



KARATE UNION OF AUSTRALIA

Kihon - Basics



SHOTOKAN

"The
ultimate
aim of

松涛館

Karate lies not in victory or defeat, but in the perfection of the character of its participants." - Gichin Funakoshi

[NATIONAL CHAMPIONSHIPS AUGUST 11-15 2004 - CLICK HERE FOR DETAILS](#)

Limited time only - Sensei David Fox (5th Dan) is running a special course, spanning 8 weeks at the Vaucluse Dojo in Sydney. The course is about Self Defence Mnemonics and is well worth looking at. Click here for details

MENU

Why are Basics so important?

In all forms of martial art, and for that matter - most arenas of sport that require skill, a participant's ability will only ever be measured by the quality of his or her basics. This is why we place such great importance on practice and the quest for perfection in **Kihon** (Basics).

This page is dedicated to assisting with information pertinent to Kihon.

For any new Karateka, this page should be your first "port of call" when studying the information within this web site.

This page won't teach you the basics - that's for your Sensei to do. It will merely give you an idea what your Sensei is asking you to do in the Dojo.





Firstly, we've included a thumbnail gallery of most of the basic Shotokan techniques.

The pictures we've used come from Master Hirokazu Kanazawa's book, as pictured here.

This is one of the most highly recommended books for Shotokan Beginners.



We graciously and most humbly thank Master Kanazawa for granting us his generous permission to use sections of his book on this page of the web site.

Just click any one of them for a larger picture.....

Stances:





Blocks:



Hand Strikes:



Elbow Strikes:



Kicks:



When training, we use the Japanese terminology for all basic instructions. The reason for this is that we want you to be able to continue your training where ever in the world you go, without being held back by a language barrier. It also means that when and if you have the distinct opportunity one day to train in Japan, you will not only be able to train well but possibly understand enough Japanese to get by outside the Dojo.



This is a list of verbal terms that are commonly used in a Karate Dojo, with their translations.

Japanese	English
Rei	Bow
Somen-Ni-Rei	Bow to the Front
Sen-Sani-Rei	Bow to Teacher
Sem-Pani-Rei	Bow to Senior
Oto-Gaini-Rei	Bow to Each Other
Yoi	Ready
Hajime	Begin
Yame	Stop
Mawate	Turn
Naote	Relax
Gidan Bori Kamai	Step into ready position
Sensei	Teacher
Sempai	Senior

Makiwara	Punching Board
Kime	Focus
Henmi	45 Degree Angle
Chi	Inner Strength
Oss	I acknowledge
Kihon	Basics
Kamai	Fighting Guard Up
Dojo	Place of Training
Ippon	One Full Point
Wazari	Half Point
Keri-Waza	Kicking Techniques
Kiai	Shout of Spirit
Koshi	Ball of Foot
Ma-A	Distancing
Nage-Waza	Throwing Techniques
Seiken	Fore Fist
Waza	Technique
Zanshin	Perfect Focused Finish
Zuki-Waza	Punching Techniques
Suki	Opening
Uchi-Waza	Striking Techniques
Gyaku	Reverse
Ushiro	Behind
Jodan	Head Height
Chudan	Mid Section Height
Geidan	Groin Height



Now some basic counting.....

Japanese	English
Ichii	One
Ni	Two
San	Three
Shi	Four
Go	Five
Roku	Six
Sichi	Seven
Hachi	Eight
Ku	Nine
Ju	Ten



Stances (Dachi)

Japanese	English
Hachiji-Dachi	Open Leg Natural Stance
Zenkutsu-Dachi	Forward Stance
Heisoku-Dachi	Informal Attention Stance
Sanchin-Dachi	Hourglass Stance
Sochin-Dachi	Diagonal Straddle Stance
Kokutsu-Dachi	Back Stance
Kiba-Dachi	Straddle Stance
Neko-Ashi-Dachi	Cat Stance



Strikes (Uchi).....

Japanese	English
Empi-Uchi	Elbow Strike

Uraken-Uchi	Back Fist Strike
Tettsui-Uchi	Hammer Fist Strike
Haito-Uchi	Ridge Hand Strike
Teisho-Uchi	Palm Heel Strike
Nukite	Finger Thrust
Shuto-Uchi	Knife Hand Strike

Punches (Zuki).....

