

# NAIHANCHI KATA

# Indicates “count” (in Japanese: Ichi, Ni, San, etc.) which guides each movement. Each count corresponds to a specific technique, helping maintain timing, form, and focus, especially for beginners or in group practice. It emphasizes key movements and proper breathing.

- Step Out - Yasame (Relax): Begin by stepping out with a relaxed posture.
- Step Back - Kiotsuke (Attention): Step back, remaining alert and careful.
- Firm Attention Stance - Rei (Bow): Transition into a firm attention stance and bow respectfully.
- Hands at Solar Plexus Level: Raise both hands to the solar plexus, with the left hand open and the right hand closed.
- Hands Down, Bow: Lower your hands and bow again.
- Ready Stance: Step your right foot to the right, assuming a ready stance.

## NAIHANCHI KATA STEP-BY-STEP

**#1 (Ichi):** Look left.

Right foot slides over left into **Kosa Dachi** (cross stance).

Left foot slides over into **Shiko Dachi** (Ironhorse stance), feet shoulder-width apart, toes turned inward by 10 degrees.

Left hand circle block past left shoulder.

Right elbow smash horizontally.

Stack fists on the left hip, right hand on top.

Look right and straighten shoulders, keep looking right.



Shiko Dachi  
“Horse Stance”

**#2 (Ni):** Lift right foot just above left knee (knee obi-high).

Step down into **Shiko Dachi**.

Right hand catches on the left shoulder.

Right hand down block sideways to the right.

Open left hand and spear to the right.

**#3 (San):** Left foot slides to the right into **Kosa Dachi**.

Lift right knee and stomp down with the right foot, using the blade edge of the heel (Sakuto).

Right foot steps down into **Shiko Dachi**.

Left hand open on top of the right hand, tuck left thumb slightly.

Left Haito (ridge hand) shoulder-high, then close the hand.

Bring left hand to the right shoulder.

Hammer fist down.

Right elbow strikes up to chin level while left arm covers the middle.

Turn right hand into a back fist.

Look to the right.



Kosa Dachi  
“Crossing Stance”

# NAIHANCHI KATA

**#4 (Shi):** Lift right foot above the left knee (knee obi-high).

Return right foot into **Shiko Dachi**.

Rotate torso 90 degrees to the right, middle block with the right arm.

Look left and straighten shoulders.

**#5 (Go):** Lift left foot above the right knee (knee obi-high).

Replace left foot into **Shiko Dachi**.

Rotate shoulders 90 degrees to the left, hammer fist with the right hand.

Look right and straighten shoulders.

**#6 (Roku):** Lift right foot above the left knee.

Place both hands away, step right foot down into **Shiko Dachi**.

Perform a double punch with the right hand.

Stay in **Shiko Dachi**.



Kosa Dachi  
"Crossing Stance"

**#7 (Shichi):** Right hand circle block past right shoulder.

Left elbow smash horizontally.

Stack fists on the right hip, left hand on top.

Look left, straighten shoulders, and keep looking left.

**#8 (Hachi):** Lift left foot just above the right knee (knee obi-high).

Step down into **Shiko Dachi**.

Left hand catches on the right shoulder.

Left hand down block sideways to the left.

Open right hand and spear to the left.



Shiko Dachi  
"Horse Stance"

**#9 (Ku):** Right foot slides to the left into **Kosa Dachi**.

Lift left knee and stomp down with the left foot, using the blade edge of the heel (Sakuto).

Left foot steps down into **Shiko Dachi**.

Right hand open on top of the left hand, tuck right thumb slightly.

Right Haito shoulder-high, then close the hand.

Bring right hand to the left shoulder.

Hammer fist down.

Left elbow strikes up to chin level while right arm covers the middle.

Turn left hand into a back fist.

Look left.

# NAIHANCHI KATA

**#10 (Ju):** Lift left foot above the right knee (knee obi-high).

Return left foot into **Shiko Dachi**.

Rotate torso 90 degrees to the left, middle block with the left arm.

Look right and straighten shoulders.

**#11 (Ju Ichi):** Lift right foot above the left knee (knee obi-high).

Replace right foot into **Shiko Dachi**.

Rotate shoulders 90 degrees to the right, hammer fist with the left hand.

Look left and straighten shoulders.

**#12 (Ju Ni):** Lift left foot above the right knee.

Place both hands away and step down into **Shiko Dachi**.

Perform a double punch with the left hand.

Look forward, turn the right foot 45 degrees.

