

Kankū - 観空 3° Dan

Kankū is a Karate Kata that is studied by many practitioners of Okinawan Karate, specifically styles related to Shuri-te. In many styles the Kata is known as Kūshankū - 公相君 and has two versions: Kūsankū-shō and Kūsankū-dai. The name Kūsankū or Kōsōkun refers to Kūsankū, a Chinese diplomat and Kendo expert from Fukien named Kung Hsiang Chun, who traveled to Okinawa in the 1700s. The same diplomat seems to have been of some importance in the history of the martial arts on Okinawa and may have also brought the original Kata that the Heian (Pinan) Kata were derived from, (it may even have been the same one), a Kata called Chiang Nan (Channan in Japanese). In the 1930s Okinawa's Gichin Funakoshi (founder of Shotokan and taking Karate to mainland Japan) renamed the Kata in Japanese in Kankū, which means to gazing heavenward, viewing the sky, or contemplating the sky.

The name $\mathit{Kank\bar{u}}$ - 觀空 is the combination of two characters. Kan - 観 means 'to view', or 'to see' and $\mathit{K\bar{u}}$ - 空 means 'sky', 'void', or 'air'. Put together, these 2 characters translate as 'viewing the sky', symbolized by the very first move in the Kata . The opening move of the Kata is the forming of a triangle above the head. We form the triangle with our hands, and we lean back and stare through it toward the universe and the rising sun. The significance is that no matter what problem or dilemma you may face, each day the sun rises anew and the universe is before you. Nothing is so terrible that it affects the basic reality of existence. As long as you are here and the sky and the sun are before you, you are never defeated.

Given the way it looks when we perform this *Kata*, it seems as though it takes elements from the *Pinan* (Peaceful Mind) series and jumbles them together, joined by a few interesting introductions that resembles that *Chinese* link. In *Shotokan* there are two versions of the *Kata*: *Kankū-dai*, where *Dai* means 'large', and a little brother called *Kankū-sho* (a smaller version of the same *Kata*). Masutatsu Oyama implemented the *Kankū Kata* with a few modifications, to adapt the *Kata* to the *Kyokushin* system, with its own modes and techniques, where more emphasis is placed on strength.

Known as the *Northern Kata* within *Kyokushin Karate*, the *Kankū* was adopted by Sosai Masutatsu Oyama from his background in the *Shuri-Te* tradition, as 4th Dan in *Shotokan Karate*, which he learned from sensei Gichin Funakoshi.

Dachi Waza	Te Waza	Uke Waza	Geri Waza
Fudo Dachi	Shuto Hizo Uchi	Shuto Mawashi Uke	Jodan Mae Geri
Musubi Dachi	Seiken Chudan Gayku / Oi Tsuki	Seiken Uchi Uke	Jodan Yoko Geri
Joi Dachi	Chudan Mae Yonhon Nukite	Shotei Osae Uke	
Heiko Dachi	Shuto Ganmen Uchi	Seiken Jodan Uke	
Kokutsu Dachi	Nihon Chudan Tsuki	Shuto Morote Gedan Barai	
Sanchin Dachi	Uraken Yoko Jodan Uchi	Haishu Uke	
Zenkutsu Dachi	Uraken Ganmen Uchi	Seiken Uchi Uke / Gedan Bara	
Kiba Dachi	Hiji Jodan Ate	Seiken Gedan Barai	
Moro Ashi Dachi	Hiji Oroshi Ate	Shotei Gedan Mawashi Uke	
Neko Ashi Dachi	Seiken Chudan Jun Tsuki	Kake Jodan Uke	
Kake Dachi	Tettsui Chudan Yoko Uchi	Mikazuki Geri Uke	
	Yoko Chudan Yonhon Nukite	(Teisoku Mawashi Geri Uke)	
	Mae Chudan Yonhon Nukite		
	Seiken Gedan Gayku Tsuki		
Kihon Jutsugo	Seiken Yoko Heiko Tsuki		
Kamae, Mokuso, Hajime, Kanku Kamae, Kiai, Waki no Kamae, Ibuki, Hikite, Ryote-fuse, Mae Kosa Ashi,			

Tai Otoshi, Naore, Yasume



Begin the Kata in FUDO DACHI. Move into MUSUBI DACHI and MOKUSO on the command MOKUSO. On the next command KANKU, open eyes and wait until the command YOI. Then start perform a slow YOI DACHI with IBUKI that ends in HEIKO DACHI.



