

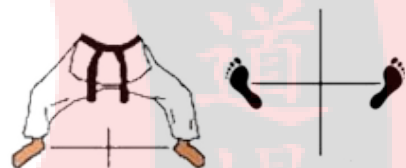
SEIUNCHIN KATA

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.

SEIUNCHIN KATA STEP-BY-STEP

#1 (Ichi): Look left, turn left heel in.
Circle right foot out into a **horse stance**, facing left (90° turn).
Bring hands up, right hand inside.
Scissor and break out shoulder-wide, breathe 50% out.
Look right, close hands.
Cross hands, right hand inside.
Hammer fists down, breathe 40% out.
Right hand circle block, breathe in.
Right hand pull in, left hand spear, breathe 90% out.
Look over the right shoulder, drop hands.



Shiko Dachi
“Horse Stance”

#2 (Ni): Pivot on right foot, slide left foot into horse stance.
Bring hands up, left hand inside.
Scissor and break out shoulder-wide, breathe 50% out.
Look left, close hands.
Cross hands, left hand inside.
Hammer fists down, breathe 40% out.
Left hand circle block, breathe in.
Left hand pull in, right hand spear, breathe 90% out.
Look over the left shoulder, drop hands.



Seisan Dachi
“Seisan Stance”

#3 (San): Pivot on left foot, slide right foot into horse stance.
Bring hands up, right hand inside.
Scissor and break out shoulder-wide, breathe 50% out.
Look right, close hands.
Cross hands, right hand inside.
Hammer fists down, breathe 40% out.
Right hand circle block, breathe in.
Right hand pull in, left hand spear, breathe 90% out.



Neko Ashi Dachi
“Cat Stance”

#4 (Shi): Raise right fist (horizontal to the ground), backfist into open left hand.
Right foot slides back into **cat stance**.
Right foot steps into **Seisan stance**.
Right hand reinforced punch.
Reach up with left hand, shuffle forward, right uppercut elbow.

SEIUNCHIN KATA

#5 (Go): Catch right hand on left hip, left thumb wrapped behind right hand.
Right foot shuffles into Seisan, right foot at a 45° angle.
Right hand reinforced block, left hand in Nukite position.
Right hand forward and down slightly, left hand catches #5 on right shoulder.
Slide left foot into horse stance (**Shiko Dachi**), right hand wraps to left hip.
Left hand smash, right hand returns to right hip (Hikite).

#6 (Roku): Left foot steps forward at a 45° angle, Seisan stance, left foot forward.
Left hand reinforced block, right hand in Nukite position.
Left hand forward and down slightly, right hand catches #5 on left shoulder.
Right foot slides into horse stance (**Shiko Dachi**), left hand wraps to left hip.
Right hand smash, left hand returns to left hip (Hikite).

#7 (Shichi): Right hand pushes across the face, Shuto hand.
Catch left hand on the right hip, palm down.
Slide back into horse stance, pull attacker into Shuto.
Archer block.

#8 (Hachi): Left hand pushes across the face, Shuto hand.
Catch right hand on the left hip, palm down.
Slide back into horse stance, pull attacker into Shuto.
Archer block.

#9 (Ku): Right foot steps forward into Seisan stance.
Right hammerfist, mid-level. Left hand stops right arm at the forearm.
Pull arm down to the hip.
Right foot shuffles forward, Seisan stance, and uppercut.

#10 (Ju): Catch right hand at the left shoulder, left hand at the right hip (#5/#6 catch).
Right foot spins around, facing 45° angle, into Seisan stance, right foot behind.
Right hand block down, left hand block middle at the same time.
Right hand guards solar plexus, left hand catches at the left hip (uppercut position).

#11 (Ju Ichi): Raise left knee as if preparing to kick.
Turn right heel and stomp with the left foot into horse stance (**Shiko Dachi**).
Left uppercut, circle inward, backfist to the bridge of the nose.
Left hand catches at the right shoulder, right hand catches at the left hip.
Left hand smash down, right hand returns to the right hip (Hikite).
Leave left hand out, right hand catch at the left shoulder.
Left foot slides backward into horse stance, left hand wraps to the right hip.
Right hand smash, left hand returns to the left hip (Hikite).

