

Kanshou

- ☺ start musubi dachi hands by side...bow...
- ☺ hachi dachi hands to the waist...
- ☺ circle step into a right sanchin dachi (or left)
- ☺ thrust squeeze circle up and open...
- ☺ sanchin arm thrust left...both hands into ready thrust with hiraken fists...
- ☺ double step right and double hiraken strike...
- ☺ cross block right in front of left...
- ☺ then open into sanchin arm position...
- ☺ double step right sanchin dachi ricken right...
- ☺ step through into a left sanchin dachi left circle block left shomen geri...
- ☺ step through into right sanchin dachi right circle block right shomen geri...
- ☺ block left hammer fist right....block right palm heel left...
- ☺ block left nukite right...
- ☺ mawate left into a left sanchin dachi sanchin arm thrust right...
- ☺ double step left sanchin dachi left circle block right nukite...
- ☺ step through into a right sanchin dachi right circle block left nukite...
- ☺ step through into a left sanchin dachi left circle block right nukite...
- ☺ step off left into a left sanchin dachi...left mawashi uke...
- ☺ step off in the opposite direction into a right sanchin dachi...
- ☺ right mawashi uke...pivot left step through into a right sanchin dachi double hiraken strike...
- ☺ mawate left circle block left and left shomen geri...
- ☺ step through into right kiba dachi circle block left
- ☺ elbow strike right ricken shoken...
- ☺ step back into a hachi dachi hands into sanchin arm position...
- ☺ left hand down right hand up...
- ☺ hands by side musubi dachi and bow

(note: after bow start right or left)