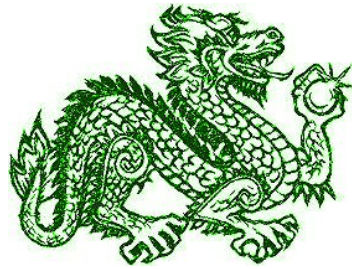


Kyu Rank Katas



Kata Summaries for:

Taikyoku Shodan
the Heian Katas
Tekki Shodan
Bassai Dai
Kanku Dai

Taikyoku Shodan & Heian Katas

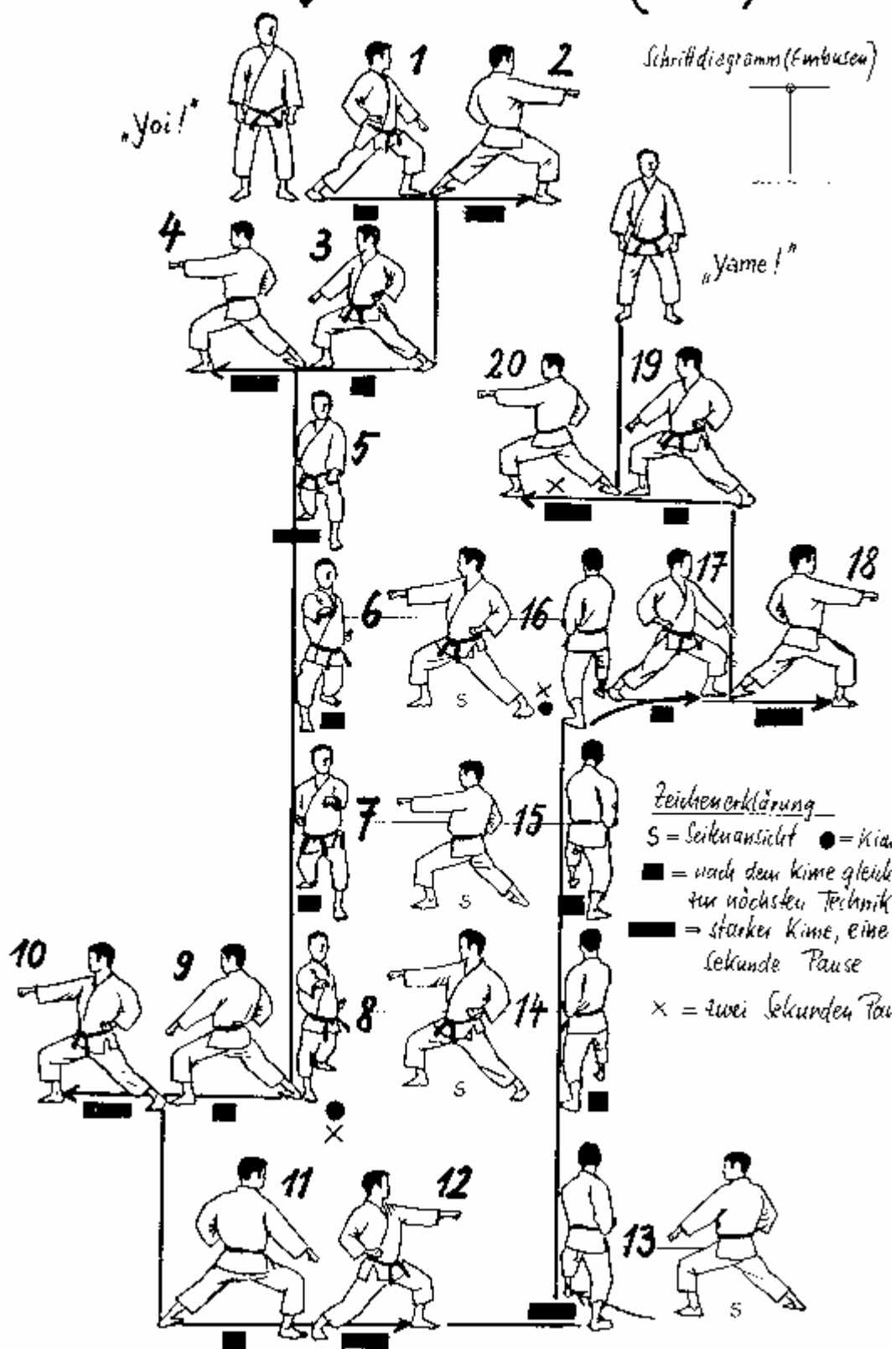
The old name for the Heian Kata was Pinan. These Kata were developed by Yatasune Itosu as intermediate Kata to the much longer main Kata of Shorin-Ryu. He did not make them up however, they were based on much older training forms called Channan, which had their origin in China.

