

Ananko Kata

IMPORTANT This kata sequence is intended to be used as a supplement to your normal class instruction. You can not fully understand the form by following this sheet alone.

Step	Direction	Technique	Stance	Notes
1	On the spot feet together	Standing Bow (Rei) then into Yoi (hands crossed)	Heisoku Dachi	Bend 45° from the waist. Lower your centre in Yoi position
2	Step forward left leg then right	Yoi (double punch)	Shizen Dachi Heiko	
3	Step 45° to left with your left leg	Shuto Uchi Jodan (LH)	Zenkutsu Dachi (left foot forward)	Open back hand across the chest
4	Step 90° to right with your right leg	Shuto Uchi Jodan (RH)	Zenkutsu Dachi (right foot forward)	Open back hand across the chest
5	Pivot to your left & behind 180°	Chudan Uke (LH) into Nidan Zuki (Double punch)	Naname Dachi into Zenkutsu Dachi (left foot forward)	Nidan Zuki starts with Gyaku Zuki
6	Pivot to your right & behind 180°	Chudan Uke (RH) into Nidan Zuki (Double punch)	Naname Dachi into Zenkutsu Dachi (right foot forward)	Nidan Zuki starts with Gyaku Zuki
7	Step 45° to left with your right leg	Ni Ura Zuki Jodan * then into Ni Ura Zuki Chudan	Sanchin Dachi (right foot forward)	*part arms slightly to prevent shoulder grab
8	Right foot slide forward (Small step)	Oizuki (RH)	Sanchin Dachi (right foot forward)	Kiai point
9	Step 45° to left with your left leg	Chudan Uke (LH) into Nidan zuki (Double punch)	Naname Dachi into Zenkutsu Dachi (left foot forward)	Nidan Zuki starts with Gyaku Zuki
10	Step forward with right leg & pivot into stance	Mawashi Empi Uchi Chudan (RH)	Shiko Dachi	Strike the left hand with right elbow
11	Pivot to your right & behind 45°	Chudan Uke (RH), Nidan Zuki (Double punch)	Naname Dachi into Zenkutsu Dachi (right foot forward)	Nidan Zuki starts with Gyaku Zuki
12	Back to position 10	Mawashi Empi Uchi Chudan (RH)	Shiko Dachi	Reach out with LH & chamber RH as you move. Strike the left hand with right elbow
13	Pivot to left 90°	Gedan Barai (LH)	Zenkutsu Dachi (left foot forward)	
14	Step forward with right foot	Oi-zuki Chudan (RH)	Zenkutsu Dachi (right foot forward)	Kiai point
15	Draw back keep right leg in front	Chudan Uke (RH)	Nekoashi Dachi (right foot forward)	
16	Step forward with left foot	Maintain Chudan uke position	Juji Dachi (feet not fully crossed)	
17	Step forward right foot	Mai Keri Chudan (RF) into Gedan Barai (RH)	Naname Dachi (right foot forward)	
18	Slide front foot forward	Gyaku Zuki Chudan (LH)	Zenkutsu Dachi (right foot forward)	On the spot
19	Draw back	Chudan Uke (RH)	Naname Dachi (right foot forward)	On the spot
20	Pivot to your left & behind 180°	Shuto Uke Jodan (LH)	Naname Dachi (left foot forward)	On the spot, Open back hand across the chest
21	Pivot to your right 180° back behind	Morote Haito Uke Gedan (RH)	Naname Dachi (right foot forward)	On the spot, block outside of right knee
22	Pivot 180° to left & behind with the right foot	Morote Ude Uke Jodan (LH),	Sanchin Dachi (right foot forward)	
23	On the spot	Kubi Shuto Uchi (RH), Kubi Ni Shuto Uchi, Taisho Age Uke Jodan (RH)	Sanchin Dachi (right foot forward)	First Shuto strike to opponents RHS
24	Right foot small step forward	Oizuki Chudan (RH)	Sanchin Dachi (right foot forward)	
25	Pivot 180° to left & behind	Chudan Uke (LH)	Naname Dachi (left foot forward)	
26	Step forward right foot	Chudan Uke (RH)	Naname Dachi (right foot forward)	
27	Pivot 180° to left & behind	Chudan Uke (LH)	Naname Dachi (left foot forward)	
28	Step forward right foot	Chudan Uke (RH)	Naname Dachi (right foot forward)	
29	Step forward left foot	Taisho Uke (LH) with right hand covering; then draw back into Ryote Mochi Katate Dori	Naname Dachi into Nekoashi Dachi (left foot forward) as you draw back	
30	On the spot	Mae Keri Chudan (RF) into Gyaku Zuki (RH)	Nekoashi Dachi (left foot forward) into Zenkutsu Dachi (left leg forward)	Pull opponents arm back on the kick. Kiai point
31	Step with left leg to your left 180° behind	Ni Ushiro Empi Uchi Chudan into Ni Shuto Uchi Gedan	Shiko Dachi	Empi Uchi both hands closed
32	Pivot 90° to right	Yoi (double punch)	Shizen Dachi Heiko	On the spot
33	Right foot to left foot	Yoi (hands crossed) then into standing Bow (Rei)	Heisoku Dachi	On the spot

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