

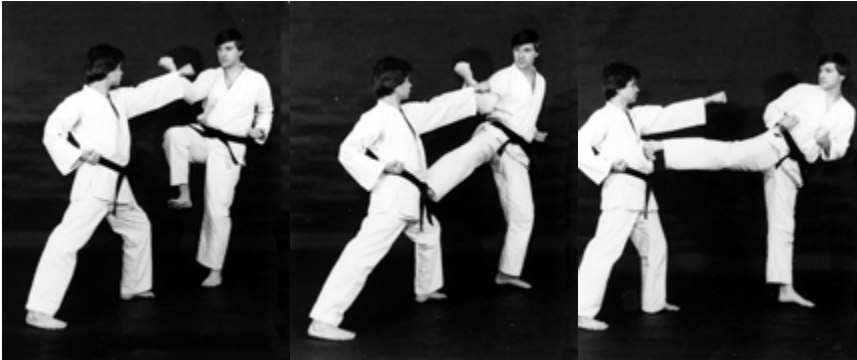


# Kata Kwan Mu Second Effort Bunkai

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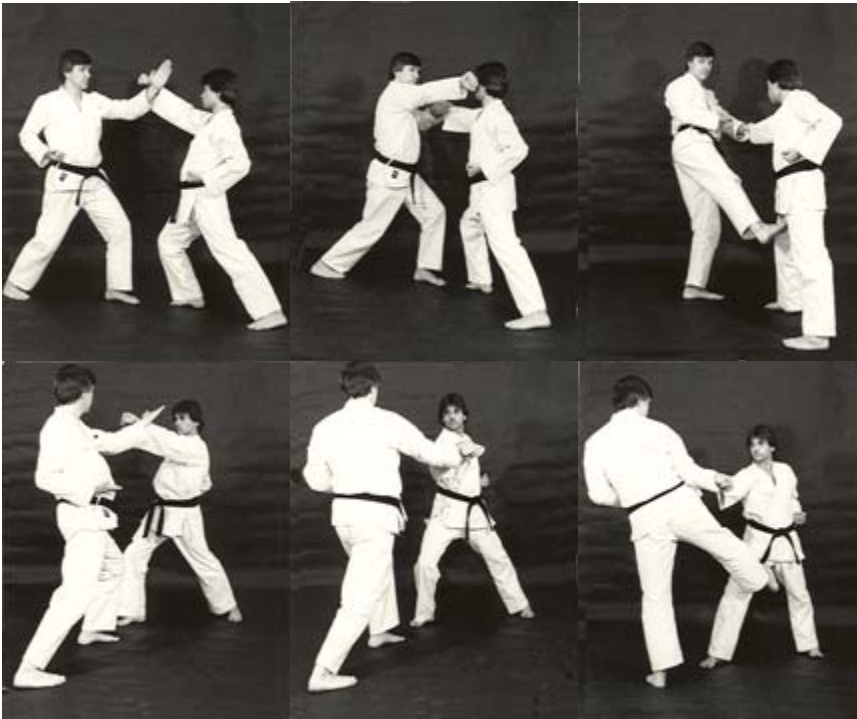
This shows some of the bunkai for the kata Kwan Mu Second Effort. There are other more advanced interpretations of some of the movements. The bunkai is performed by Patrick Hickey with David Ames assisting.

Movement 14-16.



Blocking and chambering a kick. The attack is a kick to the lower connections, but can be done higher.

Movement 17-18.



Blocking left hitting right followed by a kick to the lower connections.

Similar, but blocking left right followed by a kick to the lower connectons.

Movement 27-29.

Downward slicing block followed by a pivot and an down circle block followed by an immediate punch.

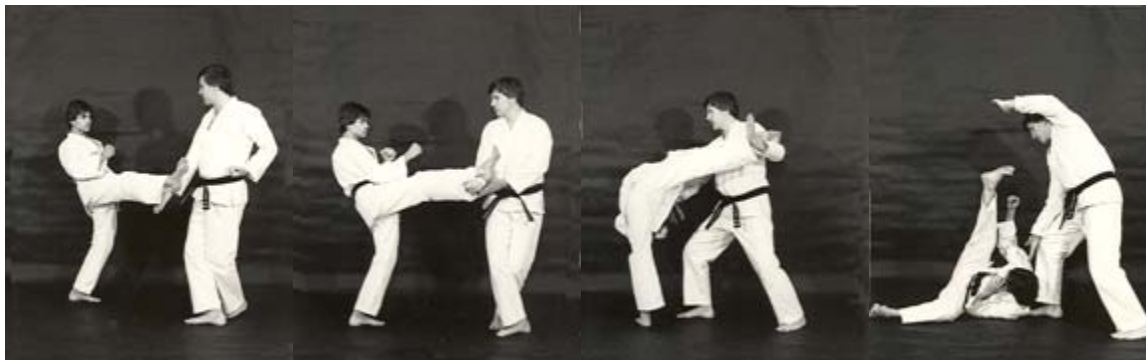


Movement 32-33.



Cross-stepping behind, trap the leg with a simultaneous attack to the neck taking the opponent to the floor.

Movement 36-37.



Catch the kick with the right hand, transfer it to the left hand. Immediately follow by taking control of the head (neck) and throw the opponent.