Master Funakoshi considered Pinan Shodan too difficult for an introductory Kata so he changed Pinan Nidan to Heian Shodan and Pinan Shodan to Heian Nidan.

For beginners, a somewhat simplified version of Heian Shodan was introduced, which is called Taikyoku Shodan. This is most often used for 9th Kyu gradings as a "stepping-stone" to Heian Shodan.

With exception of the Tekki Shodan kata, all katas in this document are Shorin Ryu style, performed very light and quick with fast movements forward and back and lightning sharp direction changes.

Taikyoku Shodan (Nr. 1)



Heian

Shodan (Nr. 1)

Yoi!

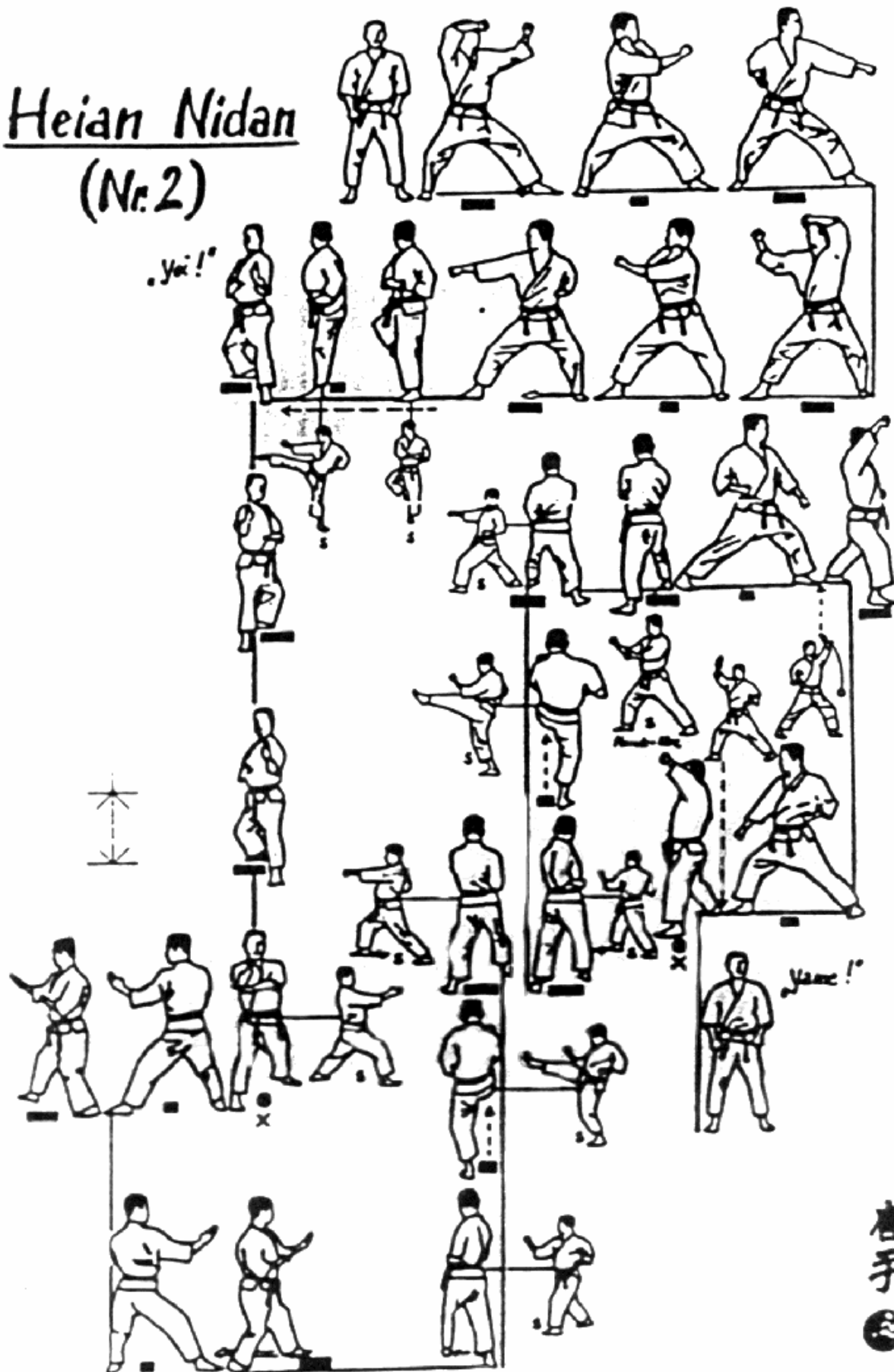
Yame!

