



NAIHANCHI KATA

Students are to be able to perform the following curriculum and will need:

- To know the answer to history questions.
- Minimum of 5 months working on this kata.
- Regular practice at home.
- Positive Martial Arts attitude.

Yasame

Kiotsuke

Bow (rei)

Hands up mid level

LH open, RH closed

Hands down, bow

Build from the ground up

Bring feet together

Bend knees

Straighten back

Open hands

Look L

(1) RF slides over L into Kosa dachi

LF slides over into Ironhorse stance

(feet shoulder wide, toes in 10 degrees)

Uchi Hachiji Dachi

LH circle block past L shoulder

R Elbow smash horizontal

Stack fists on L hip, RH on top

Look R Straighten shoulders

keep looking R

(2) Lift R foot just above L knee

Knee should be obi high

Step down into Ironhorse stance

Catch RH on L shoulder

RH down block sideways to the R

Open LH and spear to the R

(3) LF slide to the R into Kosa dachi

Lift R knee and stomp with RF

blade edge of heel (Sakuto)

RF step down into Ironhorse stance

LH open on top of RH,

tuck L thumb in slightly

LH Haito shoulder high, close hand

Bring LH to R shoulder

Hammerfist down

R elbow strike up chin level while

L arm covers middle

Turn RH and back fist

History Questions

1. Who taught this kata to Soke Shimabuku?
(A): Master Motobu and Master Kyan

2. What area does Naihanchi develop?
(A) Lower body

Stances used





NAIHANCHI KATA

Look R

(4) Lift R foot above L knee

R knee obi high

Return R foot into Ironhorse stance

Rotate Torso R 90 degrees and
middle block with the R arm

Look L and straighten shoulders

(5) Lift L foot above R knee

L knee obi high

Replace L foot in Ironhorse stance

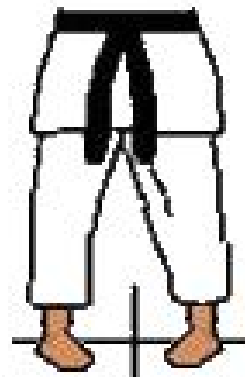
Rotate Shoulders L 90 degrees
and hammerfist R hand

Look R and straighten shoulders

(6) Lift R above L knee

Put both hands away, and replace R
foot in Ironhorse stance

Double punch R



Uchi Hachiji dachi

12 inches

History Questions

3. Which one of Soke Shimabuku's teacher was known for this kata?

(A): Master Motobu

4. How far into the ground should you imagine being?

(A) 12 inches



NAIHANCHI KATA

Stay in Ironhorse stance

(Uchi Hachiji Dachi)

(7)RH circle block past R shoulder

L Elbow smash horizontal

Stack fists on R hip, LH on top

Look L Straighten shoulders

keep looking L

(8)Lift L foot just above R knee

Knee should be obi high

Step down into Ironhorse stance

Catch LH on R shoulder

LH down block sideways to the L

Open RH and spear to the L

(9)RF slide to the L into Kosa dachi

Lift L knee and stomp with LF blade edge of heel (Sakuto)

LF step down into Ironhorse stance

RH open on top of LH,

tuck R thumb in slightly

RH Haito shoulder high,

close hand

Bring RH to L shoulder

Hammerfist down

L elbow strike up chin level while

R arm covers middle

Turn LH and back fist

History Questions

5. When do you look forward in this kata?

(A): In the beginning and end of the kata and just before you land from the kick.

6. How far are you supposed to turn when you rotate the upper body?

(A) 90 degrees.



NAIHANCHI KATA

Look L

(10) Lift L foot above R knee
L knee obi high

Return L foot into Ironhorse stance

Rotate Torso L 90 degrees and middle block with the L arm

Look R and straighten shoulders

(11) Lift R foot above L knee
R knee obi high

Replace R foot in Ironhorse stance

Rotate Shoulders R 90 degrees and hammerfist L hand

Look L and straighten shoulders

(12) Lift L above R knee

Put both hands away, and replace L foot in Ironhorse stance

Double punch L

Look forward

turn R foot 45 degrees

Slide L foot to right (Musubi Dachi)

Bring hands mid level

Close R fist and bring hands down

Hands flat to your side

Bow out.

Requirements to earn Yon Kyu



Able to answer history and terminology and questions about Naihanchi Kata.

Demonstrate Seisan and Seiunchin and Naihanchi kata's with good power, focus and fighting spirit.

Demonstrate self defense out of Naihanchi Kata against:

1) Punch to head 2) Knee stomp 3) Elbow break

Kumite for 30-45 minutes nonstop.

Demonstrate Yakosuko Kumite #3 & 4.

History Questions

7. Where does Naihanchi have its roots?

(A): China

8. What should you do with your toes when in Iron Horse stance?

(A): Grab the ground.