazuki-tobi-geri	hooking block & jumping crescent kick	hizakutsu --	chudan chudan	kake slow speed ude-tate-fuse
43	shuto-uke	knife-hand block	kokutsu-dachi	gedan	
44	shuto-uke	knife-hand block	kokutsu-dachi	chudan	

45	uchi-uke	inside block	zenkutsu-dachi	chudan	
46	oi-zuki	lunge punch	zenkutsu-dachi	chudan	
47	uchi-uke	inside block	zenkutsu-dachi	chudan	
48*	oi-zuki	lunge punch	zenkutsu-dachi	chudan	