

















































































Kushanku

			
Yoi	'Karate-Do way of the Empty Hand'		
			
Block	Turn - Block	Step Up	Gedan Barai
			
Punch	Prepare	Soto Uke	Punch
			
Prepare	Soto Uke	Turn	Maegeri - Soto Uke

			
Shuto Uke	Shuto Uke	Shuto Uke	Spear Hand
			
Turn Block	Maegeri	Turn - Block	Strike Across
			
Strike Across	Prepare	Block	Maegeri
			
Turn Block	Strike Across	Strike	Step Back

			
Gedan Barai - Maegeri	Empi	Turn	Gedan Barai - Maegeri
			
Empi	Shuto Uke	Shuto Uke	Shuto Uke
			
Shuto Uke	Block	Maegeri	Back Fist
			
Slide Back Soto Uke	Gyakuzuki	Junzuki	Turn

			
Prepare	Feint	Drop	Shuto Uke
			
Shuto Uke	Turn - Prepare	Soto Uke	Gyakuzuki
			
Turn Prepare	Soto Uke	Gyakuzuki	Junzuki
			
Turn Prepare	Soto Uke - Maegeri	Shuto Uke	Prepare

			
Spear Hand	Prepare	Turn Tetsui Strike	Slide - Back Fist
			
Empi	Double Block	Step Round	Turn Block
			
Block	Juji Uke	Step Round	Turn
			
Gedan Juji Uke	Nidan Geri Jodan	Back Fist	Step Round



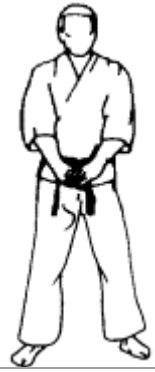
Turn



Block



Throw



Yamae