

Kata Naihanchi Sho

Iron Horse Missing Enemy Form

Explanation and History:

The origin of the three Naihanchi kata is unknown. We do know for a fact that Okinawan Shuri-ryu Master Sokon Matsumura practiced them as one single kata around 1825. Naihanchi was, however, handed down to Matsumura from earlier times. We can assume that Naihanchi is over 170 years old, possibly dating back to the era of Tode Sakugawa, Suekata Chogun and Ito Gusukuma. Naihanchi was also the favorite form of Yusutsune Itose (1830-1915).

Around 1895, Master Choki Motobu popularized Naihanchi by daily performing the three forms as "one kata" at least 500 times. The three Naihanchi performed as one became known as Motobu's kata, and he is said to have stated, "There is only one kata necessary to develop and excel in Karate, and that is Naihanchi as one." Motobu's favorite hand form when performing Naihanchi was the forefinger punch (Keiko ken zuki).

Because of Naihanchi's length and degree of difficulty, the kata is now divided into three sections for teaching purposes. A point of interest is that although Naihanchi was developed by Shuri-ryu stylists, today it has become an international kata performed in almost every major style of Karate, Taekwondo, and Kempo. The form was developed as a defense against four to eight

opponents, with the performer pinned against a wall defending to the right, left, or from the front, but never from the rear. The original name for this kata is Naihanchi, which means "Iron Horse" but is commonly referred to as Iron Horse - Missing Enemy Form. Other names for this kata are Teki and Chulgi.

Hidden Symbolic Movements:

Each movement of a kata or form has a practical application, usually a block and a counter attack. With every kata, there are hidden or symbolic interpretations. In this kata, the beginning symbolic movements mean, "I gather within me all the forces of earth. I look up and ask the heavens for perfection of self. I instill its force and energy (fire and earth elements) into my body."

* The explanation and history are taken directly from the Pinnacle of Karate by Robert Trias. Where conflicting dates or names are found, more research needs to be done.

Characteristics of Naihanchi:

1. Embusen is a straight line.
2. Strong stance, knees do not shake.
3. Hand and hand, hand and foot body timing.
4. Strength to center, strong stomach tension.
5. Kihon waza - correct body posture and extremities.



1 ————— 2
Embusen

Kata Naihanchi Sho

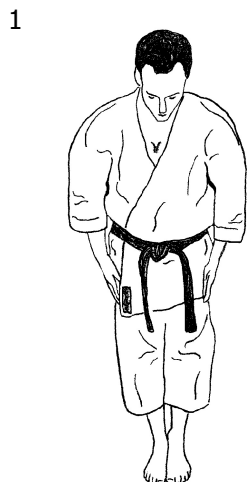
Iron Horse Missing Enemy Form



1 ————— 2

Saisho yoi — literally meaning "first beginning ready"

The purpose is to set the hips and match the breath to body action



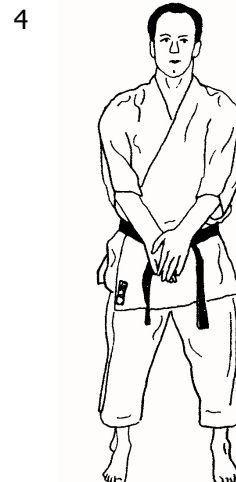
Attention stance with feet together and hands to side with fingers pointing down and bow



Bring open hands to front with left on top of right

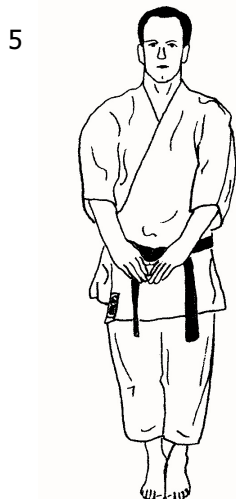


Turn toes out to 45° angle rotating hands upward to palms facing in position with right on top of left



Turn heels out to shoulder stance rotating palms to original position

First attacker toward front



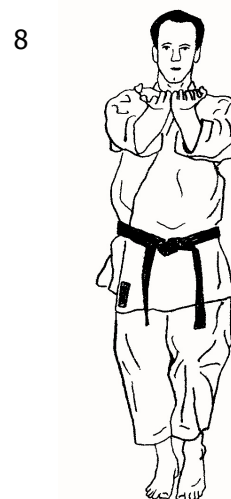
Move left foot to right sliding hands apart to hand salutation forming a mind, body, spirit triangle



Raise hands 45° over and slightly in front of head breaking attacker's two hand front choke



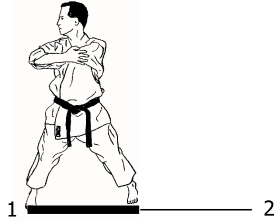
Part hands continuing a circular motion until edge of hands meet in front of chest signifying a double knifehand strike to neck disposing of attacker



Pull hands directly back to chest keeping palms facing upward while raising left heel bending both knees to a groin cover position implying a knee strike

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← **Second attacker toward direction 1**

"KIAI!"



Left elbow strike to right palm (shoulder level to right side of body) and "Kiai"



Turn right palm upward and bring back slowly toward right shoulder



Step right to horse stance and right back of hand block (haishu barai)



Step down left to crossover stance



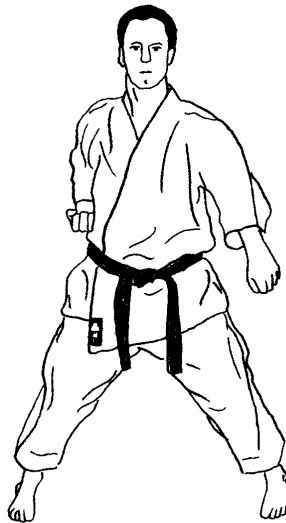
Snap head to right and raise left foot across right knee folding arms to left and right cross body checks (right on top)



Third attacker toward front



Pull both fists to right te-uke position



Left downward block



Right hook punch (kage zuke) to temple (shoulder level)

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1 ————— 2

Fourth attacker toward direction 2 ➡



Snap head to left and raise right foot across left knee (hands remain in same position)

Step down right to crossover stance

Step left to horse stance and right middle block

Right cross check

Left middle block

Right low punch

Fifth attacker toward right 45 degrees



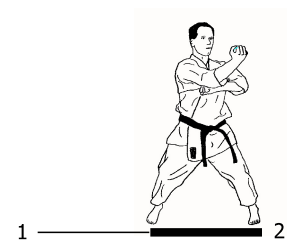
Right outside thumb strike (oya yubi uchi) to temple to horse stance



Right inside foot sweep and prepare for a right augmented forearm strike

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Sixth attacker toward left 45 degrees