Japanese	English
Choku-Zuki	Straight Punch
Gyaku-Zuki	Reverse Punch
Oi-Zuki	Lunge Punch
Ura-Zuki	Close Punch
Yama-Zuki	U Punch
Kesame-Zuki	Jab Punch



Blocks (Uke).....

Japanese	English
Age-Uke	Rising Block
Soto-Uke	Outside Forearm Block
Gidan-Barai	Downward Sweep Block
Juji-Uke	X Block
Nagashi-Uke	Sweeping Block
Uchi-Uke	Inside Forearm Block
Shuto-Uke	Knife Hand Block
Marote-Uke	Augmented Forearm Block

Kicks (Geri).....

Japanese	English
Ren-Geri	Front double Kick (front foot 1st)
Mae-Geri	Front Kick
Ushiro-Geri	Back Kick
Yoko-Geri-Keage	Side Snap Kick
Yoko-Geri-Kekomi	Side Thrust Kick
Mawashi-Geri	Roundhouse Kick
Fumakomi	Stamp Kick
Mikazuki-Geri	Crescent Kick
Ushiro-Mawashi-Geri	Backward Roundhouse Kick
Nidan-Geri	Front double Kick (back foot 1st)



Sparring (Kumite).....

Japanese	English
Go-Hon Kumite	5 Step Sparring
San-Bon Kumite	3 Step Sparring
Kihon-Ippon-Kumite	Basic 1 Step Sparring
Jiyu-Ippon-Kumite	Semi-Free 1 Step Sparring
Jiyu-Kumite	Free Sparring
Ippon-Shobu-Hajime	One Point Bout Begin
Sambon-Shobu-Hajime	Three Point Bout Begin
Jikan	Take Time
Aiuchi	Exchange of Blows
Jogai	Crossing external Boundary

Atoshi-Baraku	Bout has 30 Seconds Remaining
Fukushin-Shugo	Calling Judges Together
Motono-Ichi	Return to Starting Line
Tsu-Zu-Kete-Hajime	Continue with Bout
Tori-Masen	No Point Awarded



Misc Techniques.....

Japanese	English
Ashi-Barai	Ankle Sweep

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KARATE UNION OF AUSTRALIA

Shotokan Kata



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MENU

What is "Kata?"



The word "Kata" or Form is used to describe a choreographed sequence of techniques which appear to be used against imaginary opponents.

The purposes for Kata are many but most people find they assist in understanding the application of certain techniques in real-life situations.

Kata is an integral facet of every student's training and an invaluable tool in developing skill in the use of combination techniques as well as balance, fitness, focus and spirit.

Kata is an important part of both gradings and Tournament competition.

There are many Kata in Shotokan. There are but a handful of Karateka in the world who know, and can do, them all.

We have brought you here a comprehensive list of Shotokan Kata as well as other Kata which have their origins in other styles that Shotokan Karateka enjoy learning



Home



About Us



For Kids



and performing. Where possible, we've provided a brief explanation of each one. We hope you enjoy learning about them.

As many of the older or rarer Katas are shrouded in mystery, many of the details concerning them have been lost over time. If you happen to come across information on any of these Kata that can help us fill in those details, please submit your contribution for inclusion on this page.

On most of these kata, we have included a downloadable, printable sketch diagram. You'll see the appropriate link below the name of each one.

These are the Kata **(not in any particular order)**.....



For those who wish to experience the true visual representation of kata, most of these kata are downloadable as an "mpeg" so you can see the kata being performed. As these files are rather large, please be patient as they download. Once on your system, they are easily viewed again and again without any waiting.

Wherever you see this media player symbol, the kata may be downloaded. **TIP - If you wish to see the kata in full-screen mode using Windows Media Player - hit "ALT" + "ENTER". The media player will revert back to normal view automatically when the movie has ended.**

The mpegs you may see here have come from the video series: All Kata of Karate, Japan Karate Association, produced by The Bureau of Technique, Japan Karate Association, to which K.U.A. is most humbly grateful for the use of these images.





Merch



Site Map

Heian

The old name for the Haian 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.



For a visual chart of Taikyoku Shodan - [Click Here](#)

The Heian Kata we know and practise today are as follows...