唐手



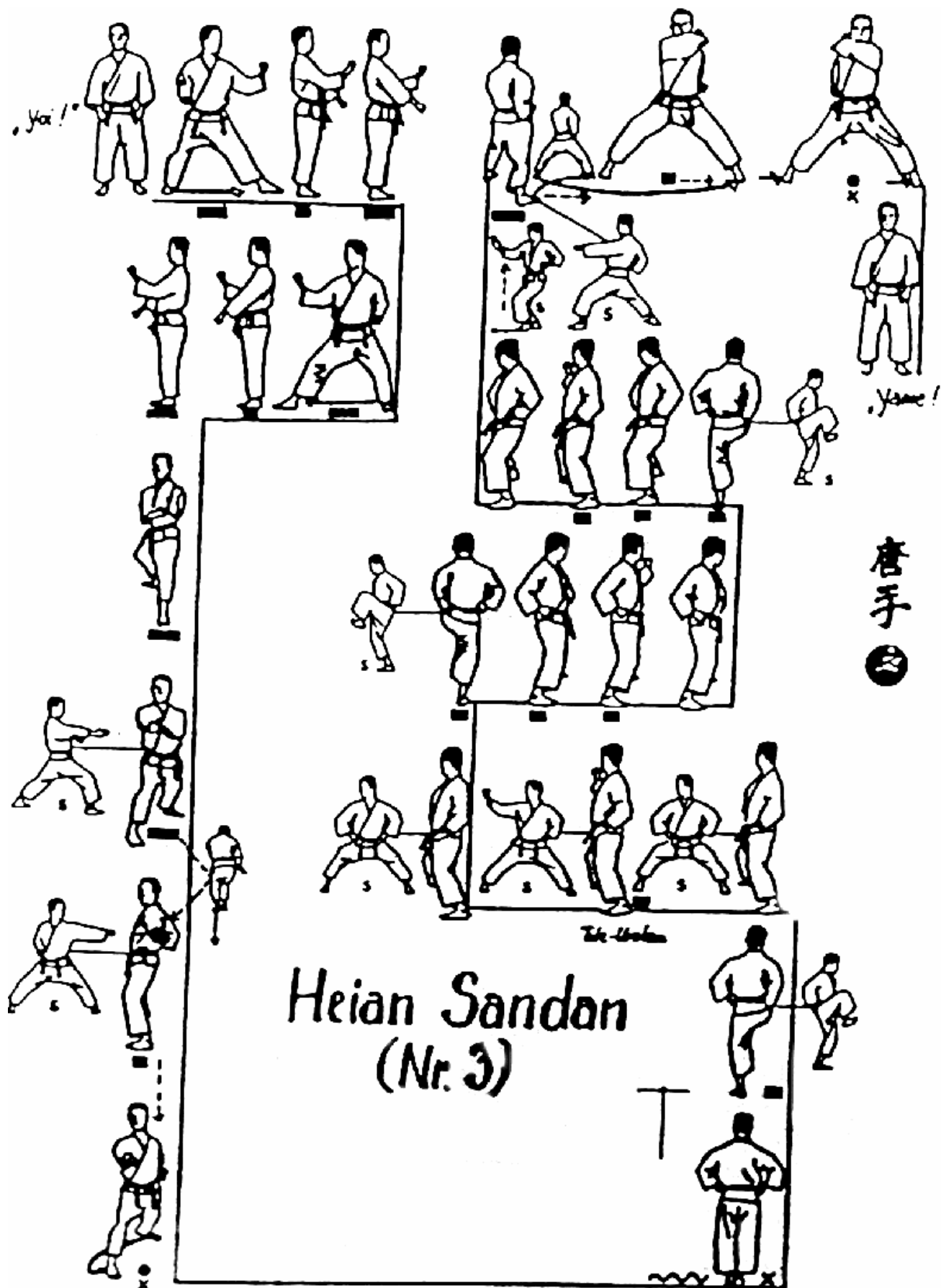
平安初段

Heian Nidan (Nr. 2)



