

SEISAN 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.

SEISAN KATA STEP-BY-STEP

#1 (Ichi): Catch the left hand on your right hip, raising the right hand.
Step forward with your left foot.

Block with the left hand (No. 6 block), placing the right hand away.
Punch with the right hand.

#2 (Ni): Step forward with the right foot.
Punch with the left hand.

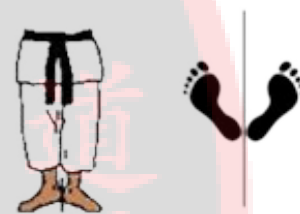
#3 (San): Step forward with the left foot.
Punch with the right hand.

#4 (Shi): Cross the right hand on top at the obi (belt) level.
Look 45 degrees to your left, shuffle forward.
Perform a double overhead block (No. 9) at a 45-degree angle.
Cross hands at face height, right hand inside.
Look over your left shoulder, sliding the right foot around into Seisan stance with the right foot behind.
Execute a double chop.

#5 (Go): Raise the left hand for defense.
Step forward with the right foot.
Perform a right circle block.
Chop with the left hand, then cover and pull back.

#6 (Roku): Raise the right hand for defense.
Step forward with the left foot.
Perform a left circle block.
Chop with the right hand, then cover and pull back.

#7 (Shichi): Raise the left hand for defense.
Step forward with the right foot.
Perform a right circle block.
Chop with the left hand, then cover and pull back.
Look to the left.



Musubi Dachi
“Attention Stance”



Seisan Dachi
“Seisan Stance”



Heiko Dachi
“Paralell Stance”

SEISAN KATA

#8 (Hachi): Catch the left hand on your right hip (No. 6 block).

Lead with your left foot, shuffle to the left.

Perform a left hand block (No. 6), followed by a right punch, then a left punch.

Kick with the right foot, returning it behind you into Seisan stance.

Punch with the left hand, then look to the right.

#9 (Ku): Catch the right hand on your left hip (No. 6 block).

Turn to your right (half turn, 90°) while maintaining your gaze to the right.

Shuffle right with the right foot leading.

Perform a right-hand block (No. 6), followed by a left punch and then a right punch.

Kick with the left foot, returning it behind you into Seisan stance.

Punch with the left hand, then look to the left.

#10 (Ju): Catch the left hand on your right hip (No. 6 block).

Step to the left with your left foot.

Perform a left-hand block (No. 6), followed by a right punch and then a left punch.

Kick with the right foot, returning it behind you into Seisan stance.

Punch with the right hand.

Drop the left hand, turning the right foot outward 90° on the heel.

Bend your knees and perform an arm break.

Look over your right shoulder.

#11 (Ju Ichi): Step away with the left foot, catching the right hand on your left hip.

Assume a cat stance.

#12 (Ju Ni): Slide the left foot forward, bringing your feet together in an attention stance.

Perform a right-hand deflection (No. 10), followed by a back fist strike.

Turn the right fist straight.

Step away with the left foot into a cat stance, slightly pulling the right elbow.

#13 (Ju San): Shift your weight forward, stomping down with the right heel.

Step across the left foot into a cross stance (Kosa Dachi), keeping your body sideways.

Kiai (spirited yell).

Kick with the right foot, holding the chamber.

Catch the right hand on your left shoulder, then step down with the right foot into Seisan stance.

Perform a right block (No. 5) followed by a left punch.

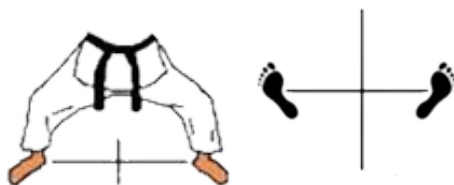
Drop the right hand and turn the left foot outward 90° on the heel.

Bend your knees and perform an arm break.

Look over your left shoulder.



Kosa Dachi
"Cross Stance"



Shiko Dachi
"Horse Stance"

SEISAN KATA

#14 (Ju Shi): Step away with the right foot, catching the left hand on your right hip.

Assume a cat stance.

#15 (Ju Go): Slide the right foot forward, bringing your feet together in an attention stance.

Perform a left-hand deflection (No. 10), followed by a left back fist strike.