Heian Shodan -

[Click Here for a visual chart](#)

[Click Here for an MPEG Video Download](#)



Heian Nidan -

[Click Here for a visual chart](#)

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Heian Sandan -

[Click Here for a visual chart](#)

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Heian Yondan -

[Click Here for a visual chart](#)

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Heian Godan -

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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, Neidan 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 Kata we know and practise today are as follows....



Tekki Shodan -

[Click Here for a visual chart](#)

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Tekki Nidan -

[Click Here for a visual chart](#)

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Tekki Sandan -

[Click Here for a visual chart](#)

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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.

The Bassai Kata we know and practise today are as follows....



Bassai Dai -

[Click Here for a visual chart](#)

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Bassai Sho -

[Click Here for a visual chart](#)

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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".

The Kanku Kata we know and practise today are as follows....



Kanku Dai -

[Click Here for a visual chart](#)

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Kanku Sho -

[Click Here for a visual chart](#)

[Click Here for an MPEG Video Download](#)

Jion

This is the classic "mainstream" Shaolin Kata, complete with the "Ming" salute at the beginning. Shaolin was also named Jion-Ji by the Japanese but the literal translation of the Kanji is "to love the sound" (of Shaolin).



Jion -

[Click Here for a visual chart](#)

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Ji-In

Another Shaolin Classic and all of the above relating to Jion apply here too. The name translates to "love of truth".



Ji-in -

[Click Here for an MPEG Video Download](#)

Chinte

This Kata is one of the older ones and it's salute at the beginning betrays its Wutang origin. The name translates to "to restore calm" or "to establish peace".

The final moves of this Kata are supposed to represent the ocean waves disappearing into the dry sand on the beach just as your enemies would vanish before you if you master these techniques.



Chinte -

[Click Here for a visual chart](#)

[Click Here for an MPEG Video Download](#)

Jutte (Jitte)

Another Shaolin classic. The name means "ten hands". If you master this Kata, your enemies will feel as though you had ten hands.



Jitte -

[Click Here for a visual chart](#)

[Click Here for an MPEG Video Download](#)

Empi

A classic white crane style Kata brought to Okinawa in 1644 by Military Attaché Master Wang-Shu. The Kata was named after him hence its Okinawan name of "Wanshu". This translates to "excellent or incredible arms" and perhaps this explains the lovely hand techniques this Kata contains.

It also tells us that Master Wang-Shu must have been very good with his hands.



Empi -

[Click Here for an MPEG Video Download](#)

Hangetsu

This is a Wutang Kata that came to us through Master Itosu's training in Na-Ha-te from Master Higaonna. It is named after the third Chinese Zen Patriarch but the name Hangetsu, given to it by Master Funakoshi, means "half moon" - a description of the stance.



Hangetsu -

[Click Here for a visual chart](#)

[Click Here for an MPEG Video Download](#)



Sochin

This is a Northern Shaolin Dragon Style originally taught on Okinawa by Master Aragaki. This Kata is supposed to demonstrate the power of "Ki" and the name means "to overcome using power" (of Ki).



Sochin -

[Click Here for a visual chart](#)

[Click Here for an MPEG Video Download](#)



Unsu

Another Dragon Style Kata from Aragaki. Where he trained is not known but the strong Chinese influences in this Kata suggest it was certainly in Mainland China.

The name used on Okinawa is "Unshou" and it means "cloud defence" - even if your enemies surround you like a cloud, you will surely defeat them if you master Unsu.



Unsu -

[Click Here for a visual chart](#)

[Click Here for an MPEG Video Download](#)

Nijushiho

Another of Aragaki's Kata but this one is thought to have its origins in one of the Dragon sub-styles.



The name translates to "the twenty four steps". The form they are taken from is called "Kaisan". The old name was "Neseishi".



Nijushiho -

[Click Here for a visual chart](#)

[Click Here for an MPEG Video Download](#)



Gojushiho

These Kata are a departure from the norm as they have their origin in a Southern Shaolin Style called "Phonexi Eye". The form they are taken from is called "Kaisan". The name on Okinawa was "Useishi" but this was changed to Gojushiho - "the fifty four steps".

The Gojushiho Kata we know and practise today are as follows....



