



SEIUNCHIN 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

Look left, Turn L heel in

(1)Circle RF out into a horse stance facing Left (turning 90 degrees)

Bring hands up, RH inside

Scissor and Break out shoulder wide, breathe 50% out, Look R, close hands

Cross hands, RH inside,

Hammer fists down, breathe 40% out

RH circle block, breath in

RH pull in, LH spear, breathe 90% out

Look over R shoulder, drop hands

(2)Pivot on RF, LF slide into horse

Bring hands up, LH inside

Scissor and Break out shoulder wide, breathe 50% out, Look L, close hands

Cross hands, LH inside,

Hammer fists down, breathe 40% out

LH circle block, breath in

LH pull in, LH spear, breathe 90% out

Look over L shoulder, drop hands

(3)Pivot on LF, RF slide into horse

Bring hands up, RH inside

Scissor and Break out shoulder wide, breathe 50% out, Look R, close hands

Cross hands, RH inside,

Hammer fists down, breathe 40% out

RH circle block, breath in

RH pull in, LH spear, breathe 90% out

(4)Raise R fist (hand and elbow horizontal to the ground, downward back-fist into open LH

RF slides back into cat stance

RF over to Seisan stance

RH reinforced punch

Reach up with LH, shuffle forward

Uppercut elbow with R

History Questions

What system did Seiunchin from?(A): Goju Ryu

Who taught this kata to Soke Shimabuku?

(A): Soke Chojun Miyagi

Stances Used



Musubi dachi



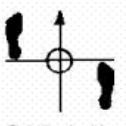
Heiko dachi



Shiko dachi



Neko ashi dachi



Seisan dachi



Benntai's Martial Arts

Orange Belt

Curriculum

Page #2

SEIUNCHIN KATA

(5) Catch RH on L hip, L thumb wrapped behind RH
RF shuffles into Seisan, RF in front on 45 degree angle
RH reinforced block, LH in Nukite position except for the thumb
RH comes forward and down slightly, LH catches #5 on R shoulder
LF slides into horse (Shiko Dachi) stance, RH wraps to L hip
LH smash, RH returns to R hip (Hikite)
Catch RH #5 on L shoulder, leave LH out
LF slides back into horse stance, LH wraps to R hip
Rh smash, LH returns to L hip
Look L
Catch L hand on R hip, R thumb wrapped behind LH
Look to the next 45
(6) L foot steps forward on 45 degree angle, Seisan stance, LF forward

LH reinforced block. RH in Nukite position except for the thumb
LH comes forward and down slightly, LH catches #5 on R shoulder
RF slides into horse (Shiko Dachi) stance, LH wraps to L hip
RH smash, LH returns to L hip
Catch LH #5 on L shoulder, leave RH out
RF slides back into horse stance, RH wraps to hip
LH smash, RH returns to R hip

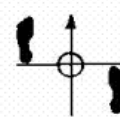
History Questions

3. How many blocks in Seiuchin Kata?
(A): 37
4. What is the benifet of the horse stance (Shiko Dachi)? (A): Very good side to side stability

Stances Used



Shiko dachi



Seisan dachi



SEIUNCHIN KATA

Look forward

(7) RH push across face, Shuto hand Catch LH on R hip open, palm down (Shuto hand)
LF slides backwards into horse stance (Shiko Dachi)
Pull attacker into shuto.
Archer Block

(8) LH push across face. Shuto hand Catch RH on L hip open, palm down
RF slides backwards into horse stance (Shiko Dachi)
Pull attacker into shuto
Archer Block

RH on only this side turns on a 45

Make a fist with the Right hand
(9) RF steps forward, Seisan stance

RH hammerfist, mid level. Left hand stops right arm at the forearm

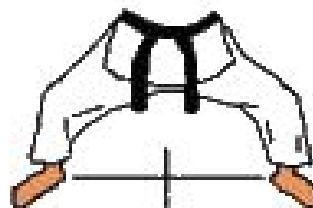
Pull arm down to the hip. Leave left hand where it is. Don't slide it.

RF shuffles forward, Seisan stance and uppercut

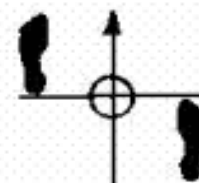
History Questions

5. How many blocks in Seiuchin Kata?
(A): 37
6. What is the benifet of the horse stance (Shiko Dachi)? (A): Very good side to side stability

Stances Used



Shiko dachi



Seisan dachi



SEIUNCHIN KATA

Listen, hear a noise. Look to the left
(10)RH catch at L shoulder, LH at R hip (5/6 catch)

RF spins around , facing on a 45 degree angle, Seisan stance, RF in back

RH block down, LH block middle at the same time

RH guard solar plexus, LH catch at L hip

uppercut position

(11)Raise L knee like you're going to kick

Turn R heel and LF stomp, horse stance (Shiko Dachi)

LH uppercut, circle inwards backfist to the bridge of the nose

LH catch at R shoulder, RH catch at L hip

LH smash down, RH returns to R hip (Hikite)

Leave L hand out, R hand catch at L shoulder

LF slide backwards into horse stance, LH wraps to R hip

RH smash , LH returns to L hip

(Hikite)

Look over L shoulder

(12)RH catch at L shoulder, LH catch at R hip (5/6 catch)

RF slides into Seisan stance, RF in back

RH block down, LH block middle (5/6 block)

LH guard solar plexus, RH catch at R hip uppercut position.

(13)Raise R knee like you're going to kick

Turn L heel and RF stomp, horse stance (Shiko Dachi)

Kiai loudly

RH uppercut, circle inwards backfist to the bridge of the nose

RH catch at L shoulder, LH catch at R hip

RH smash, LH returns to L hip

Leave R hand out, L hand catch at R shoulder

RF slide backwards into horse stance, RH wraps to L hip

LH smash , RH returns to R hip (Hikite)

History Questions

7. What year was Gojo Ryu founded?

(A): 1930

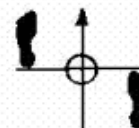
8. What is weight distribution of a

Cat stance? (A): 90/10

Stances Used



Shiko dachi



Seisan dachi



SEIUNCHIN KATA

Look forward

(14) Cross arms, LH Inside
LF step away into T cat stance
LH elbow backwards, RH block
up

(15) Cross arms, RH inside
RF step away into L cat stance
RH elbow backwards, LH block
up

Kiai

(16) RF shifts out into Seisan
stance, RH knuckle block
LH Guards solar plexus
Shuto hand

(17) RF steps forward, Seisan
stance

RH block up (#10), turn elbow in,
back fist bridge of nose

(18) Hands come up finger tips

chin high

LF aligns behind RF and then
moves back to cat stance
Hands drop and break at the
knee

Arms move out and reach up so
the haito touches

Then elbows together

Shift weight to 50/50

Stomp heel down and break out
with hands at a angle. (like a
pyramid with the top missing)

Turn RF to 45 and slide up to
Musubi dachi.

Hands to center left open right
closed

Hands down, then put hands flat
on your side

Bow out.

History Questions

7. What year was Gojo Ryu founded? (A): 1930
8. What is weight distribution of a Cat stance? (A): 90/10

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

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

Demonstrate self defense out of Seisan Kata against:

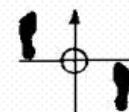
- 1) Choke hold 2) RH punch to head 3) Lapel grab

Demonstrate Yakosuko Kumite #1 & 2.

Stances Used



Neko ashi dachi



Seisan dachi



Musubi dachi

Requirements to earn Go Kyu