Left inside foot sweep and prepare for a right augmented hammer fist



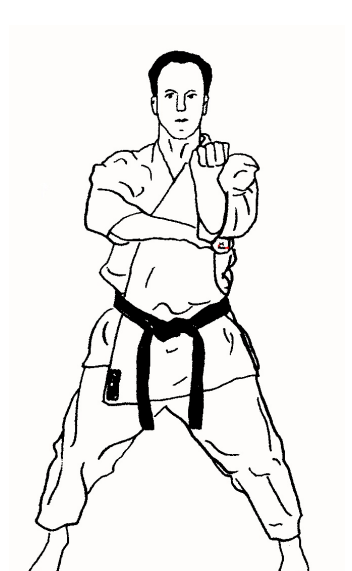
Right augmented hammer fist to horse stance



Seventh attacker toward front



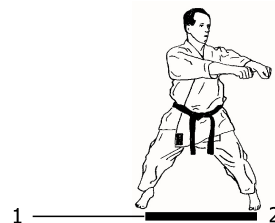
Right palm heel (swim) block



Left uppercut (ura ken) to center closing right to fist under left elbow

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Eighth attacker toward left 45 degrees



Look left 45 degrees and pull both fists to left te-uke position

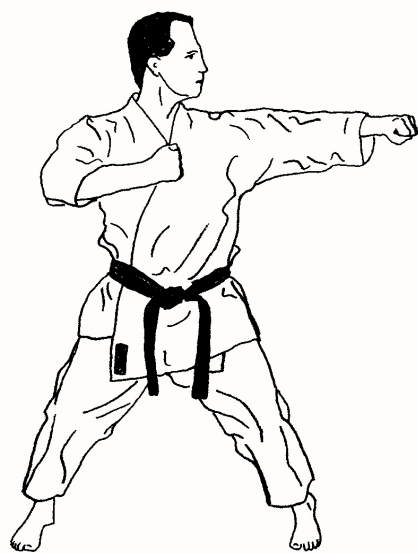


Shift both fists to right te-uke position

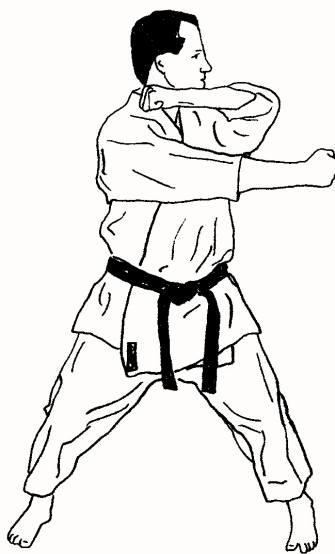


Double punch across the body 45 degrees left shoulder level

Ninth attacker toward direction 2



Snap head to left and lead left ready to execute a right vertical punch



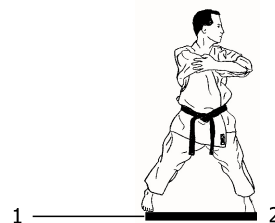
Clear left, right vertical punch to chest ready to execute a left hammerfist



Right to chamber position, left hammerfist to head shoulder level

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Tenth attacker toward direction 2 ➡

Fold arms to right and left cross body checks (left on top)

Left back of hand block (haishu barai)

Turn left palm upward and bring back slowly toward left shoulder

Right elbow strike to left palm (shoulder level to left side of body)

Eleventh attacker toward front

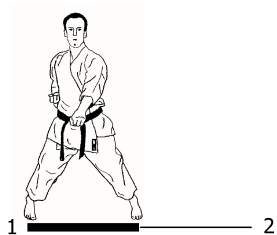
Left hook punch (kage zuke) to temple (shoulder level)

Right downward block

Pull both fists to left te-uke position

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← Twelfth attacker back toward direction 1



Left low punch



Right middle block



Left cross check



Step right to horse stance and left middle block

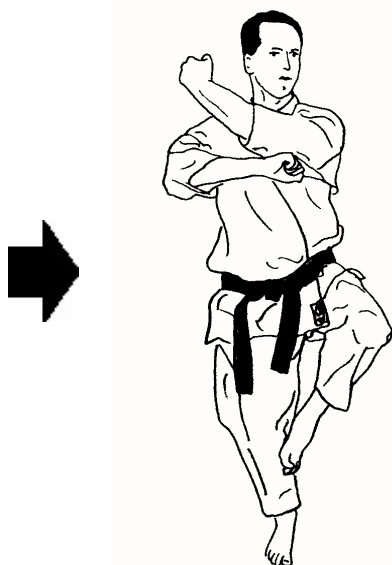


Step down left to crossover stance

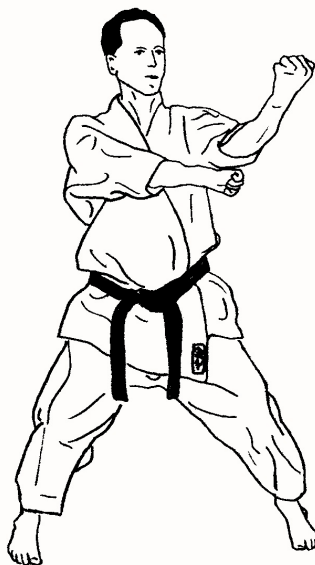


Snap head to right and raise left foot across right knee (hands remain in same position)

Thirteenth attacker toward left 45 degrees



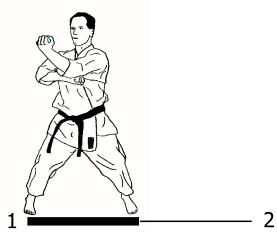
Left inside foot sweep and prepare for a left augmented forearm strike



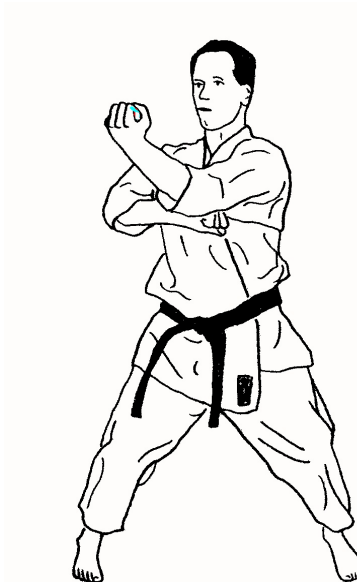
Left outside thumb strike (oya yubi uchi) to temple to horse stance