唐手
之

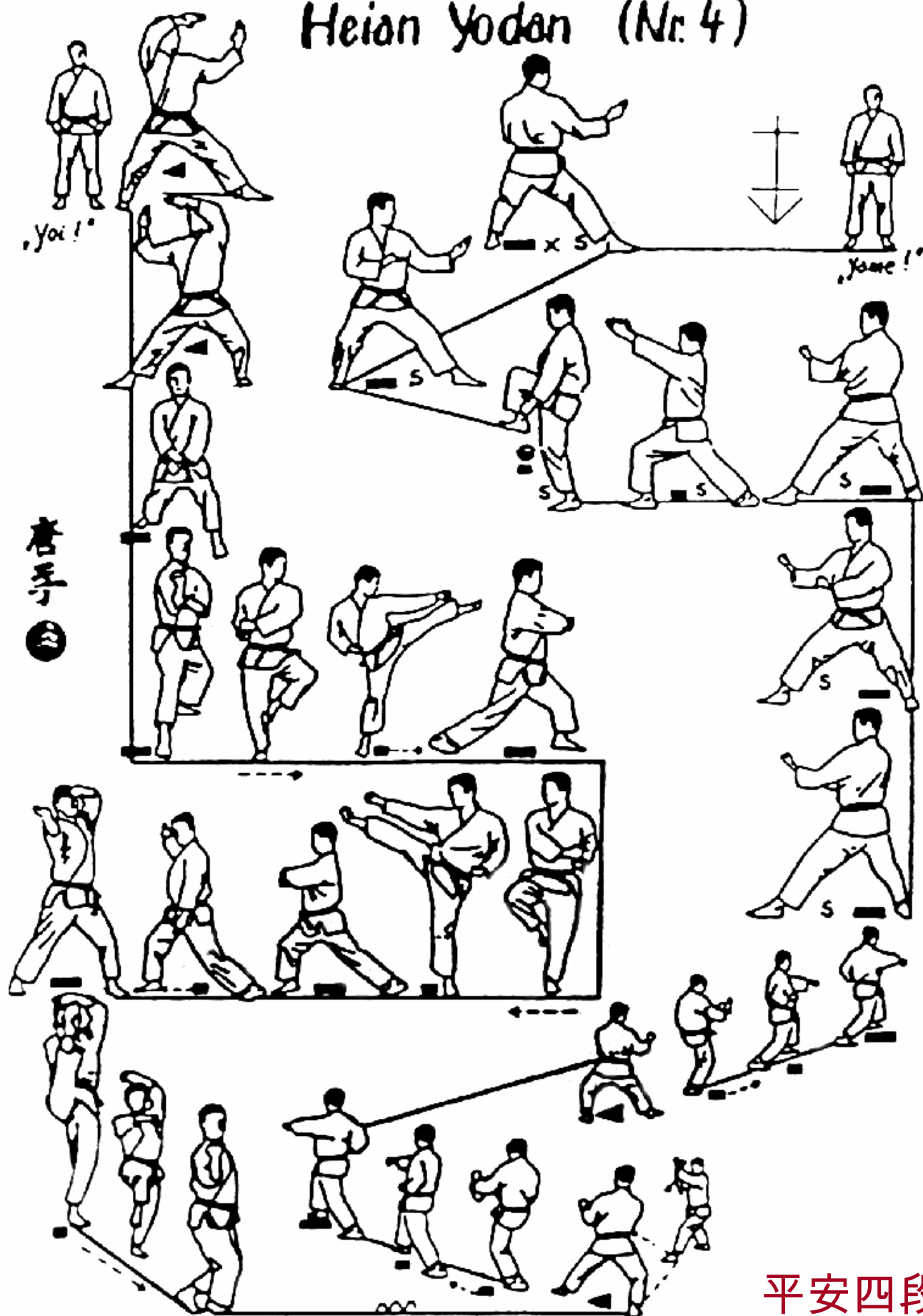
平安二段

