

Seiunchin Kata

Kata Description

Rei (bow)

Set (salutation)

Heiko dachi (parallel stance, ready position)

1. Look to left, slide right foot straight ahead into Seiunchin dachi, hands posted at ready. Bring open hands up and out (breaking grab), execute double low blocks to sides (kick coming from 45°). Right hand middle haito block, grab and pull into left hand nukite.
2. Look over right shoulder, slide left foot toward front. Bring open hands up and out (breaking grab), execute double low blocks to sides. Left hand middle haito block, grab and pull into right hand nukite.
3. Look behind over left shoulder, slide right foot toward front. Bring open hands up and out (breaking grab), execute double low blocks to sides. Right hand middle haito block, grab and pull into left hand nukite.
4. Catch kick (punch) with left hand with right hand back fist leg while sliding left foot back into cat stance. Put left hand shuto on top of right wrist in reinforcing position (also kamae).
5. Slide forward with right foot into Seisan dachi, right hand reinforced punch to solar plexus. Grab behind opponent's head with left hand, right elbow strike up to face.
6. Step 45° to right front into Seisan dachi, right foot forward, execute a reinforced middle block to the right, step forward left along same line into Seiunchin dachi and strike low with left backfist, slide left foot back along same line into Seiunchin dachi, block low on right.
7. Step 45° to left front into Seisan dachi, left foot forward, execute a reinforced middle block to the left, right foot step forward along same line into Seiunchin dachi and strike low with left backfist, slide right foot back along same line into Seiunchin dachi, block low on left.
8. Step back with left foot into Seiunchin dachi on centerline, right arm across torso, palm up, left arm across forehead area, palm out. Block incoming kick from front with right open hand block, clear with left open hand (open hand Archer Block).
9. Step back with right foot into Seiunchin dachi on centerline, left arm across torso, palm up, right arm across forehead area, palm out. Block incoming kick from front with left open hand block, clear with right open hand (open hand Archer Block).

10. Step to front with right foot into Seisan dachi, block punch with left hand, bring right arm across to break, shuffle step forward, block incoming punch down with left hand and backfist to face with right hand.
11. Pivot to left 225° in a counter-clockwise direction into Seisan dachi with left foot forward, middle block left, low block right.
12. Slide forward with left foot, into Seiunchin dachi, left hand upper cut, right hand shote block of incoming strike to solar plexus. Immediately follow with a back fist and a low strike. Bring the right hand to hip in ready position during the low strike.
13. Slide left foot back along same line into Seiunchin dachi, right low block.
14. Pivot to left 180° into Seisan dachi with left foot forward, middle block left, low block right.
15. Slide forward with right foot, into Seiunchin dachi, right hand upper cut, left hand shote block of incoming strike to solar plexus. Immediately follow with a back fist and a low strike. Bring the left hand to hip in ready position during the low strike.
16. Slide right foot back along same line into Seiunchin dachi, left low block.
17. Move left foot back into cat stance on centerline, left elbow strike.
18. Move right foot back into cat stance on centerline, right elbow strike. Right hand blocks incoming kick with a twist punch while shifting weight by putting forward (left) foot flat on floor.
19. Step forward right into Seisan dachi (on centerline); block opponent's punch with left hand ("push down block") and execute right back fist, KIAI.
20. Move left foot back into cat stance on centerline, bring elbows down (breaking a middle grab) and shift weight by dropping right heel to the floor.

Return to masuba dachi

Rei

Set