Turn the left fist straight.

Step away with the right foot into a cat stance, slightly pulling the left elbow.

#16 (Ju Roku): Shift your weight forward, stomping down with the left heel.

Step across the right foot into a cross stance (Kosa Dachi), keeping your body sideways.

Kick with the left foot, holding the chamber.

Catch the left hand on your right shoulder, then step down with the left foot into Seisan stance.

Perform a left block (No. 5) followed by a right punch.

Drop the left hand and turn the right foot outward 90° on the heel.

Bend your knees and perform an arm break.

Look over your right shoulder.

#17 (Ju Shichi): Step away with the left foot, catching the right hand on your left hip.

Assume a cat stance.

#18 (Ju Hachi): Slide the right foot forward into a Zenkutsu dachi stance.

Perform a right-hand deflection (No. 10), followed by a back fist strike.

Catch the right hand (No. 5) on your left shoulder, then slide the right foot forward into Seisan stance.

Perform a right block (No. 5) and a left punch (right hand away).

Drop the right hand, turning the left foot outward 90° on the heel.

Bend your knees and perform an arm break, keeping the right hand up and the left hand open under the right elbow, palm down.

#19 (Ju Ku): Step back with the right foot into a left cat stance.

Perform a left-hand circle block with the right hand away.

Kiai.

#20 (Ni Ju): Shift the right heel outward into Seisan stance.

Kick with the right foot, then grab with the left hand (close and turn).

Punch with the right hand.

#21 (Ni Ju Ichi): Cross at the hip, with the right hand on top.

Step back with the right foot into a left cat stance.

Raise open hands above shoulder height, then bring them down to the obi (belt) level.

Grab the opponent's foot (left hand up, right hand down), stomp with the left foot, and twist.

Slide up to attention stance with the right hand closed and the left hand open.

Lower both hands to the sides, open the right hand, flatten both hands, and bow.



Zenkutsu Dachi
"Forward Stance"

SEISAN KATA

REQUIREMENTS AND TESTING CRITERIA TO EARN ORANGE BELT

Students are required to demonstrate proficiency in the following curriculum and must:

- Be prepared to answer history-related questions, including basic history and terminology questions about Seisan Kata.
- Attend a minimum of eight classes per testing cycle.
- Practice regularly at home.
- Maintain a positive Martial Arts attitude.
- Demonstrate Seisan Kata with good power, focus, and fighting spirit.
- Be able to demonstrate self-defense techniques derived from Seisan Kata against specific attacks, including:
 - a. Arm grab
 - b. Club attack
 - c. Front kick

REQUIRED HISTORY KNOWLEDGE

STUDENTS WILL BE QUIZED

1. **How old is Seisan Kata?** Seisan Kata is over 400 years old, making it one of the oldest traditional karate forms.
2. **What does Seisan mean?** "Seisan" translates to "thirteen" in Mandarin Chinese, referring to either the number of initial movements or principles within the kata.
3. **How many blocks are in Seisan Kata?** There are twenty-four distinct blocking techniques in Seisan Kata.
4. **What is the weight distribution in Seisan Stance?** In Seisan Stance, the weight is evenly distributed 50/50 between both legs, providing stability and balance.
5. **How many kiai's are in Seisan Kata?** Seisan Kata features two kiai points, which emphasize power and focus.
6. **Why is the thumb placed on top of the Isshinryu fist?** The thumb positioned on top of the fist in Isshinryu helps to strengthen the wrist and improve the structure of the punch.
7. **How many moves are in Seisan Kata?** Seisan Kata consists of over 125 individual moves, making it a complex and dynamic form.
8. **Name three benefits of practicing Seisan Kata:** Practicing Seisan Kata enhances breathing control, develops rapid and precise techniques, and reinforces the strong Seisan stance.
9. **Which lineage did Seisan Kata come from?** Seisan Kata is rooted in the Shorin-Ryu lineage, one of the primary styles influencing modern karate.
10. **Which of Soke Tatsuo Shimabuku's teachers was known for Seisan?** Master Chotoku Kyan, one of the three key teachers of Soke Shimabuku, was renowned for his expertise in Seisan Kata.

STANCES IN SEISAN