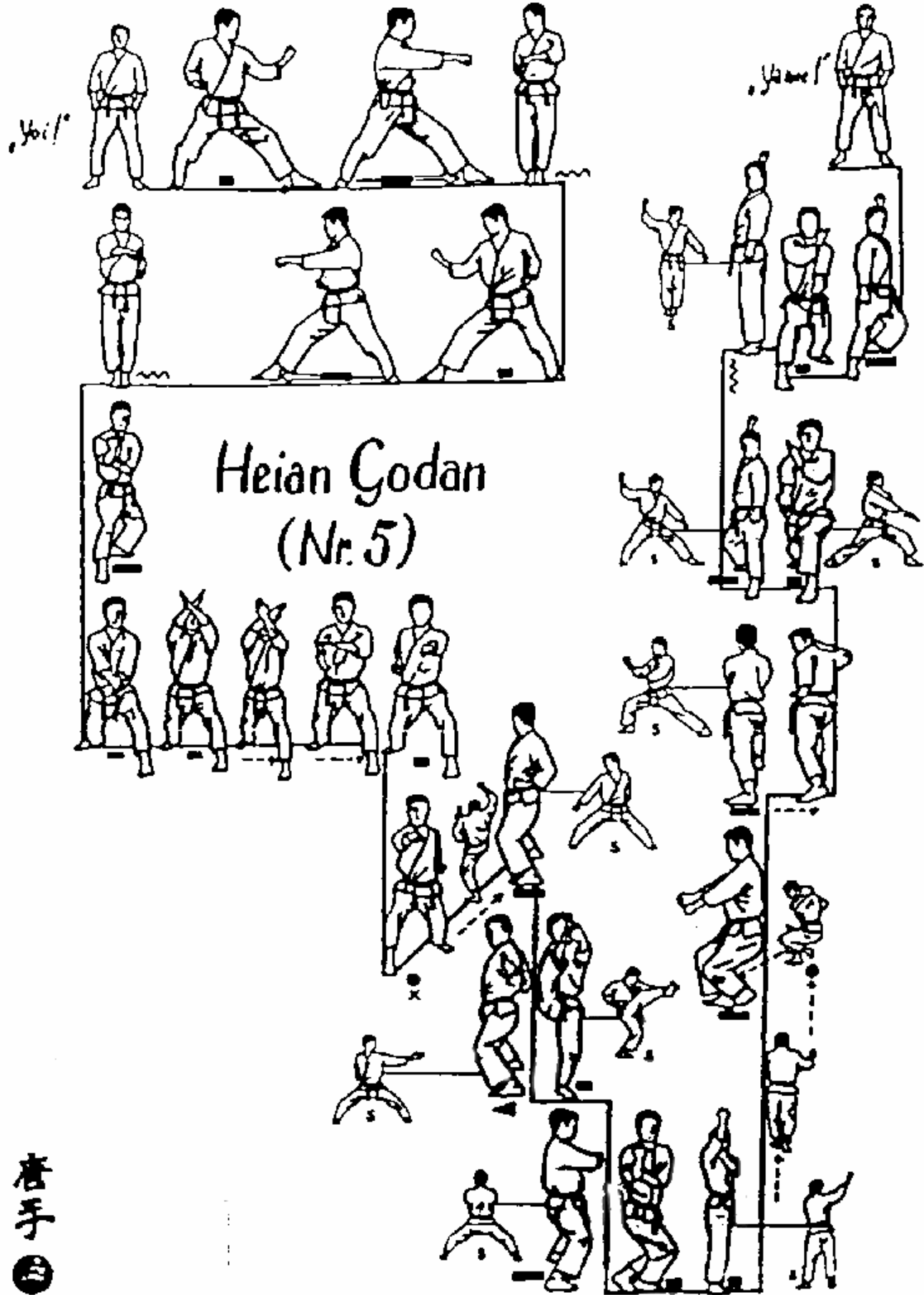


唐手

平安三段

Heian Yodan (Nr. 4)