On the command HAJIME/ICHI slowly place both hands into the low KANKU KAMAE (hands open, index finger and thumb of each hand touching), in front of the groin. Slowly raise both arms into the high KANKU KAMAE above the head. Look up and maintain this position for approximately 3 seconds and part them strongly bringing both arms down in a circular action in front of the body to strike right SHUTO HIZO UCHI to the palm of the left hand.





Turn 90° counterclockwise on the right feet to the left into left KOKUTSU DACHI and block SHUTO MAWASHI UKE.



3 Turn 180° clockwise on the left feet into right KOKUTSU DACHI and block SHUTO MAWASHI UKE.



4 Pivot 90° counterclockwise on both feet into left SANCHIN DACHI and block left SEIKEN UCHI UKE and immediately punch SEIKEN CHUDAN GYAKU TSUKI.





5 Again, while still in left **SANCHIN DACHI**, block right **SEIKEN UCHI UKE** and punch **SEIKEN CHUDAN GYAKU TSUKI**.





6 Move forward with the left foot into left KOKUTSU DACHI and block SHUTO MAWASHI UKE (1).



7 Move forward into right KOKUTSU DACHI and block SHUTO MAWASHI UKE (2).



8 Move forward into left KOKUTSU DACHI and block SHUTO MAWASHI UKE (3).



Move forward into right ZENKUTSU DACHI and block with a left SHOTEI OSAE UKE, followed by striking a right CHUDAN MAE YONHON NUKITE (the left hand remains open under the right elbow) and make KIAI.







the left foot across to the right (look to the left), simultaneously raise the left hand behind into a **JODAN SHOTEI** cover with the arm straight and at the same time the right hand is placed behind the head in preparation for the **SHUTO** strike. Turn 180° counterclockwise by pivoting the hips into left **ZENKUTSU DACHI** and strike with a right **SHUTO GANMEN UCHI**, simultaneously the left hand is pulled back in front of the forehead with the palm facing outwards to cover.



11 Leaving the hands in this position kick right JODAN MAE GERI and step forward into right ZENKUTSU DACHI and punch NIHON SEIKEN CHUDAN TSUKI (GYAKU-OI).





12 Bring the right foot across to the left (look to the right), simultaneously raise the right hand behind into a JODAN SHOTEI cover with the arm straight and at the same time the left hand is placed behind the head in preparation for the SHUTO strike. Turn 180° clockwise by pivoting the hips into right ZENKUTSU DACHI and strike with a left SHUTO GANMEN UCHI, simultaneously the right hand is pulled back in front of the forehead with the palm facing outwards to cover.





13 Leaving the hands in this position kick left JODAN MAE GERI and step forward into left ZENKUTSU DACHI and punch NIHON SEIKEN CHUDAN TSUKI (GYAKU-OI).





14 Bring back the left foot and turn 90° clockwise into MUSUBI DACHI and go into a left WAKI no KAMAE (to the left ready punch position with the right fist in the TETTSUI position on top of the left fist).



15 With both hands in the same position kick right JODAN MAE GERI, bring the leg back into MUSUBI DACHI and look to the right. Kick right JODAN YOKO GERI to the side and simultaneously strike right URAKEN YOKO JODAN UCHI. Open the fist of the extended right arm and land in right ZENKUTSU DACHI (90° clockwise from original position) and strike left HIJI JODAN ATE into the open right hand.