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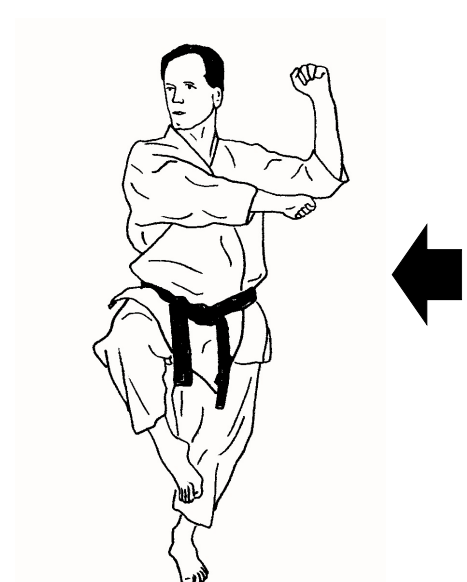
Iron Horse Missing Enemy Form



Fourteenth attacker toward right 45 degrees



Left augmented hammer fist to horse stance



Right inside foot sweep and prepare for a left augmented hammer fist

Fifteenth attacker toward front



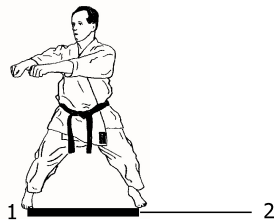
Right uppercut (ura ken) to center closing left to fist under right elbow



Left palm heel (swim) block

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Sixteenth attacker toward right 45 degrees



Double punch across the body 45 degrees right shoulder level



Shift both fists to left te-uke position

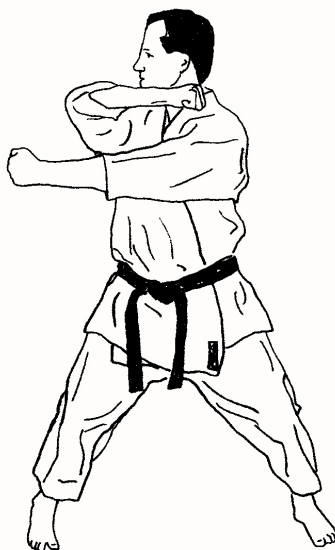


Look right 45 degrees and pull both fists to right te-uke position

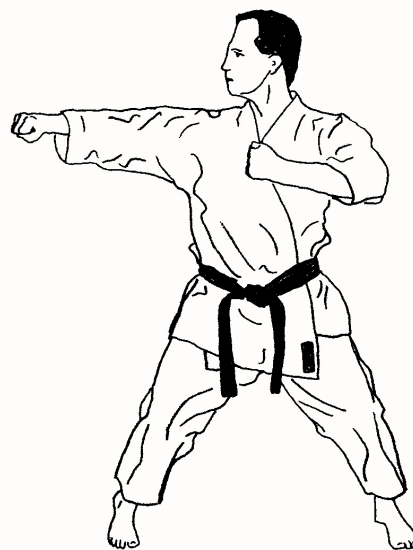
Seventeenth attacker toward direction 1



Left to chamber position, right hammerfist to head shoulder level



Clear right, left vertical punch to chest ready to execute a right hammerfist



Snap head to right and lead right ready to execute a left vertical punch

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← Eighteenth attacker toward direction 1



Bring hand back slowly toward right shoulder



Turn right palm upward



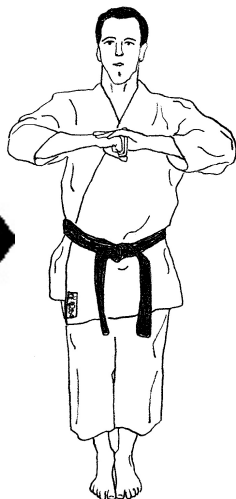
Right back of hand block (haishu barai)



Fold arms to left and right cross body checks (right on top)



Ending Salutation



Right foot to left placing right fist to left open-hand.
Karate is my secret.



Salutation

I bear on weapons.

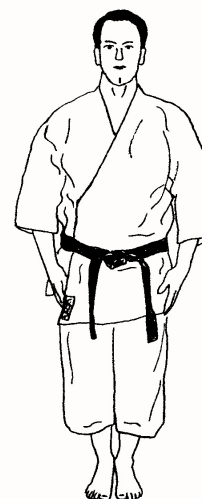


Praying Hands

I ask forgiveness and accept responsibility for my actions.



Bow



End of form

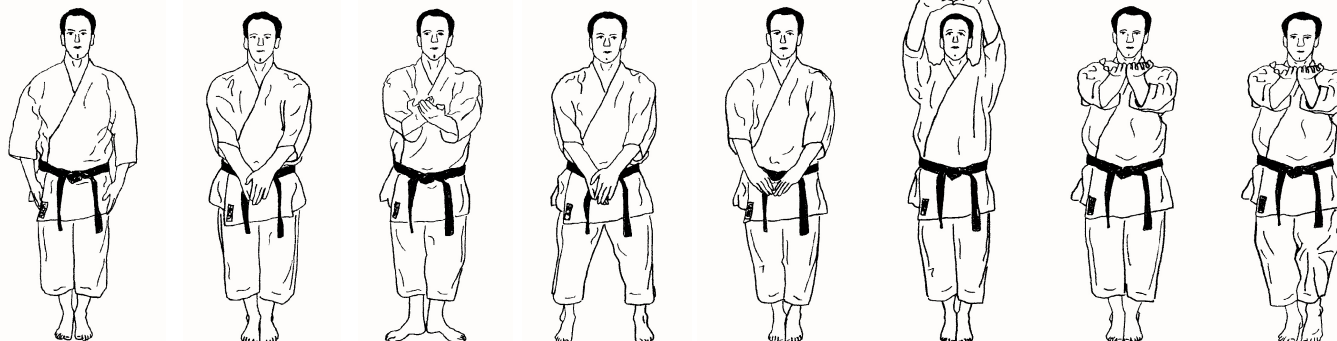
Kata Naihanchi Sho Bunkai

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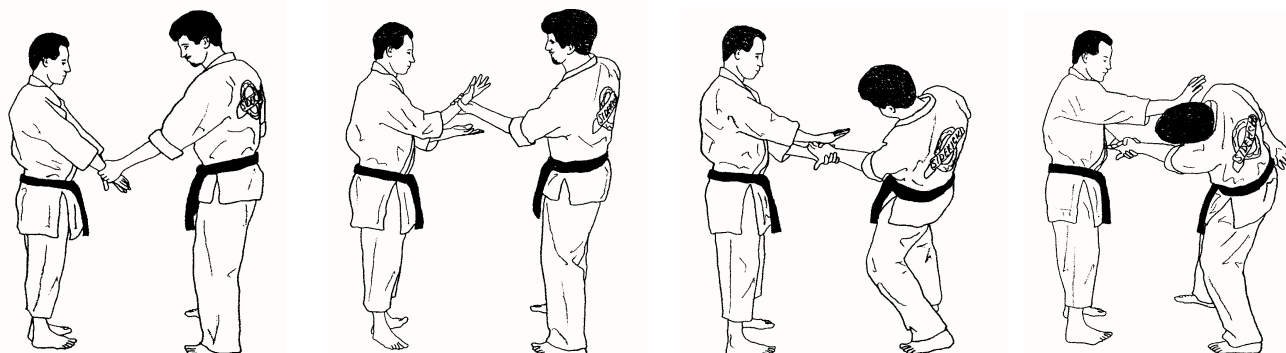
1 _____ 2