Slide left foot to the right into **Musubi Dachi** (attention stance).

Bring hands to mid-level, close the right fist.

Lower hands, flatten them at your sides, and bow out.



Musubi Dachi  
“Attention Stance”

## **REQUIREMENTS AND TESTING CRITERIA TO EARN PURPLE BELT**

Students are required to demonstrate proficiency in the following curriculum:

1. Knowledge of History and Terminology:
  - Students must be able to answer history and terminology questions about Naihanchi Kata.
2. Minimum Practice Period:
  - At least 5 months of consistent work on this kata.
3. Regular Practice at Home:
  - Students are expected to practice regularly outside of class to reinforce learning and mastery.
4. Positive Martial Arts Attitude:
  - Demonstrating a respectful, focused, and positive attitude in class is essential for progress.
5. Kata Demonstrations:
  - Perform Seisan, Seiunchin, and Naihanchi Kata with strong power, focus, and fighting spirit.
6. Self-Defense Demonstrations:
  - Demonstrate practical self-defense techniques from Naihanchi Kata against:
    - a. A punch to the head.
    - b. A knee stomp.
    - c. An elbow break.
7. Kumite (Sparring):
  - Engage in Kumite (sparring) for 30-45 minutes nonstop to demonstrate endurance, technique, and control.
8. Yakosuko Kumite:
  - Demonstrate Yakosuko Kumite #3 & #4 with precision and focus.

# NAIHANCHI KATA

## REQUIRED HISTORY KNOWLEDGE

**\*STUDENTS WILL BE QUIZED\***

1. **Who taught this kata to Soke Shimabuku?:** Naihanchi Kata was taught to Soke Tatsuo Shimabuku by two of his primary instructors, Master Choki Motobu and Master Chotoku Kyan. Both were renowned Okinawan karate masters, and each had their own unique interpretation of this kata, which emphasizes close-range fighting techniques.
2. **What area does Naihanchi develop?:** Naihanchi primarily develops the lower body. It strengthens the legs, improves stability, and enhances one's ability to generate power from the ground. The wide, low stances used in the kata help build strong, stable leg muscles, particularly focusing on lateral movement, which is vital for balance and defense.
3. **Which one of Soke Shimabuku's teachers was known for this kata?:** Master Choki Motobu was especially known for his expertise in Naihanchi Kata. He placed great emphasis on the practical applications of the kata, using its techniques in real-world fighting situations. His focus on close-quarters combat and his distinctive interpretation of the kata influenced its transmission to Soke Shimabuku.
4. **How far into the ground should you imagine being?:** You should imagine being rooted 12 inches into the ground. This visualization helps to create a feeling of stability and grounding, ensuring that your stances are solid and immovable. This imagery reinforces the importance of strong, stable leg positioning, which is a key aspect of Naihanchi.
5. **When do you look forward in this kata?:** You look forward at three key points during the kata:
  - At the beginning when you prepare to start the kata.
  - At the end after completing the final move, to demonstrate focus and readiness.
  - Just before landing from the kick, to maintain awareness and focus on your imaginary opponent. This is critical for maintaining your posture and engagement with the movements.
6. **How far are you supposed to turn when you rotate the upper body?:** When rotating the upper body during Naihanchi, you turn 90 degrees. This controlled rotation is used to generate power and torque for strikes and blocks. The precise angle helps to protect your body while preparing for the next technique, and ensures your movements are sharp and well-executed.
7. **Where does Naihanchi have its roots?:** Naihanchi Kata has its roots in China. Like many Okinawan karate katas, Naihanchi was influenced by Chinese martial arts, specifically from styles that focused on close-range combat and powerful, rooted stances. These origins were adapted by Okinawan masters and integrated into their unique karate systems.
8. **What should you do with your toes when in Iron Horse stance?:** When in Iron Horse stance (Shiko Dachi), you should grab the ground with your toes. This action helps to stabilize your stance, giving you more traction and a better connection to the ground. It allows you to transfer power more efficiently from your legs into your techniques, while maintaining balance and control.

## STANCES IN NAIHANCHI



Musubi Dachi  
"Attention Stance"



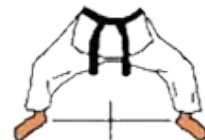
Heisoku Dachi  
"Feet Together Stance"



Kosa Dachi  
"Crossing"



Uchi Hachijio Dachi  
"Inward Natural Stance"



Shiko Dachi  
"Horse Stance"