

Kusanku

1. Look
2. Left pinan block
3. Right pinan block
4. Pull
5. Knife hand
6. Right punch, outside block
7. Left punch, outside block
8. Pull
9. Kick, turn, pinan block
10. Pinan block
11. Pinan block
12. Knife hand
13. High block
14. Kick and down
15. Naihanchi, side block
16. High block
17. Kick and down
18. Naihanchi, side block
19. Pull
20. Kick, elbow and pull
21. Kick, elbow
22. Pinan block
23. Pinan block
24. Turn, pinan block
25. Pinan block
26. High block
27. Kick, down up, step behind, seisan
28. Punch punch
29. Down
30. Up, double strike
31. Down and strike
32. Right seisan, block
33. Punch punch turn
34. Punch punch
35. Pull
36. Kick, turn, pinan block
37. Knife hand
38. Knife hand up
39. Turn, side outside block
40. Kick, side punch, pull, down block
41. Turn, double double, down
42. Up (hands open)
43. Step back, Right seisan, hands pull
44. Kick, Right seisan, block
45. Turn

Yamae