Saisho yoi/first attacker



Saisho yoi: Te-hana

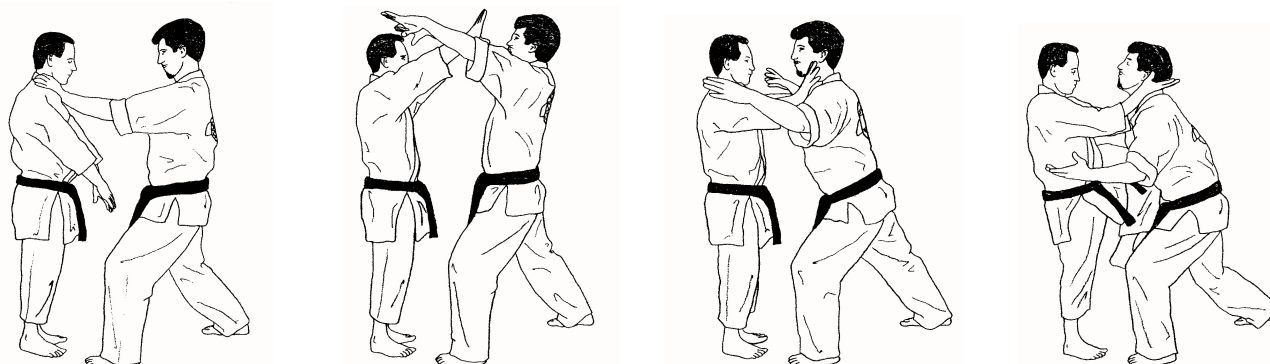
Against a same wrist grab



Turn right hand palm up creating space, reach under and grab attacker's hand, apply te-hana by spiraling wrist, support lock with right hand pushing attacker's elbow into his body, right ox jaw to jaw.

First attacker:

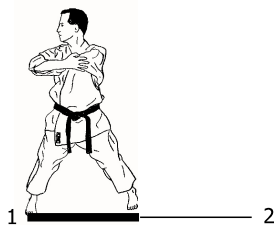
Against a front two-hand choke



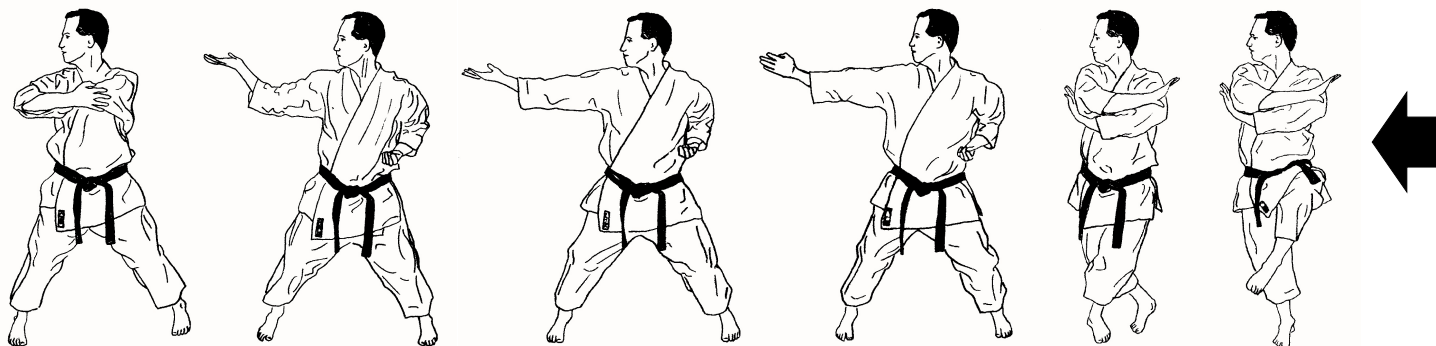
As attacker reaches in with choke, raise both arms to hand salutation and parry attacker's arms downward, double inward knifehand strike to neck raising left knee to protect groin or knee strike to solar plexus.

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Second attacker toward direction 1



Level one bunkai:

Against a punch



As attacker punches, step across and cross body check to outside of punch, back of hand (haishu) strike to neck to horse stance, grab to back of neck and elbow to head.

Level two bunkai:

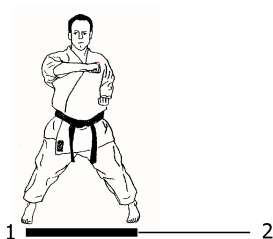
Against a punch



As attacker punches, step across and pass attacker's arm to cross body grab, back of hand (haishu) strike turning head to cross body arm lock (drawing the bow) as the elbow is driven down on the subscapular pressure point.

Kata Naihanchi Sho Bunkai

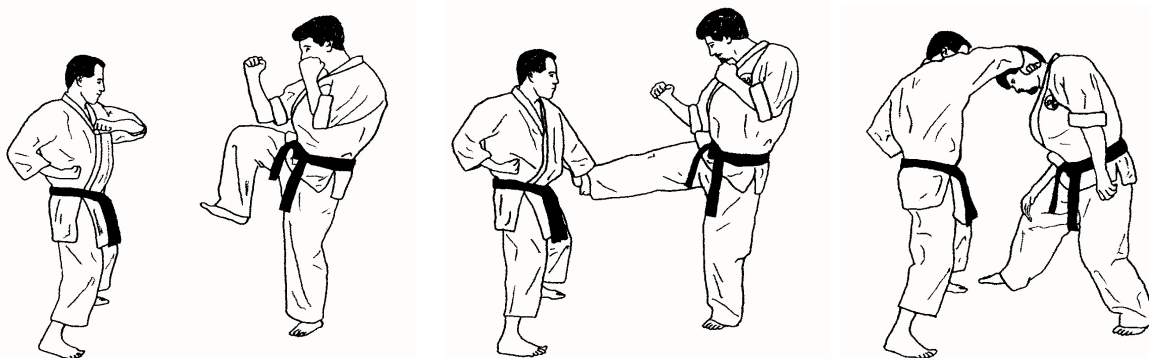
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Third attacker toward front



Level one bunkai:
Against a front kick



As attacker executes a front kick, downward block to leg, as the attacker falls forward, execute the right hook punch (kage zuki) to the temple (GB6).