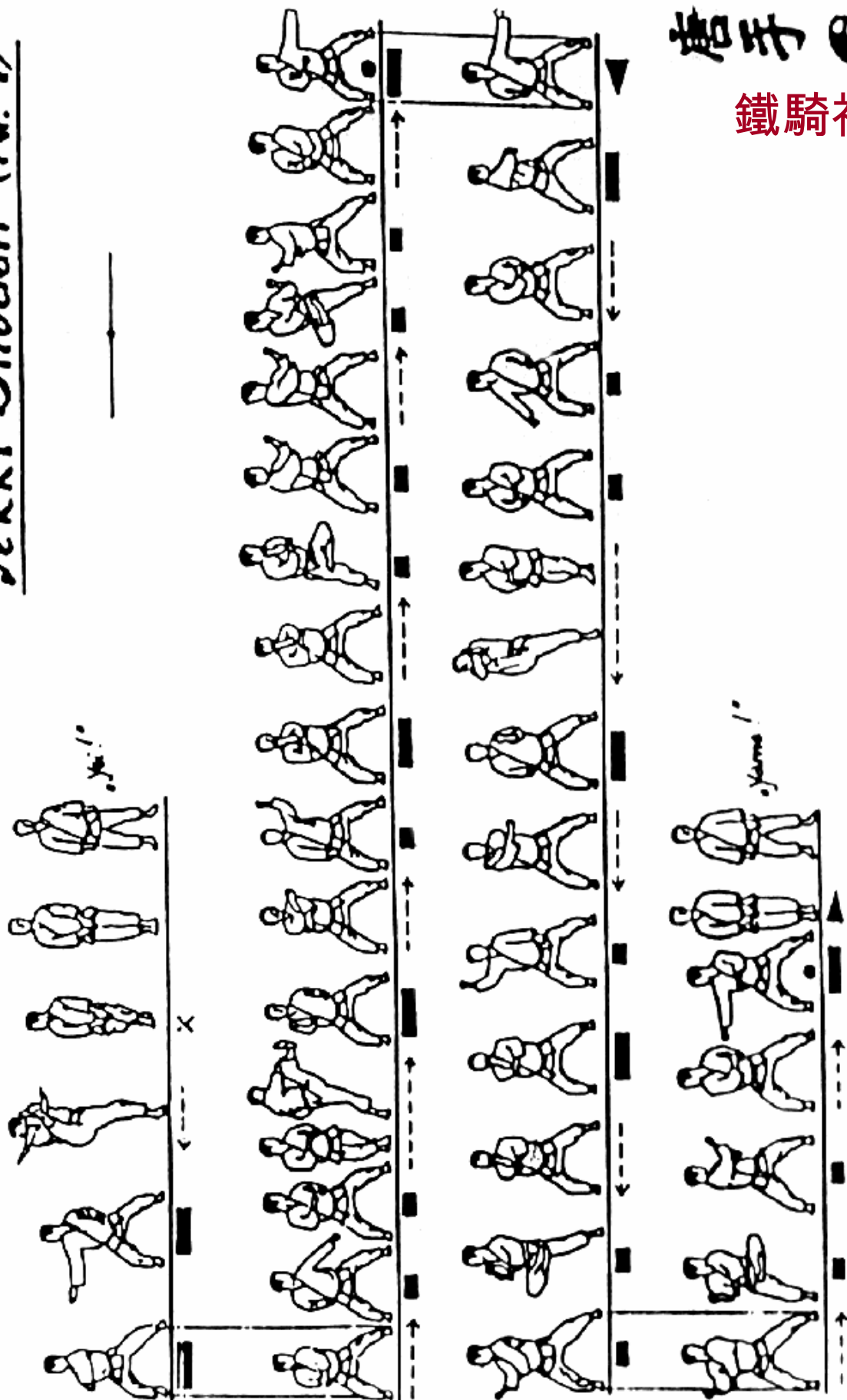
Heian Godan (Nr. 5)

