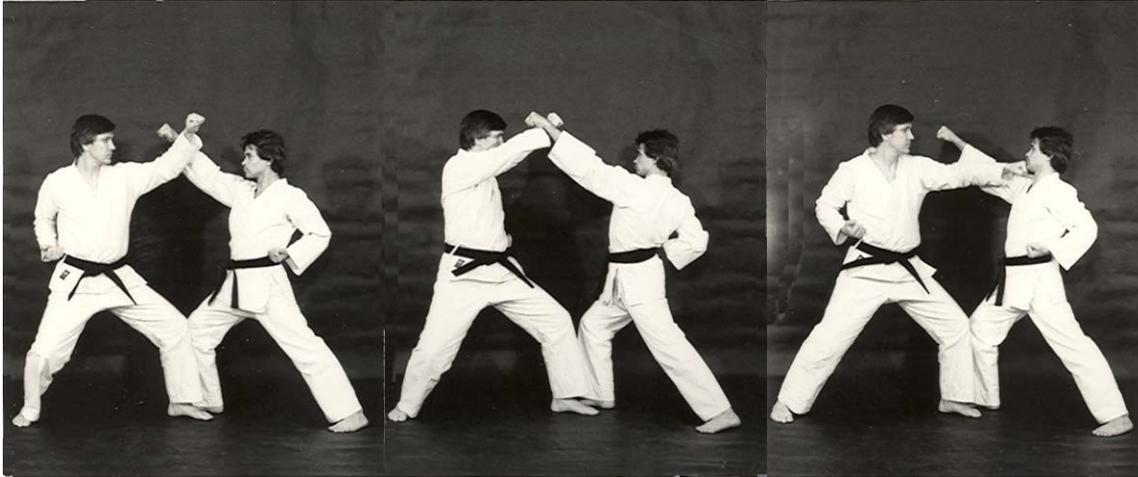




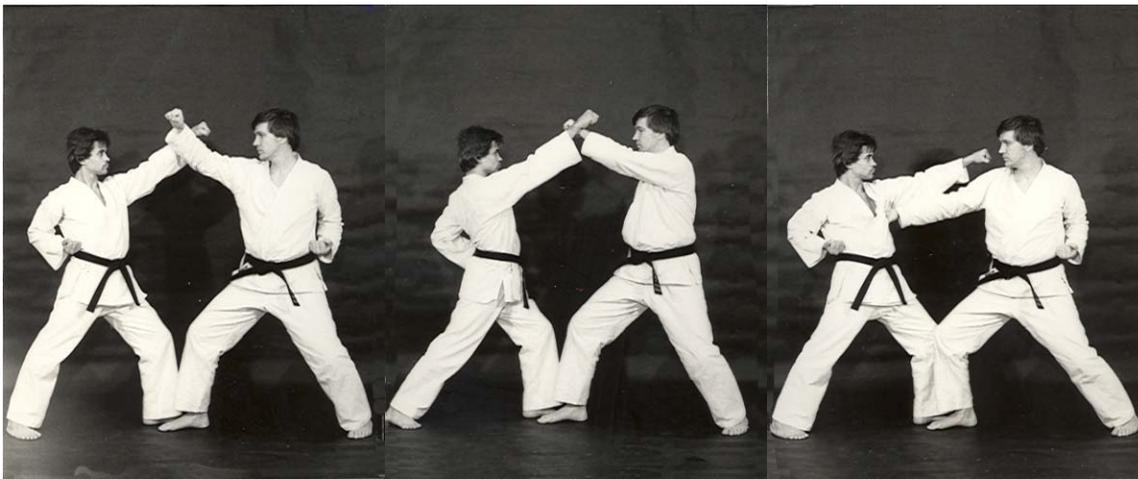
Kata Kwan Mu First Effort Bunkai

This is the basic bunkai for the kata Kwan Mu First Effort. There are other more advanced interpretations of some of the movements. The bunkai is performed by Patrick M. Hickey with David S. Ames assisting.

