
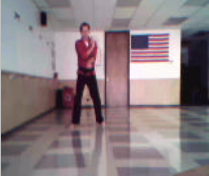







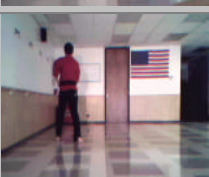



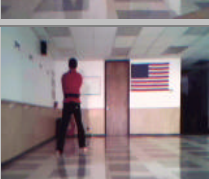








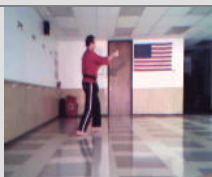








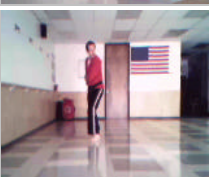

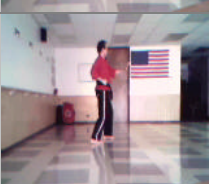
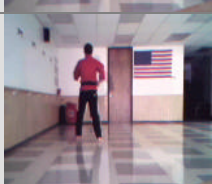








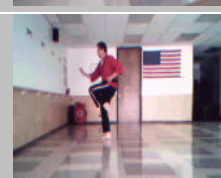
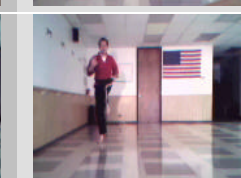

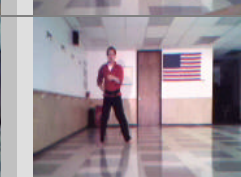















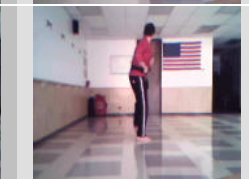









WANSU KATA – NARRATIVE




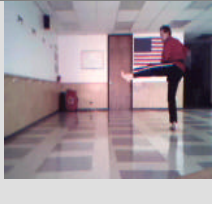
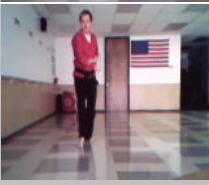


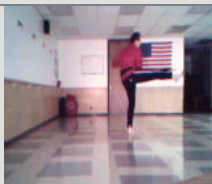




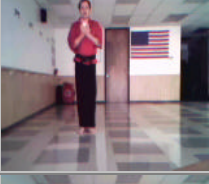

		Front	Side
1	Starting in Musubi Dachi (Attention Stance), Rei (Bow)		
2	Peace/War		
3	Step Right foot into Heiko Dachi (Ready Stance), Raise hands (still in peace/war position) in front of chest		
4	Look left, Leg Block to the left side with the left hand		
5	Reverse Punch to the left side with the right hand		
6	Look forward, Circle Step left foot forward into Seisan Dachi (Forward Fighting Stance), Leg Block		
7	Reverse Punch		
8	Drop right hand to a guard position in front of the groin, Circle Step right foot forward into Seisan Dachi (Forward Fighting Stance), Open Hand Chest Block		

9	Bring right hand across to left shoulder in a Palm Block/Reverse Gouge with the left hand		
10	Grab with left hand, Step left foot to the outside of the right into Chinto Dachi (Step Across Stance)		
11	Pull left hand in/Punch with right hand		
12	Look over left shoulder – 180 degrees to the rear, Circle Step left foot into Seisan Dachi (Forward Fighting Stance) left foot forward facing 180 degrees to the rear, Leg Block		
13	Reverse Punch		
14	Drop right hand to a guard position in front of the groin, Circle Step right foot forward into Seisan Dachi (Forward Fighting Stance), Open Hand Chest Block		
15	Bring right hand across to left shoulder in a Palm Block/Reverse Gouge with the left hand		
16	Grab with left hand, Step left foot to the outside of the right into Chinto Dachi (Step Across Stance)		
17	Pull left hand in/Punch with right hand		

18	Look over left shoulder – 180 degrees to the rear, Circle Step left foot into Seisan Dachii (Forward Fighting Stance) left foot forward facing 180 degrees to the rear, Open Hand Chest Block		
19	Reverse Punch to the face/Tuck palm of left hand under elbow of the right arm		
20	Front Kick with the right foot		
21	Set forward to Seisan Dachii (Forward Fighting Stance), Right Hammerfist Low Block/Left Head Block		
22	Lunge into a Side Seiuchin Dachii (Horse Stance), Left hand Throat Grab/Right hand groin Grab		
23	Shoulder Carry, Look 270 degrees to the left, pivot left foot 270 degrees to the left, Step right foot around into Seiuchin Dachii (Horse Stance) facing 270 degrees to the left, Right Palm Groin Block		
24	Look 180 degrees to the left, Pivot both feet to the left/Stack hands on the right hip		
25	Lunge out into Seisan Dachii (Forward Fighting Stance) left foot forward facing 180 degrees to the rear, Open hand Chest Block		

26	Knee Kick with the right knee		
27	Set the right foot back into Seisan Dachii (Forward Fighting Stance), Reverse Punch		
28	Look 90 degrees to the right, Pivot both feet 90 degrees to the right/ Stack hands on the left hip		
29	Look 90 degrees to the right, Lunge out into Seisan Dachii (Forward Fighting Stance) right foot forward facing 90 degrees to the right, Open hand Chest Block		
30	Knee Kick with the left knee		
31	Reverse Punch		
32	Look 90 degrees to the left, Step right foot up to Musubi Dachii (Attention Stance) facing 90 degrees to the left		
33	Lift right knee to guard, step out to Seisan Dachii (Forward Fighting Stance), Reverse Punch 45 degrees to the right		
34	Straight Punch forward		

35	Step left foot up to Musubi Dachii (Attention Stance)		
36	Lift left knee to guard, step out to Seisan Dachii (Forward Fighting Stance), Reverse Punch 45 degrees to the left		
37	Straight Punch forward		
38	Look 90 degree to the left, Lunge to the right bringing both feet together, Stack hands on the right hip		
39	Side Snap Kick to the left		
40	Set left foot down wide and bring right foot in next to left, Stack hands on the left hip		
41	Side Snap Kick to the right		
42	Set right foot back into Seisan Dachii (Forward Fighting Stance) left foot forward, Both hands open – Guarding in front of the chest		
43	Circle Step right foot forward into Side Seisan Dachii (Forward Fighting Stance), Circular Elbow Strike with the right elbow		

44	Look 180 degrees to the left, Pull the left foot into Neko Ashi Dachi (Cat Stance) left foot forward facing 180 degrees to the rear, Stack hands on the right hip		
45	Front Snap Kick with the left foot		
46	Look 180 degrees to the right, Set the left foot down and pull the right foot into Neko Ashi Dachi (Cat Stance) right foot forward facing 180 degrees to the right, Stack hands on the left hip		
47	Front Snap Kick with the right foot		
48	Set the right foot forward into Seisan Dachi (Forward Fighting Stance), Double Open hand Strikes to the side		
49	Circle hands to a guard position – right hand open in front of chest/left hand closed at the hip		
50	Step left foot up to Musubi Dachi (Attention Stance), Peace/War		
51	Rei (bow)	