

Kanshiwa

- ☯ start musubi dachi hands by side...
- ☯ bow then hachi dachi and raise hands into sanchin arm position...
- ☯ pivot right (or left) into right sanchin dachi right circle block shoken left...
- ☯ mawate into a left sanchin dachi...
- ☯ left circle block shoken right...
- ☯ step off right into a right sanchin dachi...
- ☯ right circle block shoken left...
- ☯ step through into a left sanchin dachi...
- ☯ left circle block left knife edge kick...
- ☯ step through into a right sanchin dachi...
- ☯ right circle block right knife edge kick...
- ☯ step through into left kiba dachi...
- ☯ right circle block (rear foot) left elbow strike left riken...
- ☯ mawate right...double step right mawashi uke...
- ☯ step through into a left sanchin dachi left mawashi uke...
- ☯ step through into a right sanchin dachi right mawashi uke...
- ☯ step through into a left sanchin dachi block right shuto left riken left...
- ☯ mawate right into a right sanchin dachi...
- ☯ block right shomen geri right...
- ☯ double step right circle block shoken left...
- ☯ double step back into a right sanchin dachi two shokens left over right...
- ☯ hachi dachi...hands by your side musubi dachi and bow

(note: after bow start right or left)