First Sequence Movement 2-4.



Second Sequence Movement 5-7



Note that one sequence demonstrates a solar plexus punch while the other sequence demonstrates a fact punch.

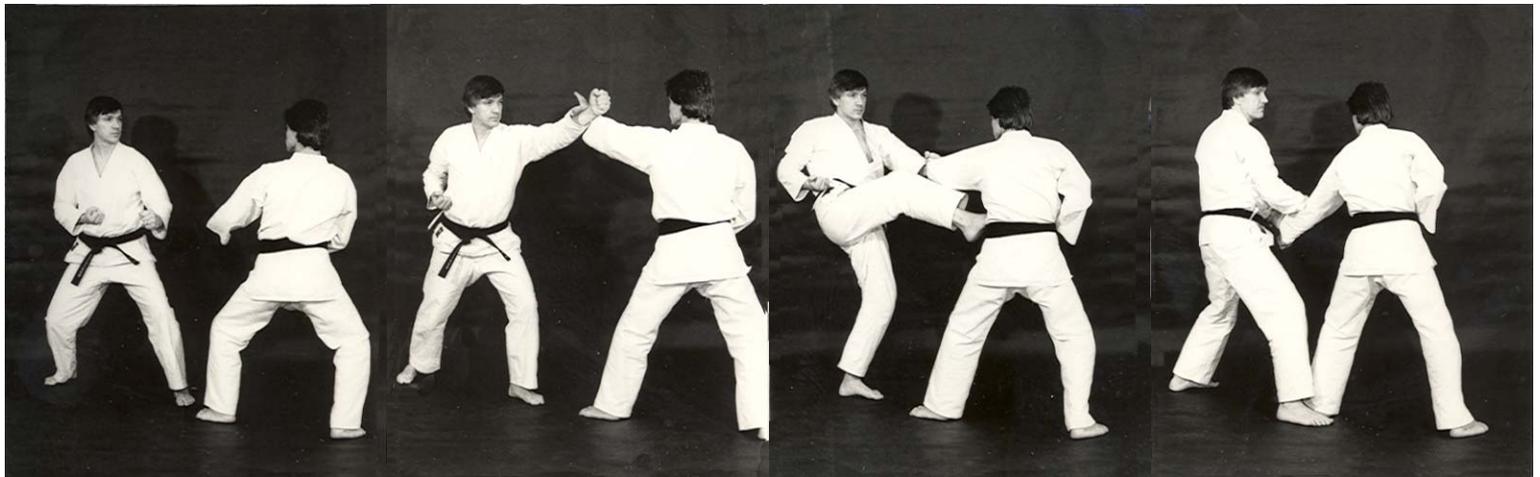
Third Sequence Movement 8-9 (and also 21-23) and Fourth Sequence 10-11.



These show a front kick followed by a side thrust kick. It is permissible to extend the arm over the sidekick. Note the front kick is a snap kick to the groin.