Tekki

The Okinawan name for these was Naihanchi and they are directly taken from the long form called Hua-Chuan which is one of the main training forms of Tiger Style Northern Shaolin Wu-Shu. It was on Okinawa that the Kata was split into three separate sections that we now call Tekki Shodan, Nidan and Sandan.

The name means "Iron Horse". The Kiba-dachi stance used exclusively in these Kata is the main training stance of Northern Shaolin Tiger Style of Wu-Shu. The Tekki katas exemplify a Shorei Ryu style with lot of emphasis on the strength and muscular power.

Tekki Shodan (Nr. 1)



鐵騎初段

鐵騎初段

Bassai

Again these Kata are from Northern Shaolin sources but from which sub-style we are not sure. They do however, have strong Tiger Style characteristics.

The name used on Okinawa was "Passai" and it translates as "Capture the Fortress".

We are taught that Bassai-Dai symbolizes the capture of the fortress and Bassai-Sho symbolizes the fight to get out again.

Bassai Dai

© by A. H. H. H.

Mikobuki-geri rechts in Handfläche

Gedan-uke

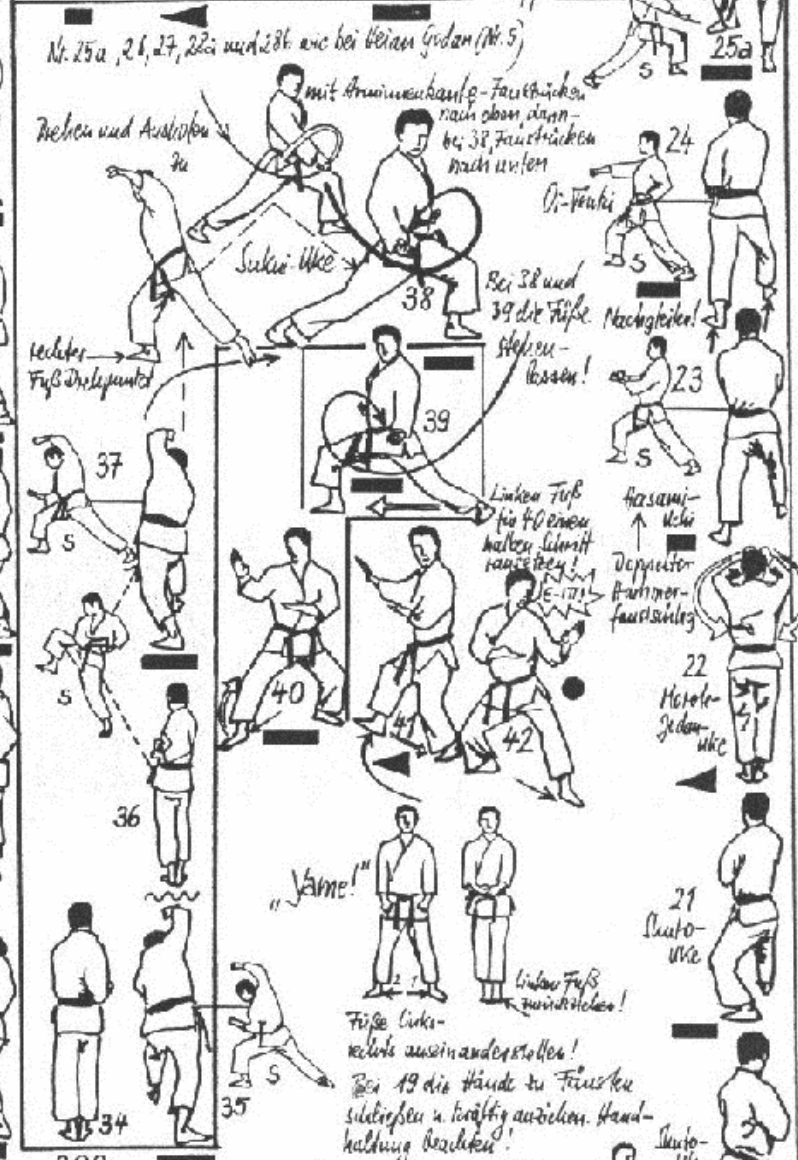
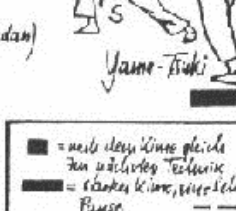
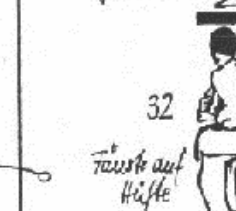
