

Kusanku

1. *Attention stance.* Bow.
2. Step out with left foot into *ready stance*.
3. Bring hands up to head level with thumb and forefinger forming triangle. Continue hands in circular motion to just below solar plexus level, palms out, fingers extended in *shuto* form, edges of hands touching

NOTE: THE FOLLOWING MOVES #4 THROUGH #8 ARE DONE IN RAPID SUCCESSION.

4. Head snap left. Step left foot out into *front facing horse stance*, executing **left double shuto blocks** to left side.
5. Head snap right. Execute **right double shuto blocks** to right side.
6. Head snap forward. Pull right fist to right hip and execute **left shuto block to front**.
7. Execute **right front punch**, immediately turning it clockwise into a **back knuckle strike**.
8. Execute **left front punch**, immediately turning it counter clockwise into a **back knuckle strike**.
9. Bring your right foot back to *attention stance*, (feet together), (still facing 3:00). Bring your right and left hands to your left side, (even with ribcage), palms facing each other. Look right toward 6:00.
10. Simultaneously execute a **right side kick** (groin level) and a **right punch** toward 6:00.
11. **IMMEDIATELY** turn head left. Set your kicking leg down and turn left 180° (facing 12:00) into a *left front stance*. Execute **double knife - hand blocks**. (left forward, right back).

12. Step forward into *right front stance*, simultaneously executing **double knife - hand blocks**. (**right forward, left back**).
13. Step forward into *left front stance*, simultaneously executing **double knife - hand blocks**. (**left forward, right back**).
14. Step forward into *right front stance*, simultaneously executing **right vertical spearhand straight out from the chest**, (arm parallel with the floor), left arm across chest, hand under bicep, palm down, parallel to the ground.
15. Turn counterclockwise 180°, (6:00) (stepping with right foot and pivoting on left foot,) into *left front stance*, simultaneously executing a **left knife - hand block over the head and a right horizontal neck level shuto strike**.
16. Still holding the previous hand form, execute a right front kick and step forward into a *reverse right front stance*. Head snap to 12:00. Cross your arms (set up) at chest level, (right over left), then simultaneously execute a **left groin level hammerfist strike towards 12:00 and a right palm - down pulling motion** .
17. Bring left foot to right in *shoulder width stance* and execute a **left backfist** to 12:00 at shoulder level (face turned toward 12:00).
18. Step right foot out toward 3:00 into *left front stance*, simultaneously executing a **left knife - hand block over the head and a right horizontal neck level shuto strike**.
19. Still holding the previous hand form, execute a right front kick and step forward into a *reverse right front stance*. Head snap to 6:00. Cross your arms (set up) at chest level, (right over left), then simultaneously execute a **left groin level hammerfist strike towards 6:00 and a right palm - down pulling motion** .

20. Bring left foot to right in *shoulder width stance* and execute a **left backfist** to 6:00 at shoulder level (face turned toward 6:00).
21. Bring your left foot back to *attention stance*, (feet together), (still facing 9:00). Bring your right and left fists to your right side, (even with ribcage), palms facing each other. Look left toward 3:00.
22. Simultaneously execute a **left side kick** (groin level) and a **left backknuckle strike** toward 3:00.
23. Set left foot down into left front stance and execute a **right shoulder level elbow strike** to left palm.
24. Bring your right foot to left in *attention stance*, (feet together), (facing 9:00). Bring your right and left fists to your left side, (even with ribcage), palms facing each other. Look right toward 9:00.
25. Simultaneously execute a **right side kick** (groin level) and a **right backknuckle strike** toward 9:00.
26. Set right foot down into *right front stance* and execute a **left shoulder level elbow strike** to right palm.
27. Step 120° into *left front stance*, (5:00) simultaneously executing **double knife - hand blocks**. (left forward, right back).
28. Step forward into *right front stance*, simultaneously executing **double knife - hand blocks**. (right forward, left back).
29. Step clockwise 90°, (7:00) (pivoting on left foot), into *right front stance*, simultaneously executing **double knife - hand blocks**. (right forward, left back).
30. Step forward into *left front stance*, simultaneously executing **double knife - hand blocks**. (left forward, right back).

