

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 1700^s. 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 **Kankū** - 観空 is the combination of two characters. **Kan** - 観 means 'to view', or 'to see' and **Kū** - 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 *Gichin Funakoshi sensei*.

Dachi Waza

Fudo Dachi
Musubi Dachi
Joi Dachi
Heiko Dachi
Kokutsu Dachi
Sanchin Dachi
Zenkutsu Dachi
Kiba Dachi
Moro Ashi Dachi
Neko Ashi Dachi
Kake Dachi

Te Waza

Shuto Hizo Uchi
Seiken Chudan Gayku / Oi Tsuki
Chudan Mae Yonhon Nukite
Shuto Ganmen Uchi
Nihon Chudan Tsuki
Uraken Yoko Jodan Uchi
Uraken Ganmen Uchi
Hiji Jodan Ate
Hiji Oroshi Ate
Seiken Chudan Jun Tsuki
Tettsui Chudan Yoko Uchi
Yoko Chudan Yonhon Nukite
Mae Chudan Yonhon Nukite
Seiken Gedan Gayku Tsuki
Seiken Yoko Heiko Tsuki

Uke Waza

Shuto Mawashi Uke
Seiken Uchi Uke
Shotei Osae Uke
Seiken Jodan Uke
Shuto Morote Gedan Barai
Haishu Uke
Seiken Uchi Uke / Gedan Barai
Seiken Gedan Barai
Shotei Gedan Mawashi Uke
Kake Jodan Uke
Mikazuki Geri Uke
(Teisoku Mawashi Geri Uke)

Geri Waza

Jodan Mae Geri
Jodan Yoko Geri

Kihon Jutsugo

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**.



- 1 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.



- 2 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).



- 9 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**.



- 10 Bring 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 **TETSUI** 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.



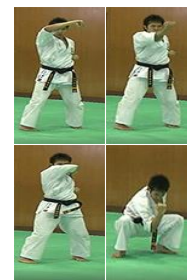
- 16 Bring back the left leg back and turn 90° counterclockwise into **MUSUBI DACHI** and go into a right **WAKI no KAMAE**.



- 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.



- 18 Move the right foot forward at 45° clockwise into left **SANCHIN DACHI** and block right **SEIKEN JODAN UKE**, directly strike with right **URAKEN GANMEN UCHI**, right back to **HIKITE** and then strike right **HIJI JODAN ATE**, cover with left **HIJI JODAN ATE** and strike right **HIJI OROSHI ATE** with **KIAI**.



- 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).



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



- 22 Pull back both hands into a right **WAKI no KAMAE** (right fist **HIKITE** on top of left **SHOTEI**), simultaneously move forward into right **MORO ASHI DACHI**, punch right **SEIKEN CHUDAN OI TSUKI** with the left open hand placed on the right forearm.



- 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).



- 26 Pull back both hands into a left **WAKI no KAMAE** (left fist **HIKITE** on top of 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**.



- 29 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**.



- 31 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.



- 32 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**.



- 34 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**).



- 35 Jump up and slightly back, landing in a low right **ZENKUTSU DACHI** with **RYOTE-FUSE** (both hands on the ground) in front of the right foot when the jump is completed (look forward).



- 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**.



- 40 Bring the right hand slowly down in a semicircular movement into low **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**.



- 43 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).



- 44 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**.



- 47 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**.



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



- 51 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**.



- 53 Make a cross step with the right foot to the right (**MAE KOSA ASHI**) 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**.



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



- 55 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**).



58 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**.



60 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.

The Kata is learned from Shihan Henny Ruberg and Shihan Fernando Alonso (Shihan Loek Hollander - IKO) and has some influences from Shihan Hatsuo Royama (KIKO).



0a.



0b.



0c.



1a.



1b.



1c.



2.



3.



4a.



4b.



5a.



5b.



6.



7.



8.



9. KIAI.



10a.



10b.



11a.



11b.



12a.



12b.



13a.



13b.



14.



15a.



15b.



15c.



16.



17a.



17b.



17c.



18a.



18b.



18c.



18d. KIAI.



19a.



19b.



19c.



19d. KIAI.



20a.



20b.



21a.



21b.



22a.



22b.



23a.



23b.



24a.



24b.



25a.



25b.



26a.



26b.



27. KIAI.



28.



29a.



29b.



29c.



30.



31a.



31b.



31c.



32a.



32b. KIAI.



33a.



33b.



34a.



34b.



34c.



35a.



35b.



36.



37.



38.



39.



40a.



40b.



40c.



41a.



41b.



41c.



42.



43. IBUKI



44a.



44b.



45a.



45b.



45c.



46.



47. IBUKI



48a.



48b.



49a.



49b.



50.



51. IBUKI



52a.



52.b



53a.



53b.



53c.



54.



55. IBUKI



56a.



56b.



57a.



57b.



58a.



58b.



58c. KIAI.



59a.



59b.



60a.



60b.



60c. KIAI.