Gojushiho Sho -

[Click Here for an MPEG Video Download](#)



Gojushiho Dai -

[Click Here for an MPEG Video Download](#)

Meikyo





This is a very mysterious Kata. It seems that the Japanese knew it long before Master Funakoshi introduced Okinawan Karate into Japan. There is even a Japanese legend concerning Ameratsu, the Sun Goddess.

It appears Ameratsu lost her mirror and could not admire herself and so went into a sulk. The world therefore, was in darkness. At last the other Gods decided something must be done so they sent a great warrior to perform a "war dance" outside her cave.

Hearing the noise, Ameratsu became curious and came out of the cave. The "war dance" was reputed to be Meikyo.

Meikyo translates to "mirror of the soul". The old name for Meikyo was Rohai and this is now coming back into use.



Meikyo -

[Click Here for a visual chart](#)

[Click Here for an MPEG Video Download](#)

Wankan

Shaolin based Kata of unknown origin. The old name was Wanduan and the name translates to "sword arm". Using these techniques, your enemies will think your arm is a sword.



Wankan -

[Click Here for an MPEG Video Download](#)

Gankaku

Yet another White Crane form, this time taught by Master Ching-To, attaché to Okinawa from the Ming court in 1732, and so the Okinawans named it in his honor "Chinto".

Master Funakoshi later renamed it Gankaku (the crane on a rock).



Gankaku -

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The following Kata are common to other styles of Karate although many of them share their history or origins with some Shotokan Kata.

Many Shotokan Karateka enjoy and study these Kata also.....

Kihon



This is a new name for Taikyoku Shodan, the first of the six Taikyoku Kata that used to be taught in Okinawa. They were once taught before the Heians but seem to have fallen into disuse, except for this one.

Hyakuhachiho

This Kata is known on Okinawa as Superinpi and the name means "one hundred and eight steps".

Morio Higaonna said that the name really means 108 Masters as that is the number that it took to create it. It is also called "Petchurin".

Seienchin

This name means "to calm and suppress from afar". A "Kingai" Kata from the Naha-Te school.



Tensho

This is another Naha-Te Kata. The name means "heavenly hands".



Sanchin

One of the oldest of Kata. From Wutand Hsing-i Style. The name means "three conflicts".



Kururunfa

Again - Naha-Te Kata. The name means "to come to stop or destroy".

Seipai

Saifa

Hakucho

"The white swan".



Papurem



Seiryu

"The green willow".



Shinpa



Sanseriru

"the thirty six steps".



Nipapo

"the twenty steps".



Annanku



Shinsei

"to be born again".



Gekkisai

The Shotokan Bo Kata

Tenryu No Kon

"heavenly Dragon stick".

Sueyoshi No Kon

Named after Master Sueyoshi, who taught it to Master Funakoshi.

Sakugawa No Kon

Kata of Master Sakugawa.



Shirotaru No Kon

"the white barrel".