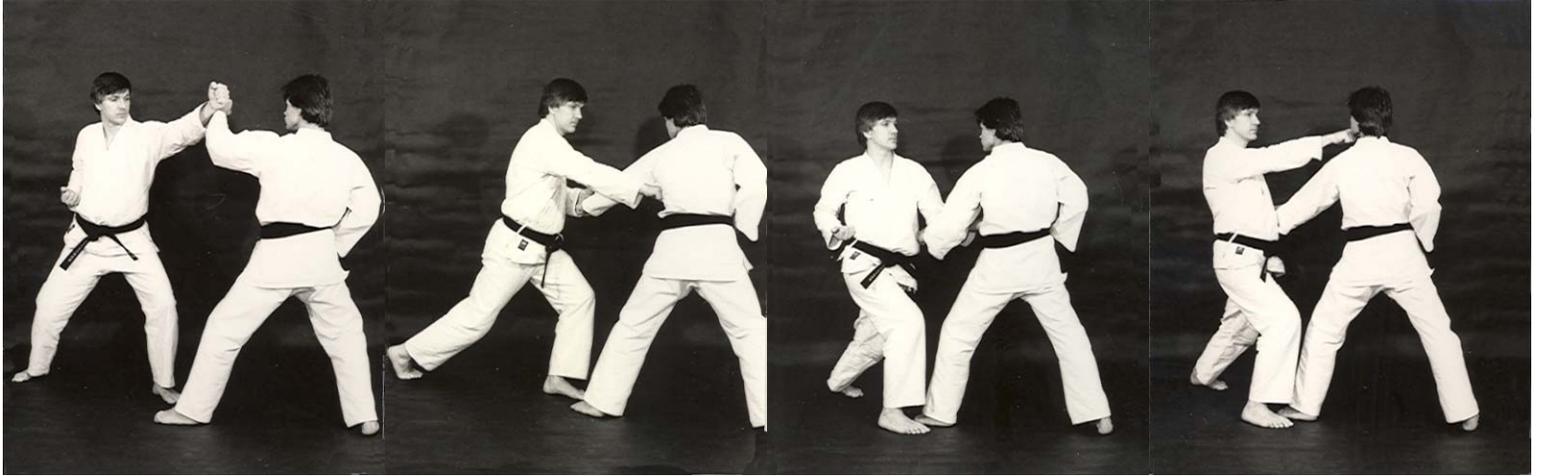
Fifth Sequence –Movements 12-15.



This is a lead hand action followed by a front kick, then a blocking action followed by a face strike. This is also the meaning of movements 15-19 on the opposite side of the body.

Please note that the kata is balanced left and right but only one side of the bunkai is shown here.

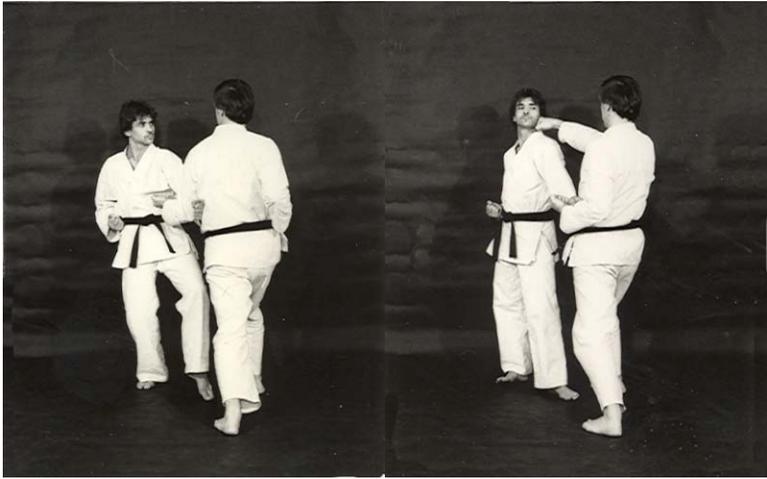
Sixth Sequence Movement 19-20



This is movement 34-39, but it is implied for movements 19-20, 27, 30, 40-42, and 43-44. This is an important sequence and is implied after each sidekick and on each wing at the end of the kata. While the basic kata only performs one lunge punch, there are other ways to perform this.

Seventh Sequence movement 24-27.