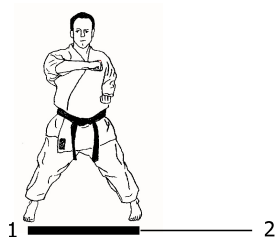
Alternative bunkai:
Against a punch



As attacker executes a punch, downward block to arm, as the attacker falls forward, execute the right hook punch (kage zuki) to the biceps muscle.

Kata Naihanchi Sho Bunkai

Iron Horse Missing Enemy Form



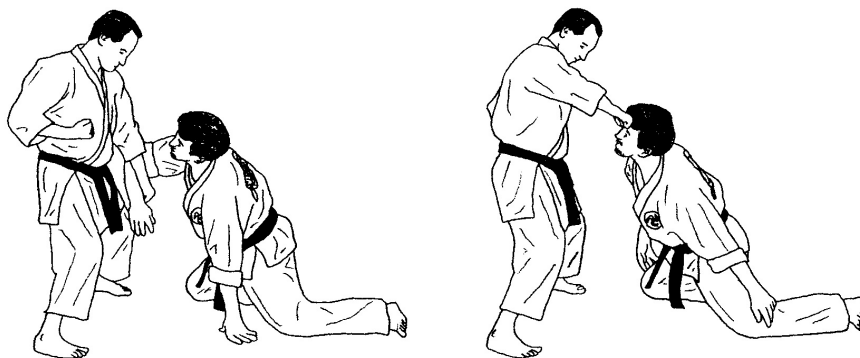
Continuation of Bunkai
for third attacker



Level two bunkai:
Against a front cross wrist grab



As attacker executes a front cross wrist grab, trap attacker's hand with left hand pulling hands in te-uke position twisting attacker's hand up applying pressure downward locking the wrist, sink with center and the attacker will bend to the ground.



Clear attacker's arm with a downward block (gedan barai), as the attacker falls forward, execute the right hook punch (kage zuki) to the temple (GB6).

Kata Naihanchi Sho Bunkai

Iron Horse Missing Enemy Form



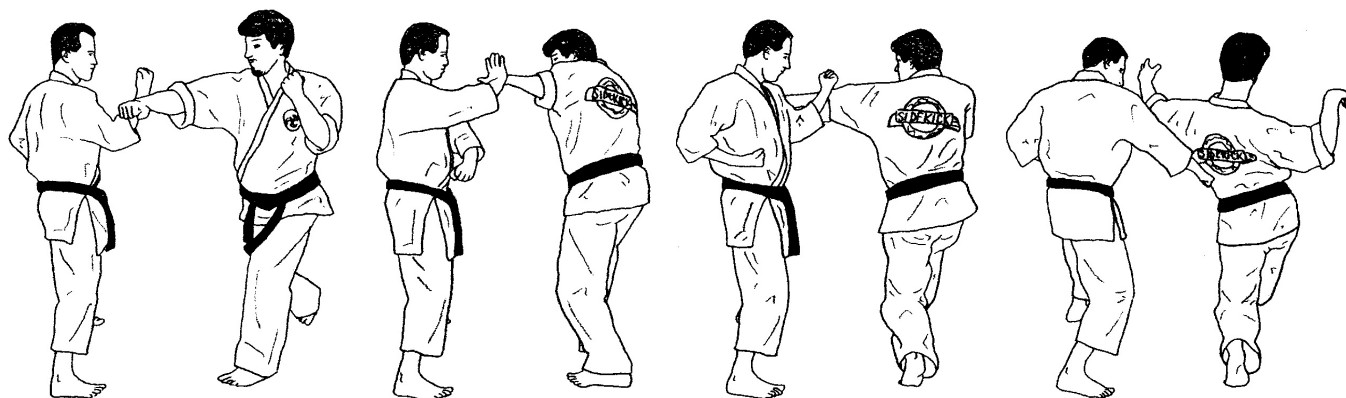
1 ————— 2

Fourth attacker toward direction 2 ➡



Level one Bunkai:

Against a punch, punch combination



As attacker punches with a right rear punch, execute a right middle block (chudan uke) to outside of attacker's arm, as attacker follows with a left punch, execute a right open-hand push away block (nagashi barai), circle left middle block (chudan uke) to outside of attacker's arm followed by a right reverse punch to back lower ribs (GB25). If the attacker leads with a left rear punch followed by a right punch, an alternative bunkai is executing middle blocks to the inside of attacker's arms followed by a right reverse punch to the groin.

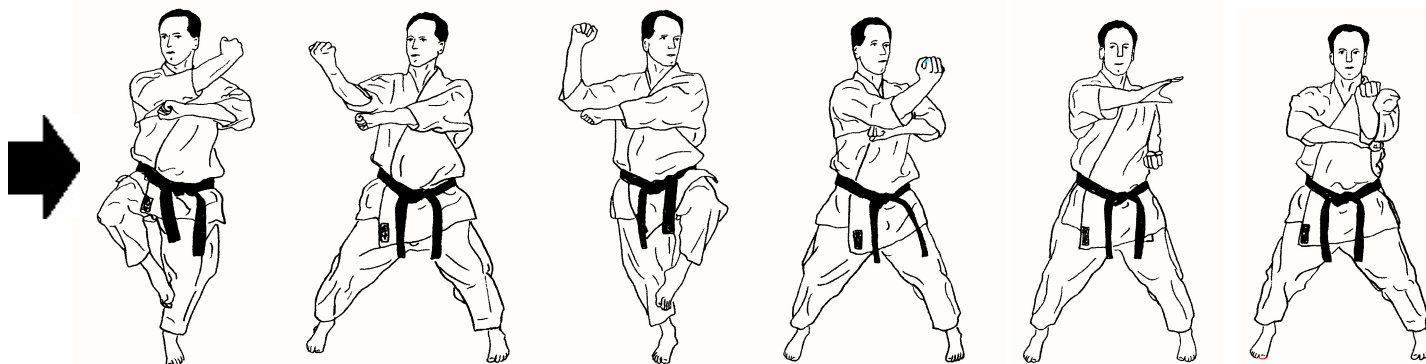
Kata Naihanchi Sho Bunkai

Iron Horse Missing Enemy Form

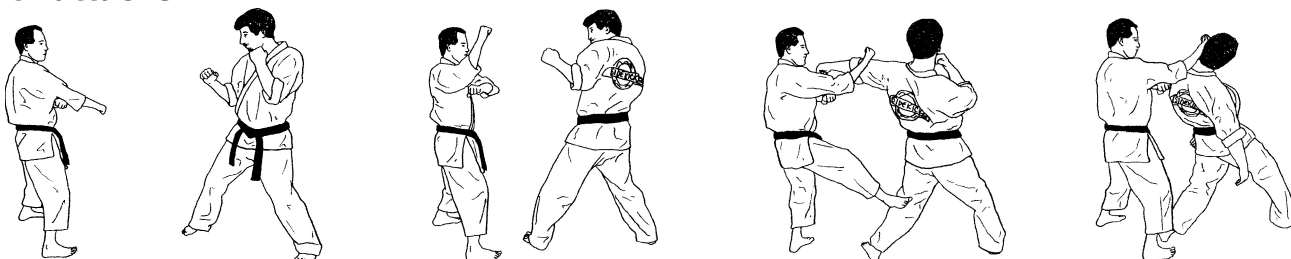


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Fifth attacker to right 45°/Sixth attacker to left 45°/Seventh attacker toward front

