

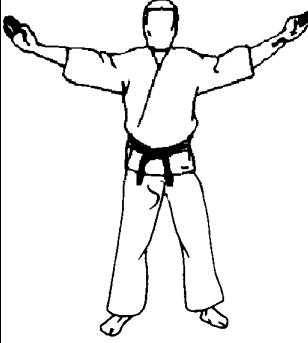






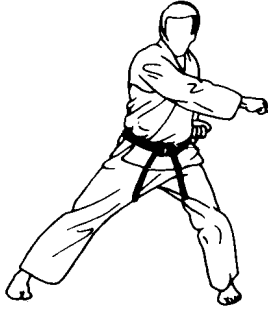
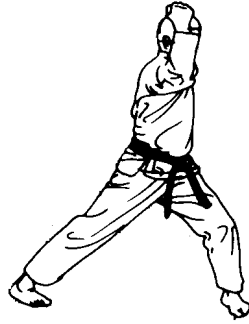

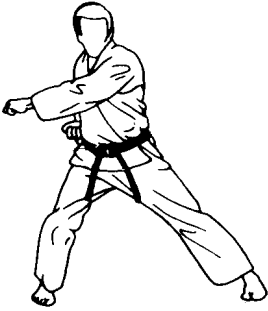
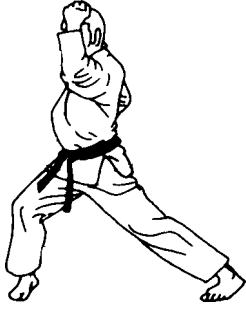






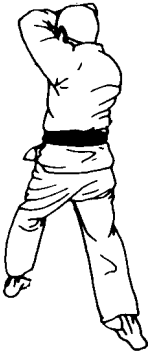
















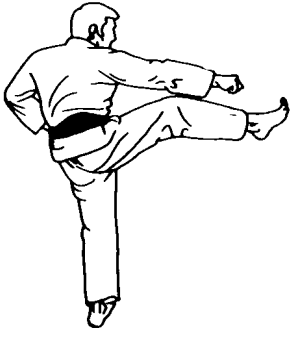

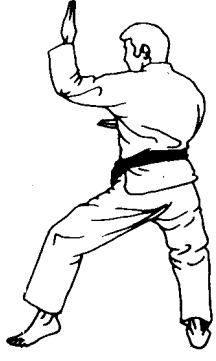

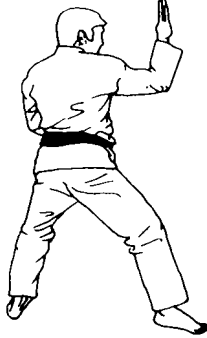







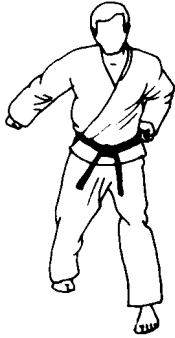
Kata Kushanku

			
Yoi	Karate-Do (Way of the Empty Hand)		
			
Block	Block	Step Up	Gedan Barrai
			
Gyakuzuki	Prepare	Soto Uke	Gyakuzuki
			
Prepare	Soto Uke	Step Across	Soto Uke - Maegeri





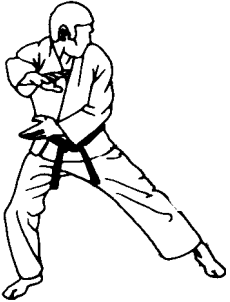

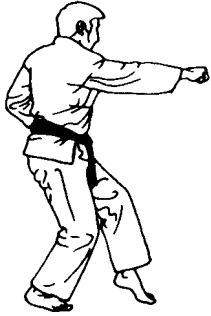
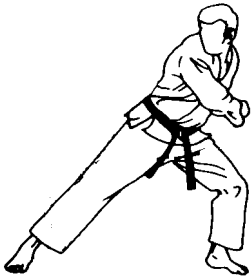

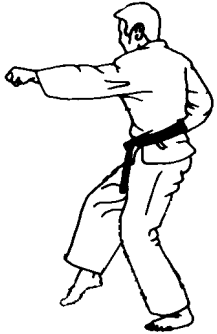
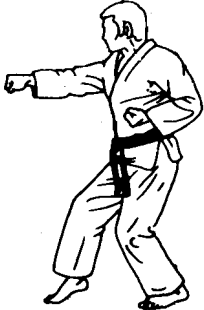





Kata Kushanku

			
Shuto Uke	Shuto Uke	Shuto Uke	Spear Hand
			
Turn Block	Maegeri	Turn Block	Strike Across
			
Tetsui Strike	Step Across	Block	Maegeri
			
Turn Block	Strike Across	Tetsui Strike	Step Back
















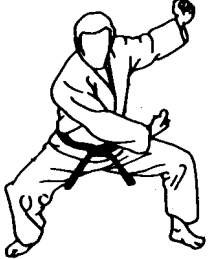
Kata Kushanku

			
Gedan Barrai - Maegeri	Empi	Step Back	Gedan Barrai - Maegeri
			
Empi	Shuto Uke	Shuto Uke	Shuto Uke
			
Shuto Uke	Turn Block	Maegeri	Uraken Jordan
			
Step Back Soto Uke	Gyakuzuki	Junzuki	Turn

Kata Kushanku

			
Feint	Drop	Dhuto Uke	Shuto Uke
			
Turn Prepare	Soto Uke	Gyakuzuki	Turn Prepare
			
Soto Uke	Gyakuzuki	Junzuki	Prepare
			
Soto Uke Maegeri	Shuto Uke	Prepare	Spear Hand

Kata Kushanku

			
Prepare	Tetsui Strike	Slide Uraken Jodan	Empi
			
Souble Block	Step Round	Turn Block	Block
			
Juji Uke	Step Round	Turn	Gedan Juji Uke
			
Nedan Geri Jodan	Uraken Jodan	Step Round	Turn

Kata Kushanku