Bring back the left leg back and turn 90° counterclockwise into MUSUBI DACHI and go into a right WAKI no KAMAE.



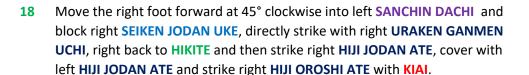
17 With both hands in the same position kick left JODAN MAE GERI, bring the leg back into MUSUBI DACHI and look to the left. Kick left JODAN YOKO GERI to the side and simultaneously strike left URAKEN YOKO JODAN UCHI. Open the fist of the extended left arm and land in left ZENKUTSU DACHI (90° counterclockwise from original position) and strike right HIJI JODAN ATE into the open left hand.













19 As you regain the standing position move the left leg 90° clockwise into left SANCHIN DACHI at 45° and block left SEIKEN JODAN UKE, directly strike with left **URAKEN GANMEN UCHI**, left back to **HIKITE** and then strike left HIJI JODAN ATE, cover with right HIJI JODAN ATE and strike left HIJI **OROSHI ATE** with **KIAI**.



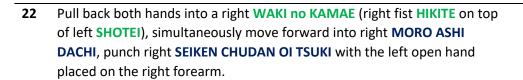
20 As you regain the standing position move 45° counterclockwise to the left, open both hands and simultaneously move forward into right MORO ASHI **DACHI** (raise knee without letting it drop back) and simultaneously block **SHUTO MOROTE GEDAN BARAI (1).**





Raise both hands to cover the face and simultaneously move forward into 21 right MORO ASHI DACHI and simultaneously block SHUTO MOROTE **GEDAN BARAI (2).**







23 Pivot on the right foot and turn 180° counterclockwise, raise both open hands to cover the face and simultaneously move forward into left MORO ASHI DACHI and simultaneously block SHUTO MOROTE GEDAN BARAI (1).





24 Raise both open hands to cover the face and simultaneously move forward into left MORO ASHI DACHI and simultaneously block SHUTO MOROTE **GEDAN BARAI (2).**





25 Raise both open hands to cover the face and simultaneously move forward into left MORO ASHI DACHI and simultaneously block SHUTO MOROTE **GEDAN BARAI (3).**



Pull back both hands into a left WAKI no KAMAE (left fist HIKITE on top of 26 right SHOTEI), simultaneously move forward into left MORO ASHI DACHI with the right open hand placed on the left forearm.





27 Move forward with the right leg (turning 90° counterclockwise) into KIBA DACHI and punch right SEIKEN CHUDAN JUN TSUKI with KIAI and pull the right hand back closed into HIKITE.



28 Bring back the right foot and turn 90° clockwise into MUSUBI DACHI and go into a left WAKI no KAMAE.



With both hands in the same position kick right JODAN MAE GERI, bring the leg back into MUSUBI DACHI and look to the right. Kick right JODAN YOKO GERI to the side and simultaneously strike right URAKEN YOKO JODAN UCHI. Open the fist of the extended right arm and land in right ZENKUTSU DACHI (90° clockwise from original position) and strike left HIJI JODAN ATE into the open right hand.



30 Bring back the left foot and turn 90° counterclockwise into **MUSUBI DACHI** and go into a right **WAKI no KAMAE**.



With both hands in the same position kick left JODAN MAE GERI, bring the leg back into MUSUBI DACHI and look to the left. Kick left JODAN YOKO GERI to the side and simultaneously strike left URAKEN YOKO JODAN UCHI. Open the fist of the extended left arm and land in left ZENKUTSU DACHI (90° counterclockwise from original position) and strike right HIJI JODAN ATE into the open left hand.



Turn your head 90° clockwise to the right and move the right foot forward into a semi right NEKO ASHI DACHI, simultaneously go into a left WAKI no KAMAE. Lunge sideward to the right into right KAKE DACHI and punch right TETTSUI CHUDAN YOKO UCHI and left SEIKEN CHUDAN GYAKU TSUKI (same level, SEIKEN YOKO HEIKO TSUKI).