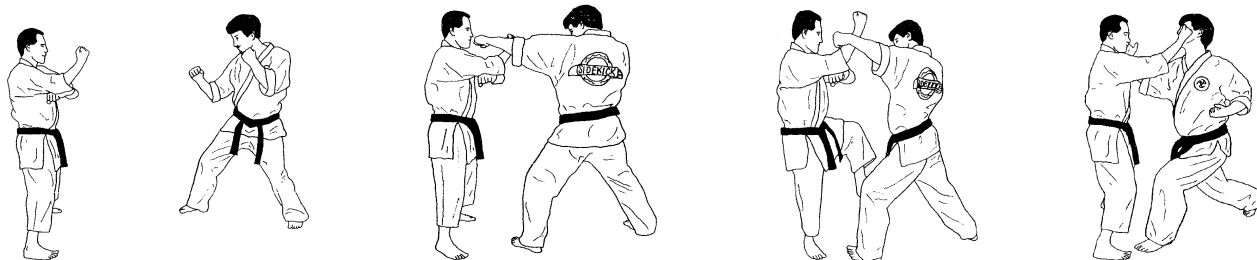


Fifth attacker:



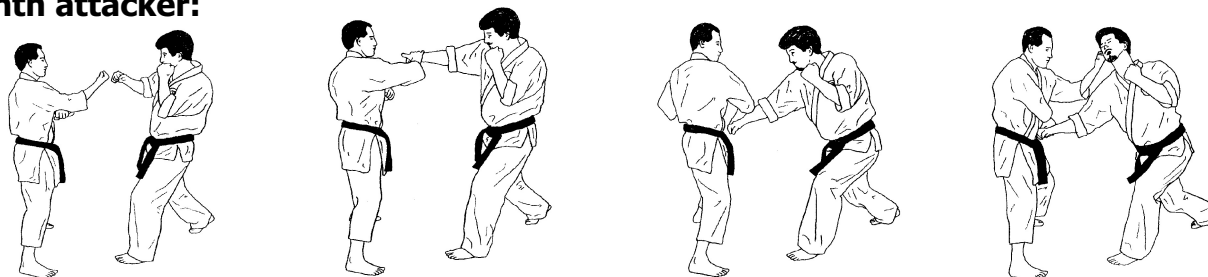
As attacker steps in with left lunge punch, inside reinforced right chudan uke to outside of attacker's arm/right foot sweep to outside of attacker's leg/reinforced oyayubi uchi to temple.

Sixth attacker:



As attacker steps in with left lunge punch, outside reinforced right chudan uke to inside of attacker's arm/right foot sweep to inside of attacker's leg/reinforced oyayubi uchi to temple.

Seventh attacker:



As attacker steps in with right reverse punch, right swim kake to arm and left reinforced uppercut backfist to chin.