KARATE UNION OF AUSTRALIA

Gradings



SHOTOKAN

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MENU



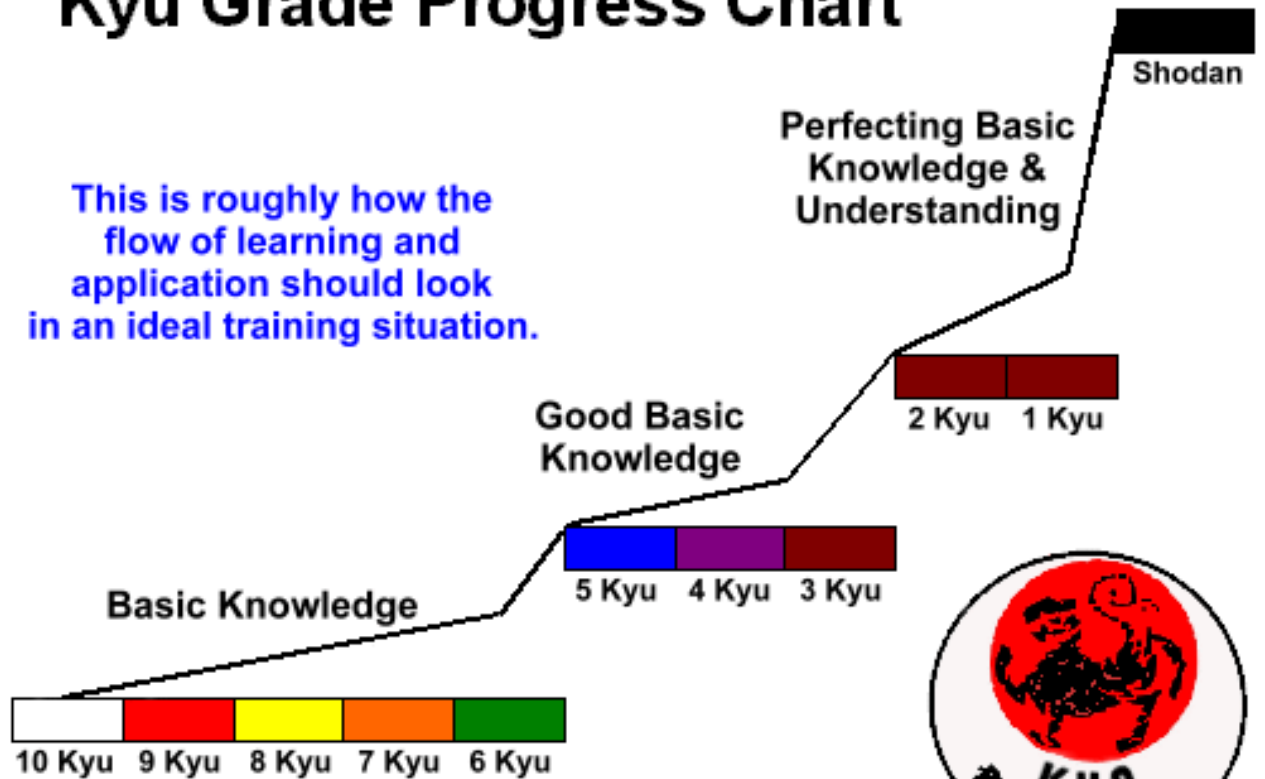
This page contains a guideline of the kinds of requirements that must be met for each grade. There will be some variations in this criteria between States at the discretion of either Chief Instructors or individual Sensei's and examiners.

The basis of these criteria, with subtle differences, are largely common to all Shotokan organizations around the world. That means that a properly certified grade awarded by any qualified K.U.A. examiner will be recognised by all Shotokan organizations in all countries.



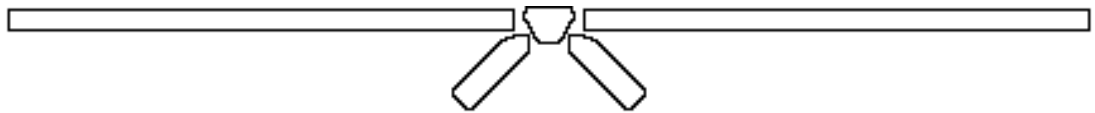
Kyu Grade Progress Chart

This is roughly how the flow of learning and application should look in an ideal training situation.



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10th Kyu



Belt Colour:

White. Some Dojos may incorporate a black, red or yellow stripe.

Requirements:

The requirements are very basic. Check with your Dojo Instructor or Coach.

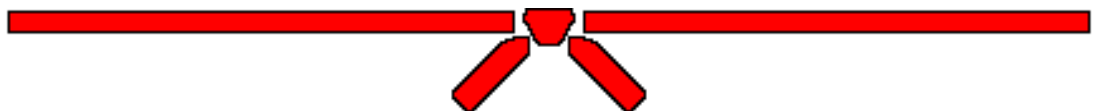
Kata:

Not required at this level.

Emphasis:

Balance and Spirit

9th Kyu



Belt Colour:

Red. Again, some Dojos may use a white belt with a black, red or yellow stripe.



Requirements:

[Click Here](#) for a PDF file containing the Kihon and Kumite techniques required for this grade.

Kata:

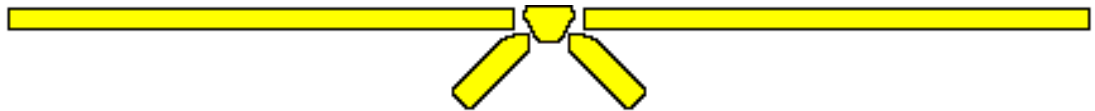
Not required at this level although an introductory kata is recommended.

Taikyoku Sho-dan - [Click Here to View Diagram](#)

Emphasis:

Balance and Spirit

8th Kyu



Belt Colour:

Yellow.