31. Step counter-clockwise 45°, (pivoting on right foot), into *left front stance*, (6:00), simultaneously executing a **left knife - hand block over the head and a right horizontal neck level shuto strike**.
32. Still holding the previous hand form, execute a **right front kick** .
33. Set right foot down and bring left foot to and behind right foot in *kake stance*, simultaneously executing a **right - left - right rolling backknuckle strike** , with left fist palm down beneath right elbow.
34. Step left foot back into *right front stance* and execute a **right augmented middle block**.
35. Bring right heel up and straight back, then forward again with slight shuffle step into *right front stance* and execute **left and right front punches**.
36. From previous stance, pivot on balls of feet counter - clockwise to 12:00, simultaneously bringing right hand in a clockwise arc from 4:00 to 8:00, palm forward, left hand at left hip. Continue upward motion from 8:00 with both hands until they meet at shoulder level, as you simultaneously raise your right knee to waist level.
37. Drop right foot to ground and lower body to ground, both palms flat on ground in front of you.
38. Raise body to *low long in line front stance*, left foot at 12:00/right foot at 6:00, simultaneously executing **low double knife hand blocks** - left at left knee; right at right front hip.
39. Step right foot out towards 9:00 into *right front stance* and execute a **right augmented middle block**.
40. Bring right heel up and straight back, then forward again with slight shuffle step into *right front stance* and execute **left and right front punches**.

41. Pivot on left foot and bring right foot around into *left front stance* (3:00) and execute a **left augmented middle block**.
42. Bring left heel up and straight back, then forward again with slight shuffle step into *left front stance* and execute **right and left front punches**.
43. Bring your right foot to left in *attention stance*, (feet together), (facing 3:00). Bring your right and left fists to your left side, (even with ribcage), palms facing each other. Look right toward 6:00.
44. Simultaneously execute a **right side kick** (groin level) and a **right backknuckle strike** toward 6:00.
45. Set right foot down into *left front stance*, simultaneously executing **double knife - hand blocks**. (left forward, right back).
46. Step forward into *right front stance*, simultaneously executing **right vertical spearhand straight out from the chest**, (arm parallel with the floor), left arm across chest, hand under bicep, palm down, parallel to the ground.
47. Fold right arm back to shoulder, keeping the upper arm parallel to the floor. Step counterclockwise 360° with your left foot, pivoting on the ball of your right foot into a *left 90° horse stance* (left foot towards 12:00) and simultaneously executing a **left middle block** toward 12:00.

NOTE: THE FOLLOWING MOVES #48 & #49 ARE DONE IN RAPID SUCCESSION.

48. Head snap to 3:00. Execute an **upward backknuckle strike** followed by a **right shoulder level elbow strike** to left palm, as you left/right shuffle step to 12:00.
49. Head snap to 6:00. Immediately execute a **right low block**, pulling left fist back to left hip.

NOTE: THE FOLLOWING MOVES #50 THROUGH #52 ARE DONE IN RAPID SUCCESSION.

50. Leaving right block down, step 180°, pivoting clockwise on right foot (facing 9:00) into *horse stance*, simultaneously executing a **left low block** crossing right arm.
51. **Immediately** execute **right low block**, crossing left block at wrist at completion.
52. Turn counterclockwise 90° (6:00) by stepping backward into a *right front stance*, simultaneously executing a **high X block**.
53. Remain in previous stance. Bring fists downward into two **outward hammerfist strikes** (sternum level).
54. Immediately bring left knee up and execute a **jumping right front kick** to 6:00.
55. Set right foot down into *right front stance* and execute a **right middle block**.

56. Pivot clockwise on heel of left foot 180°, from previous stance, pivot on balls of feet counter-clockwise to 12:00 into *ready stance*, (12:00),
simultaneously bringing right hand in a clockwise arc from 4:00 to 8:00, palm forward, left hand at left hip. Continue upward motion from 8:00 with both hands until they cross at upper chest level.
57. Right foot to left into *attention stance*; bow.

End of kata.