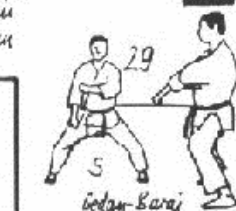
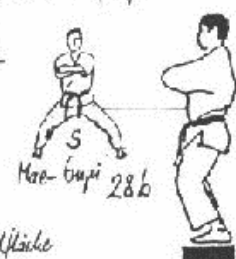
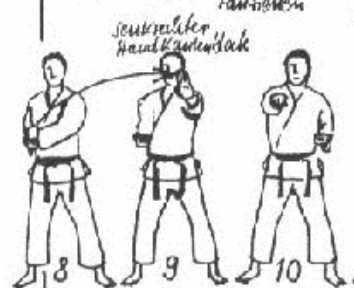
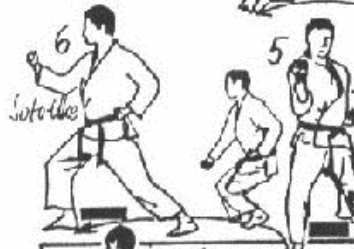
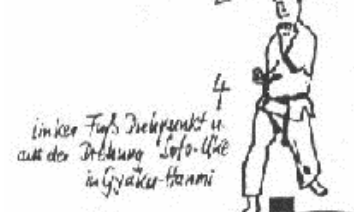
拔賽大

"Yoi!" links Hand zum rechten Faust legen



Größe links- und rechts zusammen!

拔賽大



■ = mehr oder weniger gleich
 ■ = starkes Knie, vordere Knie
 ■ = langsame Bewegung
 ■ = langsame Bewegung ohne Knie
 ■ = langsame Bewegung ohne Knie
 ■ = langsame Bewegung ohne Knie

Bei 8 bis 13 die Füße auf ihrem Platz lassen!
 Dauer etwa 50 Sek.!

Kanku

The Kanku Kata were taught to the Okinawans by Master Kwang Shang Fu - Military Attaché to Okinawa in 1724. The Okinawan way of saying his name is Kushanku and this was the Okinawan name for these Kata.

Master Funakoshi changed the name to Kanku which means "to view the sky".

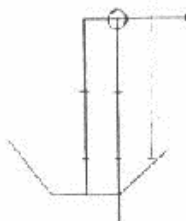


Kanku-Dai

© by Albrecht Hölger

Ursprung im Kudo-Kata. Kanku bedeutet Himmelshalle (siehe 1.). Aus ihr wurden auf Okinawa vom Meister TOSSE die 5 Heian (Pinn) Katas für den Unterricht an den Hittelschulen entwickelt.

觀空大



Embusen (Schrittdiagramm)



16/17, 21/22, 26/27/28 und 36/37/38 gleich wie in Heian 4