Requirements:

[Click Here](#) for a PDF file containing the Kihon and Kumite techniques required for this grade.

Kata:

Heian Sho-dan - [Click Here to View Diagram](#)

Emphasis:

Good form.



7th Kyu



Belt Colour:

Orange.

Requirements:

[Click Here](#) for a PDF file containing the Kihon and Kumite techniques required for this grade.

Kata:

Heian Ni-dan - [Click Here to View Diagram](#)

Emphasis:

Form and focus.



6th Kyu



Belt Colour:

Green.

Requirements:

[Click Here](#) for a PDF file containing the Kihon and Kumite techniques required for this grade.

Kata:

Heian San-dan - [Click Here to View Diagram](#)

Emphasis:

Examinee should be able to execute any Kihon techniques in any direction. The accent should be on form, focus and hip action. Stances must be correct and appropriate for the technique being used.

5th Kyu



Belt Colour:

Blue. Some Dojos prefer to use Purple for both 5th and 4th Kyu grades.

Requirements:

[Click Here](#) for a PDF file containing the Kihon and Kumite techniques required for this grade.

Kata:

Heian Yon-dan - [Click Here to View Diagram](#)

Emphasis:

The accent should be on form and speed.

Examinee should be able to execute any Kihon techniques in any direction. Stances must be correct and appropriate for the technique being used.

4th Kyu



Belt Colour:

Purple.

Requirements:



[Click Here](#) for a PDF file containing the Kihon and Kumite techniques required for this grade.

Kata:

Heian Go-dan - [Click Here to View Diagram](#)



Emphasis:

The accent should be on form, focus, speed and flow.

3rd Kyu



Belt Colour:

Brown. Some Dojos identify the 3 different Brown grades by the addition of a stripe at the tips.

Requirements:

[Click Here](#) for a PDF file containing the Kihon and Kumite techniques required for this grade.

Kata:

Tekki Sho-dan - [Click Here to View Diagram](#)



Emphasis:

The accent should be on a dynamic combination of form, focus, speed and flow.

2nd Kyu



Belt Colour:

Brown. Some Dojos identify the 3 different Brown grades by the addition of a stripe at the tips.

Requirements:

[Click Here](#) for a PDF file containing the Kihon and Kumite techniques required for this grade.

Kata:

Tokui Kata (Favourite) Other than Heian or Tekki



Emphasis:

The accent should be on a dynamic combination of form, focus, speed and flow.

1st Kyu



Shodan-Ho



Belt Colour:

1st Kyu - Brown. Some Dojos identify the 3 different Brown grades by the addition of a stripe at the tips.

Shodan-Ho - Black with white stripe. The Shodan-Ho is a "probationary" Black-Belt but essentially, the Shodan-Ho and the 1st Kyu are the same grade and requirements. The representation is up to the Dojo Sensei.

Requirements:

[Click Here](#) for a PDF file containing the Kihon and Kumite techniques required for this grade.

Kata:

Tokui Kata (Favourite) Other than Heian or Tekki, and not one used for any previous grading attempt.

1st Dan



Belt Colour: Black.

All Dan gradings are traditionally conducted in closed sessions where only those grading and those examining are permitted.

The content of those gradings will, for now, remain secretive.



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Kiba-Dachi



Neko-Ashi-Dachi



Sanshin-Dachi



Sochin-Dachi



Hangetsu-Dachi



Gedan-Barai



Agi-Uke



Soto-Ude-Uke









Juji-Uke



Juji-Uke



Kakiwake-Uke



Choku-Zuki





Gyaku-Zuki



Agi-Zuki



Haishu-Uchi



Haito-Uchi





Mawashi-Zuki



**Morote
Hisame-Zuki**

Morote-Zuki



Shuto-Uchi





Tate-Shuto

Tate-Zuki







Ura-Zuki



Yama-Zuki





**Chudan
Empi-Uchi**



**Jodan
Empi-Uchi**

Ushiro Chudan Empi-Uchi



**Ushiro
Jodan
Empi-Uchi**





Mae-Geri



Yoko-Geri Keage



Yoko-Geri Kekome



Mawashi-Geri





**Ura
Mikazuki-Geri**



**Ushiro
Mawashi-Geri**