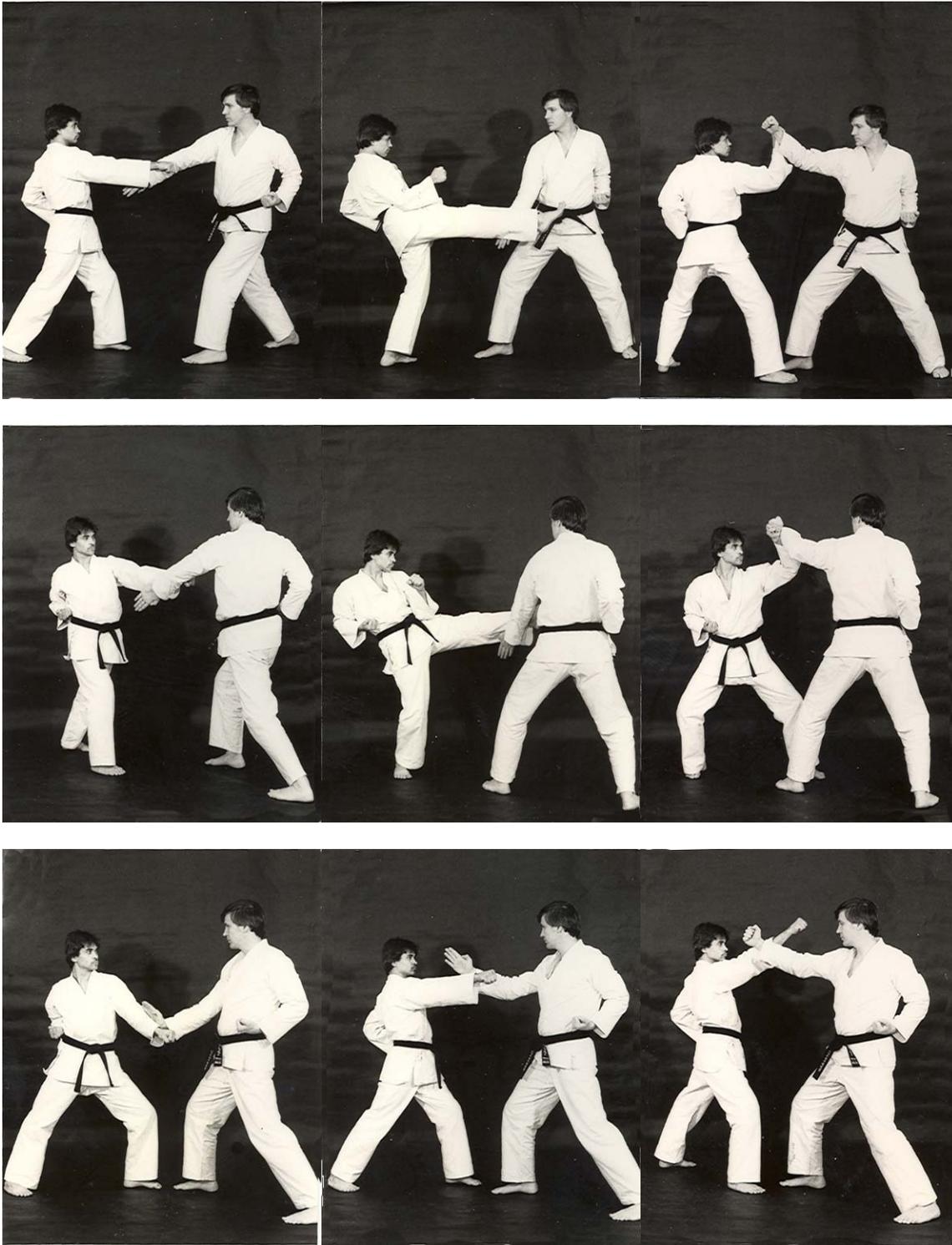
Skip side thrust kick followed by the Sixth Sequence. The kata normally only does one punch in standard performance, but 3 punches are implied. See Sequence 5 above.

Eight Sequence Movement 28-30.



Cross over sidekick followed by the Sixth Sequence. Only the first strike of the 6th sequence is shown here.

Ninth Sequence Movement 31-39



David Ames is performing the moves of the First Effort and Patrick Hickey is demonstrating movement from the Third Effort that mirrors these techniques. This sequence demonstrates the two man drills found in the Kwanmukan System.