

Kandaryu Orange Belt Study Guide

Kata First Steps — A Practical Guide to the 27-Movement Kandaryu Starter Set

This lesson introduces a focused kata sequence drawn from Yoshukai traditions, designed as a bridge into Naihanchi Shodan, Tekki Shodan and related forms. It emphasizes stylistic details, good distancing, and efficient biomechanics so experienced martial artists can train historical technique with clarity.

Course snapshot

- Purpose: Deepen kata practice by isolating a 27-movement sequence (presented here in half) to develop timing, structure, and transition skills.

- Intended audience: Practitioners with existing martial arts experience — instruction

assumes baseline knowledge.

- Outcome: Improved blocking mechanics, punching alignment, chamber/cover habits, rotational power, and a 10-technique drill video submission for feedback.

Rituals, starting stance & breathing

- Begin in attention stance: feet at 45° pointing to the corners.
- Bow, then assume “joy” (right fist covered by left open hand).
- Step out with the left foot, push down, engage core, lift hips — feet rotate to point toward the center line.
- Exhale and enter Hikite (chamber) to start.
- Always begin sequences on the left side.

Fundamental movement breakdown (high → inside → outsi...

- High block

Sweep across and up; forearm one fist distance from the head.

- Repeat high block (across again).

- Inside block

Fist by the ear, keeping elbow one fist distance from body and within shoulder line.

- Outside block

Bring arm across and out; maintain elbow position and 45° arm angle.

- Low block

- Sweep across the body to a low position; same distance and alignment principles apply.

Key technical notes:

- Arms should be confined within shoulder width — not above or outside the shoulder.
- Block angles: maintain ~45° tilt at the elbow for both inside and outside blocks.

- Ending positions for each block are distinct and should be repeatable in practice.

Punching mechanics and alignment

- Punches are directed to the shoulder (not the centerline) to teach correct range and anatomical alignment.
- Strike with the first and second knuckles.
- Practice in front of a mirror to ensure each punch aligns with the target shoulder.

Cover, chamber, and rotational energy (power + protection)

- Cover: protect the body during transitions — hands should shelter the torso but not be glued to it.
- Chamber: position the limb ready to strike; the chambered hand becomes the launching point for the next technique.
- Rhythm: cover → chamber → execute (e.g., cover, chamber, high block). Repeat for inside, outside, low sequences.
- Rotational energy: hips and shoulders must rotate noticeably; knees give support while feet remain planted.
- Breath: exhale on engagement; use breath and hip-squeeze to add power and clarity.

Practice progression & drills

- Level 1: Keep knees bent and hold fists at chamber; cycle through inside, outside, and low blocks to ingrain positions.
- Level 2: Add full rotations, hip drive, and audible breath; emphasize relaxed body that tightens on execution.
- Mirror drills: practice both sides to normalize technique, alignment, and finishing positions.
- Visual cues: look for clear hip rotation, minimal foot movement, and consistent chamber/cover placement.

Assessment: 10-technique drill submission

- Record two versions:
- One slow run-through.
- One fast run-through.
- Upload unlisted to YouTube and send the link by email for instructor feedback.
- Instructor will reply with a video response demonstrating expectations.

Takeaway — 5 key points to remember

- Start from correct attention/joy stance and execute Hikite before movement.
- Maintain elbow distance (one fist) and arms within shoulder width; keep ~45° angles.
- Punch to the shoulder for proper distancing and knuckle alignment.

- Use cover + chamber to protect and prepare transitions; combine with hip rotation and breath for power.
- Practice slowly, then fast; submit both takes for feedback.

Good training — focus on precision of chamber/cover, consistent distancing, and visible rotational energy to make the kata both effective and historically informed.