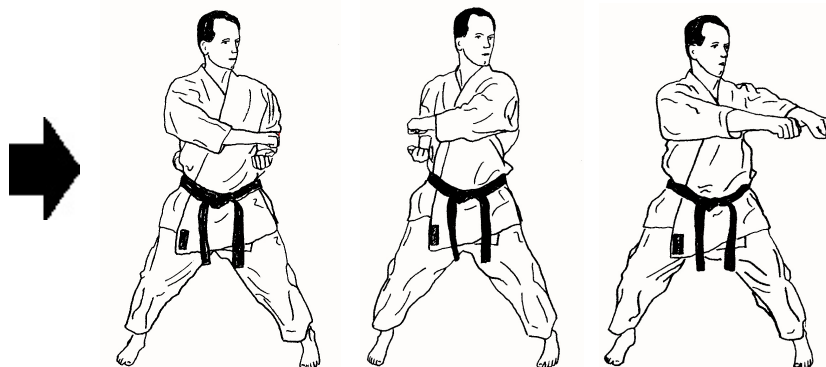
Kata Naihanchi Sho Bunkai

Iron Horse Missing Enemy Form

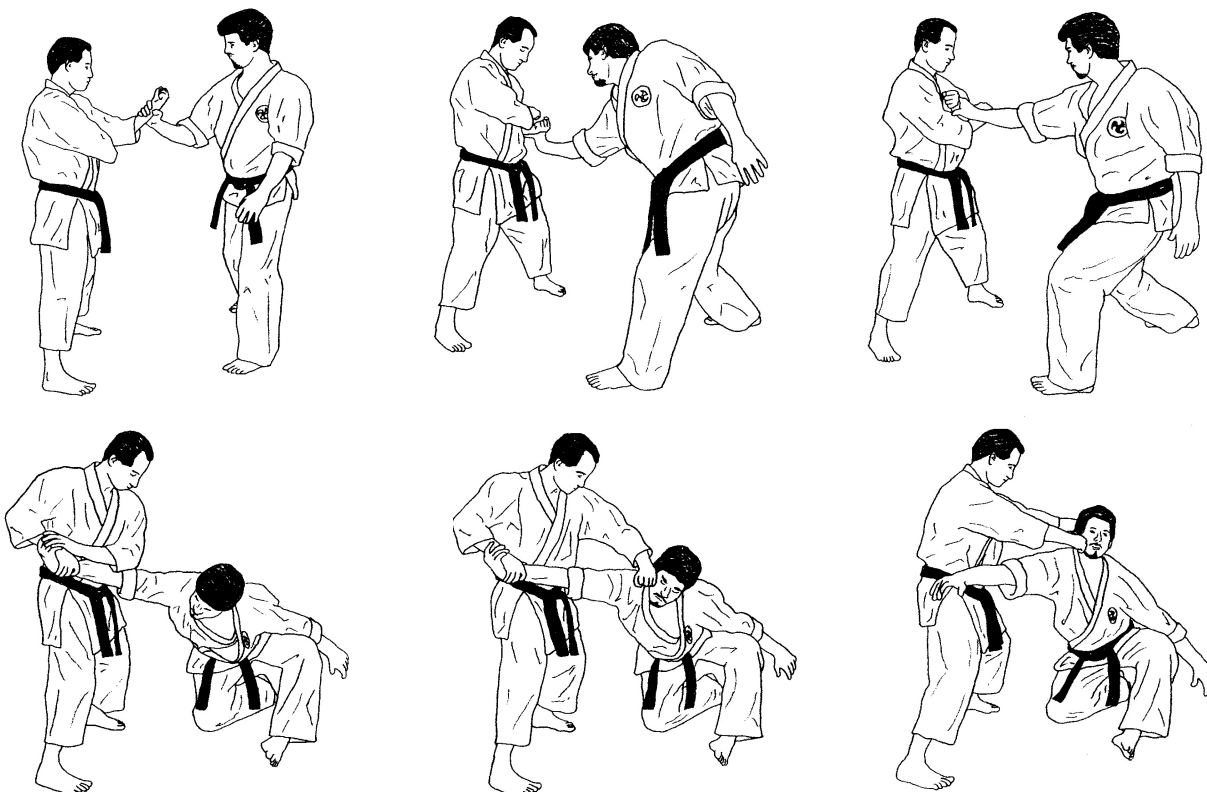


1 _____ 2

Eighth attacker toward left 45 degrees



Level 2 Bunkai:
Against same underhand wrist grab



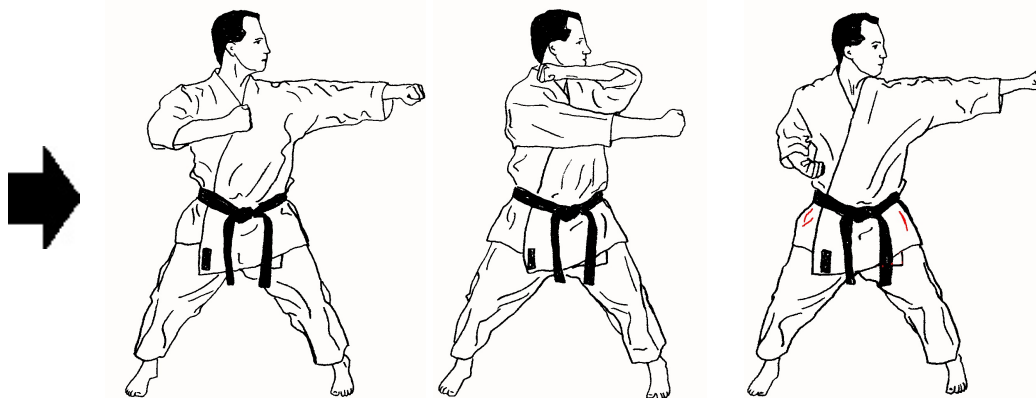
As attacker grabs same wrist underhand, execute te-uke to same side pulling attacker off balance, execute te-uke across body to opposite side putting pressure with elbow to attacker's elbow applying arm bar sinking the center bending attacker to ground, left hammerfist to temple (GB6) followed with a right seiken tsuki to jaw (ST5).

Kata Naihanchi Sho Bunkai

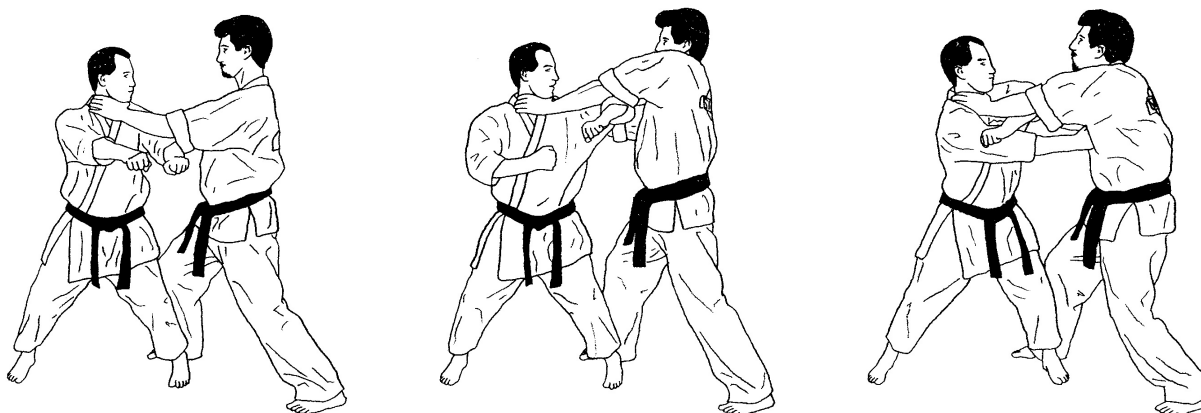
Iron Horse Missing Enemy Form



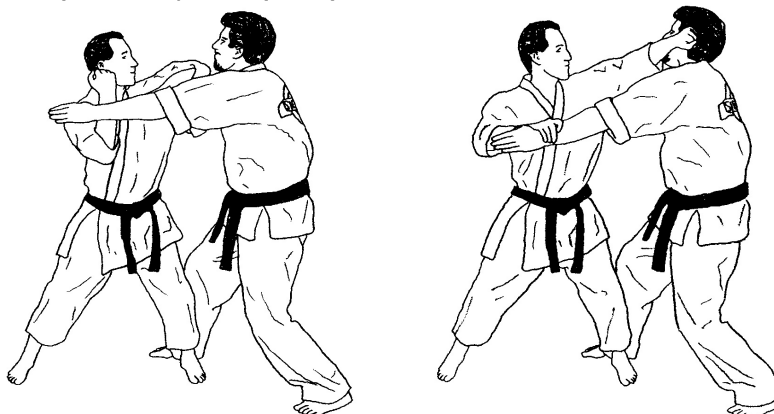
Ninth attacker toward direction 2 ➡



Level one bunkai:
Against two-hand choke



As attacker grabs with a two-hand choke from the side, left rising forearm strike breaking attacker's balance and grip, right vertical punch (tate zuke) to solar plexus (CV14).



As punching hand returns, clear attacker's right hand/left reverse elbow strike to chin and grab right and pull into extending right hammerfist (tettui) to neck (SI16).

Kata Naihanchi Sho Bunkai

Iron Horse Missing Enemy Form

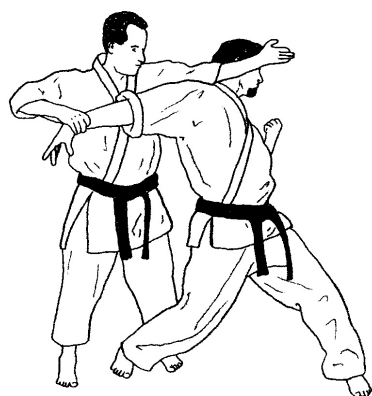


Tenth attacker toward direction 2 ➡

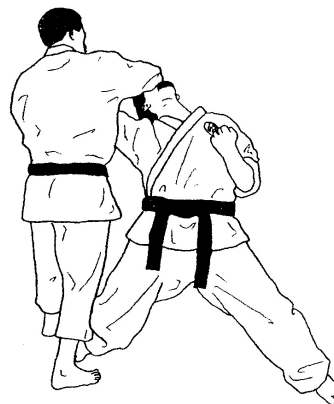
1 _____ 2



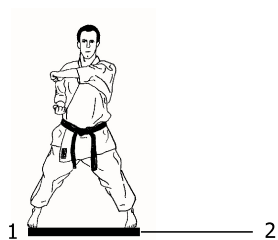
Level three Bunkai:
Against a lunge punch



As attacker lunges in with a punch, catch punching arm with right hand and left reverse palmheel strike turning attacker's head (haishu barai) applying a cross body arm lock (drawing the bow). Expand your chest and hyper-extend attacker's elbow sinking left elbow into shoulder (ST13).



