



# Kata Kwan Mu Third Effort Bunkai

Movements 1-3b and 4-6b.



Block with the forward arm, then cover block with the other arm, follow attackers retraction of punch with a cross/jab. Retract attacking arm blocking and simultaneously jab with the other hand.

Movements 7-9.



Cross body block with right hand, pull down sharply blocking with same hand. Continue circling and step forward striking hard with right knife hand. Pull hand back and then back fist strike. Note left hand does a palm pressing block.

Movements 10-11.



Cross body block with left hand followed by a finger strike to the eyes or hands. Note that left hand as it withdraws simultaneously block a second punch from the inside out which allows you to pull the attacker in.

Movement 18-19 Shown with a front kick instead of a side kick.



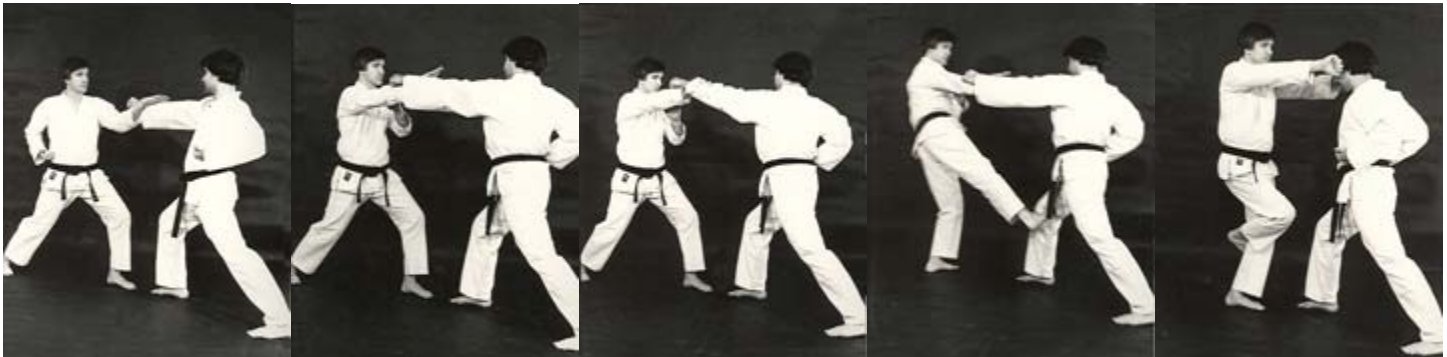
Cross body block followed by a double jumping front kick. The kata is also performed with a side kick following the first front kick.

Movement 20a – 23.



Cross body block followed by an outside inside hooking block, strike to the neck then a knee strike with the back leg. Similar to Bassai.

Movements 28-32





Alternate blocking similar to Bassai with a low roundhouse kick with the heel. Strike the head, control distance and punch into an x-stance.

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Movement 35-40



This is taking Tekki Sandan into a moving sequence. Cross body block, strike to the face with other hand blocking, followed by a back fist strikes and punches. Notice the use of cross body (contra body) actions.

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For Movements 41-43, please refer to Movements 31-36 in the Kwanmu First Effort Bunkai.

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For Movements 41-43, please refer to Movements 37-39 in the Kwanmu First Effort Bunkai.