33 From this position move the left foot to the left into KIBA DACHI and quickly cover with the right fist to the left (position left arm under right arm, ready for a strike with the palm parallel to the ground), look to the left and slowly execute a left CHUDAN HAISHU UKE (at shoulder height) and move the right fist into HIKITE.



Leaving the left hand in this position, kick right MIKAZUKI GERI UKE

(TEISOKU MAWASHI GERI UKE) in the open left hand, turning the body

180° counterclockwise, and before you position the right foot make a right

HIJI JODAN ATE in the same open left hand, left WAKI GAMAE and lunge

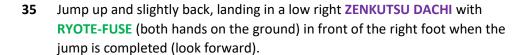
sideward into right KAKE DACHI and punch right TETTSUI CHUDAN YOKO

UCHI and left SEIKEN CHUDAN GYAKU TSUKI (same level, SEIKEN YOKO

HEIKO TSUKI).









36 In the same position look to the rear (left) and block left SHUTO USHIRO MOROTE GEDAN BARAI parallel to the back leg.



37 Look to the front, stand up and pull the right foot back into right KOKUTSU **DACHI** and block right **SHUTO MAWASHI UKE**.



38 Pivot 90° counterclockwise into left SANCHIN DACHI blocking left SEIKEN **UCHI UKE / GEDAN BARAI.**



39 Repeat the block: right SEIKEN UCHI UKE / GEDAN BARAI.



Bring the right hand slowly down in a semicircular movement into low 40 KANKU KAMAE. Slowly raise both arms into the high KANKU KAMAE position above the head. Look up and maintain this position for approximately 3 seconds and part them strongly bringing both arms down in a circular action in front of the body to strike right SHUTO HIZO UCHI to the palm of the left hand.





41 Pivot 180° clockwise on the left foot into KIBA DACHI, covering the attack with left **SHOTEI** in front of the body with the right hand open in the **HIKITE** position and strike right YOKO CHUDAN YONHON NUKITE.





42 In the same KIBA DACHI turn your head 180° counterclockwise, cover with right **SHOTEI** and strike left **YOKO CHUDAN YONHON NUKITE**.



In the same position turn your head 90° clockwise, look forward and sweep down your left open hand, across and up to block left SHOTEI GEDAN MAWASHI UKE followed by a slow left KAKE JODAN UKE with IBUKI (right open hand stays in the **HIKITE** position).



Strike right and left MAE CHUDAN YONHON NUKITE.





45 Pivot 180° counterclockwise on the right foot into KIBA DACHI, covering with right SHOTEI in front of the body with the left hand open in the HIKITE position and strike left YOKO CHUDAN YONHON NUKITE.







46 In the same KIBA DACHI turn your head 180° clockwise, cover with left SHOTEI and strike right YOKO CHUDAN YONHON NUKITE.



In the same position turn your head 90° counterclockwise, look forward and sweep down your right open hand, across and up to block right SHOTEI GEDAN MAWASHI UKE followed by a slow right KAKE JODAN UKE with IBUKI (left open hand stays in the HIKITE position).



48 Strike left and right MAE CHUDAN YONHON NUKITE.





49 Pivot 90° clockwise on the left foot into KIBA DACHI, covering with left SHOTEI in front of the body with the right hand open in the HIKITE position and strike right YOKO CHUDAN YONHON NUKITE.





In the same KIBA DACHI turn your head 180° counterclockwise, cover with right SHOTEI and strike left YOKO CHUDAN YONHON NUKITE.

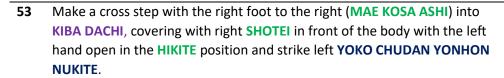


In the same position turn your head 90° clockwise, look forward and sweep down your left open hand, across and up to block left SHOTEI GEDAN MAWASHI UKE followed by a slow left KAKE JODAN UKE with IBUKI (right open hand stays in the HIKITE position).



