



SEISAN KATA

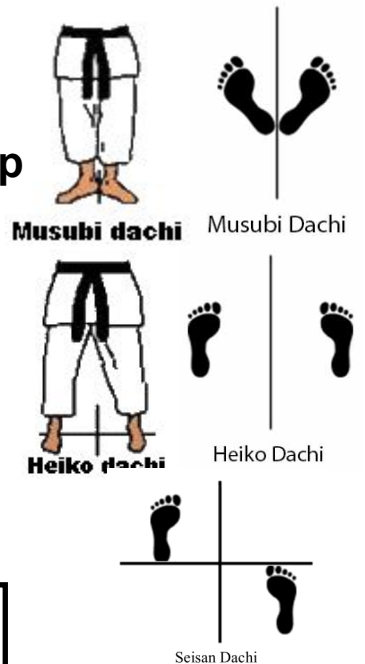
Students are to be able to perform the following curriculum and will need:

- To know the answer to history questions.
- Minimum of eight classes attended (Per testing cycle).
- Regular practice at home.
- Positive Martial Arts attitude.

Yasame
 Kiotsuke
 Bow (rei)
 Hands up solar plexus level
 LH open, RH closed
 Hands down, bow
 Step RF to R, ready stance
1(Ichi) Catch LH on R hip,
 RH up
 Step L
 LH Block #6, put RH away
 Punch RH
2(Ni) Step R, punch L
3(San) Step L, punch R
4(Shi) Cross RH on top, obi level
 Look 45° L, shuffle forward
 Double overhead blocks #9 on 45 angle
 Cross hands face high, RH inside

Look over L shoulder
 Slide RF around into Seisan, RF in back
 Double Chop
5(Go) Defense LH up
 Step in RF
 Circle block RH
 Chop LH
 Hand over, pull
6(Roku) Defense RH up
 Step in LF
 Circle block LH
 Chop RH
 Hand over, pull
7(Shichi) Defense LH up
 Step in RF
 Circle block RH
 Chop LH
 Hand over, pull

Stances used in Seisan Kata



History Questions

1. How old is Seisan Kata? (A): Over 400 years old
2. What does Seisan mean? (A):Thirteen (In Mandarin Chinese)



SEISAN KATA

Look L

8(Hachi) Catch LH on R hip (#6)

LF leads, shuffle L

LH Block #6

Punch RH, Punch LH

Kick RF, return RF in back,

Seisan stance

Punch LH

Look R

9(Ku) Catch RH #6 (on L hip)

Turn R (half turn, 90°, keep looking R)

RF leads, shuffle R

RH block #6

Punch LH, punch RH

Kick LF, return LF in back,

Seisan stance

Punch LH

Look L

10(Ju) Catch LH #6 (on R hip)

LF leads, step L

LH block #6

Punch RH, Punch LH

Kick RF, return RF in back,

Seisan stance

Punch RH

Drop left hand

Turn RF outward 90° on heel

Bend knees, Shiko Dachi

Arm lock.

History Questions

3. How many blocks in Seisan Kata? Twenty-Four

4. What is the weight distribution in Seisan Stance? 50/50

New Stance



Shiko dachi



Shiko Dachi
Horse Stance



SEISAN KATA

Look over R shoulder

11(Ju Ichi) Step away LF, Catch RH on L hip on top
Cat Stance

12(Ju Ni) Step forward, LF slides together attention stance, Deflect RH #10, Back fist RH(Musubi dachi on back-fist)

Turn R fist straight
LF steps away into cat stance, RH pulls down slightly (elbow one fist from body)

13(Ju San) Shift weight forward, stomp down R heel Step

across LF into cross stance (Kosa Dachi)

Keep body sideways
Kiai (spirited yell)

Kick RF, hold chamber
Catch RH on L shoulder
Step down RF in front, Seisan stance

#5 block RH, punch LH
Drop right hand

Turn LF outward 90° on heel
Bend knees, Shiko dachi
Arm lock.

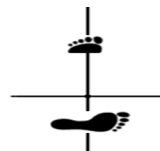
History Questions

- 5. How many kiai in Seisan Kata? (A): 2
- 6. Why is the thumb on top of the Isshinryu fist? (A): Strengthens the wrist

New Stance



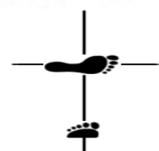
Neko ashi dachi



Neko Ashi Dachi
Cat Stance



Kosa dachi



Kosa Dachi
Cross Stance



SEISAN KATA

Look over L shoulder

14(Ju Shi) Step away RF, Catch LH on R hip on top

Cat Stance

15(Ju Go) Step forward, RF slides together attention stance, Deflect LH #10, Back fist LH (Musubi dachi on back-fist

Turn L fist straight

RF steps away into cat stance, LH pulls down slightly.

(elbow one fist off body)

16(Ju Roku) Shift weight forward, stomp down L heel Step across RF into cross stance (Kosa Dachi)

Keep body sideways

Kick LF, hold chamber

Catch LH on R shoulder

Step down LF in front, Seisan stance

#5 block LH, punch RH

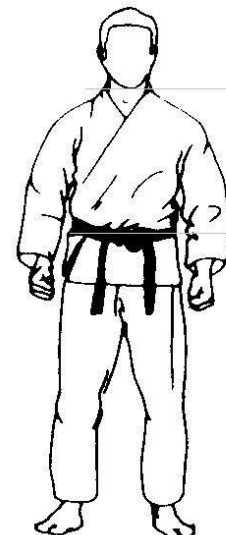
Drop left hand

Turn RF outward 90° on heel

Bend knees Shiko dachi

Arm lock.

Areas of the body



Jodan

Chudan

Gedan

History Questions

7. How many moves are there in Seisan kata? (A): Over 125

8. Name three benefits of Seisan kata. (A): Breathing, rapid technique, Seisan stance.



SEISAN KATA

Look over R shoulder
17(Ju Shichi) Step away LF, Catch RH on L hip on top
 Cat Stance
18(Ju Hachi) Slide RF forward, Zenkutsu dachi stance
 Deflect RH #10, Back fist
 RH catch #5 on L shoulder
 RF slide over Seisan, RF in front
 RH block #5, LH punch (RH away)
 Drop right hand
 Turn LF outward 90° on heel
 Bend knees, Shiko dachi. Arm lock
 RH stays up, LH opens under R elbow. Palm down.
19(Ju Ku) Step back RF, Cat Stance (L-Cat)
 LH circle block, RH away
 Kiai
20(Ni Ju) Shift R heel out

into Seisan stance
 Kick RF
 Grab LH (Close and Turn), Punch RH
21(Ni Ju Ichi) Cross at hip, RH on top
 Step back RF, Cat Stance (L-Cat)
 Open hands go above shoulders, then Obi
 Grab foot (LH up, RH down)
 LF stomp, twist
 Slide up attention stance
 RH closed, LH open
 Hands down
 Open closed hand
 Hands flat on sides
 Bow

New Stance



History Questions

9. Seisan Kata came from which system of karate? ShorinRyu
 10. Which of the 3 teachers of Soke Shimabuku was know for Seisan? Master Chotoku Kyan

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

Demonstrate Seisan Kata with good power, focus and fighting spirit.

Demonstrate self defense out of Seisan Kata against:

- 1) Arm grab
- 2) Club attack
- 3) Front kick

Demonstrate Yakosuko Kumite #1 & 2.

Requirements
 To earn
 Roku Kyu