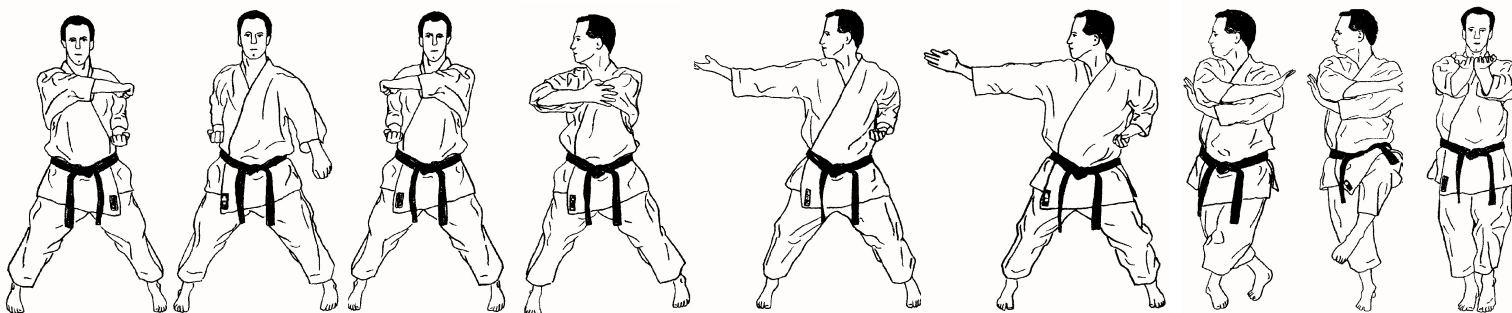
As attacker pulls arm back, left forearm strike to inside of arm (LU3) folding attacker's arm. Pivot left and right elbow to shoulder (ST13) under collarbone and figure-4 wrist lock takedown.



Kata Naihanchi Sho Bunkai

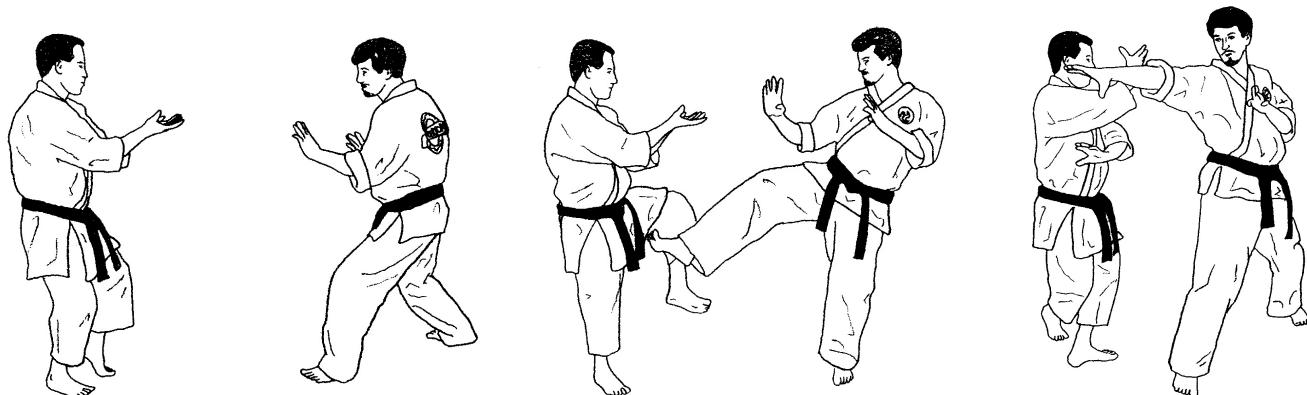
Iron Horse Missing Enemy Form

◀ **Second and third attacker toward direction 1**

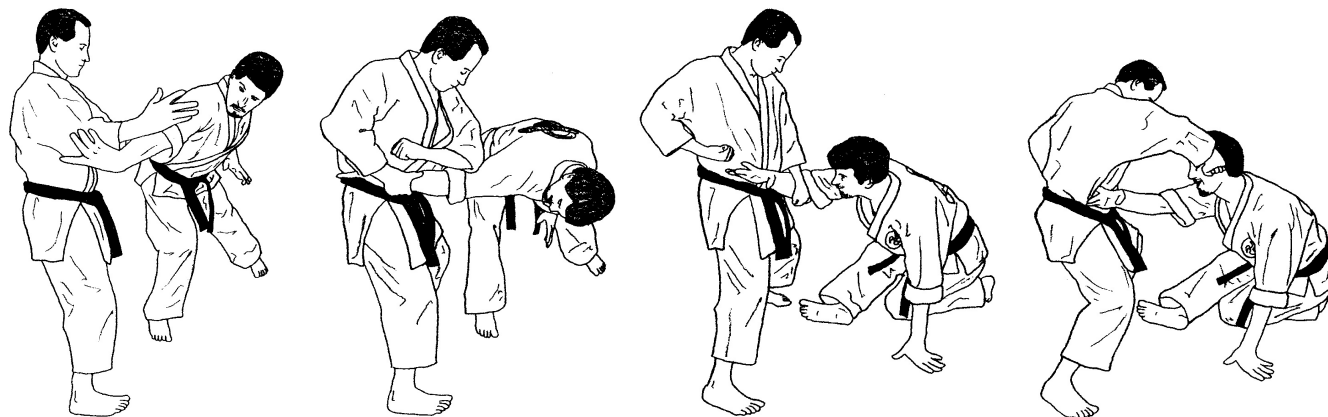


Level 3 Bunkai with transitions:

Against a front kick followed with a front hand strike or grab



As attacker executes a front kick to the groin, raise left knee and inside hiza uke, as attacker follows with a front hand strike or grab, step across left and right haishu barai (back of hand block).



Step right and parry attacker's arm down, grab right and pull into left forward empi uchi to upper arm (TH12) applying arm lock. Clear attacker's arm with left downward forearm block and right kage tsuki to temple (GB6).