52 Strike right and left MAE CHUDAN YONHON NUKITE.











54 In the same KIBA DACHI turn your head 180° clockwise, cover with left SHOTEI and strike right YOKO CHUDAN YONHON NUKITE.



In the same position turn your head 90° counterclockwise, look forward and sweep down your right open hand, across and up to block right SHOTEI GEDAN MAWASHI UKE followed by a slow right KAKE JODAN UKE with IBUKI (left open hand stays in the HIKITE position).





56 Strike left and right MAE CHUDAN YONHON NUKITE.



57 Still in the same position reach up to the right with both hands open, grab the opponent, and turn 90° counterclockwise into a left **ZENKUTSU DACHI**, simultaneously execute a **TAI OTOSHI** (the fists dosing during the execution of the throw, right fist **URA**).



Leaving the right hand in the original position raise the left fist in preparation for a block and execute left SEIKEN GEDAN BARAI and punch right SEIKEN GEDAN GYAKU TSUKI with KIAI.



59 Retaining the same position, reach up to the left with the hands open, grab the opponent and execute the TAI OTOSHI as you turn 180° clockwise to the right into a stance similar to a right ZENKUTSU DACHI.



Leaving the left hand in the original position raise the right fist in preparation for a block and execute right SEIKEN GEDAN BARAI and punch left SEIKEN GEDAN GYAKU TSUKI with KIAI.







Move the left foot back into **MUSUBI DACH** and the **MOKUSO** position is retained.





The Kata is completed on the command **NAORE** the **FUDO DACHI** position is taken.



At the command **YASUME** relax and at ease.

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The images came from the Internet and classes from Shihan Loek Hollander, Shihan Henny Ruberg and Shihan Jan Vleesenbeek.

 $Adapted\ to\ the\ new\ KWF\ Kata-syllabus\ (Shihan\ Antonio\ Pinero\ -\ May\ 2019)\ with\ feedback\ of\ Shihan\ Paul\ Lorist.$

































































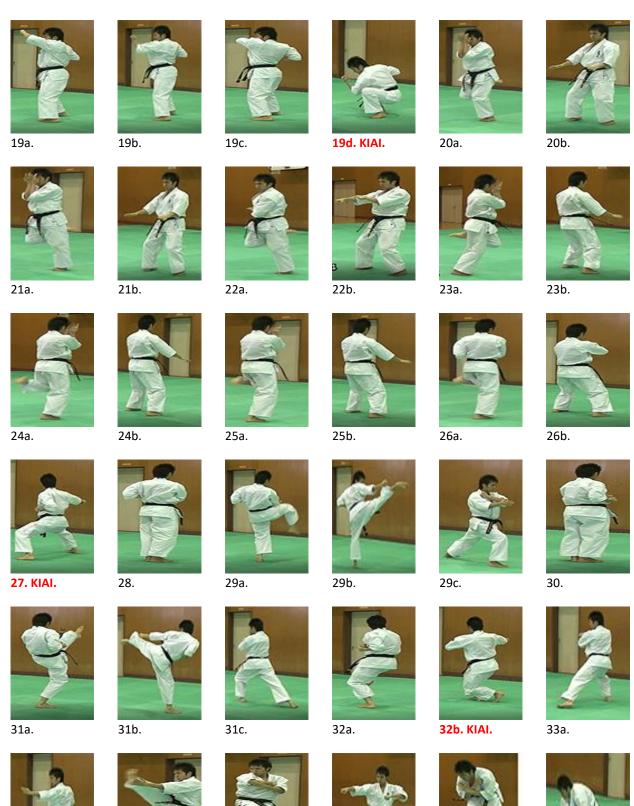












34a.

34b.

33b.

34c.

35a.

35b.



























































































58b.

58c. KIAI.

59a.

59b.

60a.











60b.