#12 (Ju Ni): Right hand catch at the left shoulder, left hand catch at the right hip (#5/#6 catch).
Right foot slides into **Seisan stance**, right foot in back.
Right hand block down, left hand block middle (5/6 block).
Left hand guards solar plexus, right hand catch at the right hip (uppercut position).



Shiko Dachi
"Horse Stance"

SEIUNCHIN KATA

#13 (Ju San): Raise right knee as if preparing to kick.

Turn left heel and stomp with the right foot into horse stance (**Shiko Dachi**).

Kiai loudly.

Right uppercut, circle inward, backfist to the bridge of the nose.

Right hand catches at the left shoulder, left hand catches at the right hip.

Right hand smash, left hand returns to the left hip.

Leave right hand out, left hand catch at the right shoulder.

Right foot slides backward into horse stance, right hand wraps to the left hip.

Left hand smash, right hand returns to the right hip (**Hikite**).

#14 (Ju Shi): Cross arms, left hand inside.

Left foot steps away into a T cat stance.

Left elbow backward, right hand block up.

#15 (Ju Go): Cross arms, right hand inside.

Right foot steps away into a T cat stance.

Right elbow backward, left hand block up.

Kiai.

#16 (Ju Roku): Right foot shifts out into Seisan stance, right knuckle block.

Left hand guards solar plexus, Shuto hand.

#17 (Ju Shichi): Right foot steps forward into Seisan stance.

Right hand block up (#10), turn elbow in, backfist to the bridge of the nose.

#18 (Ju Hachi): Raise both hands to chin height.

Left foot aligns behind right, then moves back into cat stance.

Hands drop and break at knee level.

Arms move outward and up, so the haito (ridge hand) touches.

Elbows together.

Shift weight to 50/50, stomp heel down, and break out with hands at an angle (like a pyramid without the top).

Turn right foot to 45° and slide up to **Musubi dachi**.

Hands to center, left open, right closed.

Hands down, then flatten both hands at your sides.

Bow out.



Seisan Dachi
"Seisan Stance"



Musubi Dachi
"Attention Stance"

SEIUNCHIN KATA

REQUIREMENTS AND TESTING CRITERIA TO EARN GREEN BELT

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

- Know the answer to history and terminology questions about Seiunchin Kata.
- Minimum of eight classes attended (per testing cycle).
- Regular practice at home.
- A positive Martial Arts attitude.
- Demonstrate Seisan and Seiunchin Kata with good power, focus, and fighting spirit.
- Demonstrate self-defense from Seiunchin Kata against:
 - a. Choke hold
 - b. Right-hand punch to the head
 - c. Lapel grab

REQUIRED HISTORY KNOWLEDGE

STUDENTS WILL BE QUIZED

1. **What system did Seiunchin come from?:** Seiunchin originated from the Goju Ryu system, which is one of the main traditional styles of karate. Goju Ryu emphasizes both hard and soft techniques, integrating powerful strikes with flowing, circular movements for balance and efficiency.
2. **Who taught this kata to Soke Shimabuku?:** Soke Chojun Miyagi, the founder of Goju Ryu, taught Seiunchin kata to Soke Tatsuo Shimabuku. Miyagi was instrumental in developing Goju Ryu and passing on the traditional Okinawan katas to future generations.
3. **How many blocks are in Seiunchin Kata?:** There are 37 distinct blocking movements in Seiunchin Kata. These blocks are integral to the defensive nature of the kata, helping practitioners develop strong defensive techniques in close-range combat situations.
4. **What is the benefit of the horse stance (Shiko Dachi)?:** The horse stance (Shiko Dachi) provides excellent side-to-side stability, making it ideal for maintaining balance while performing lateral movements or blocking attacks from either side. This stance strengthens the legs and promotes a solid foundation for defensive and offensive techniques.
5. **What year was Goju Ryu founded?:** Goju Ryu was officially founded in 1930 by Soke Chojun Miyagi. Although its origins go back earlier, 1930 is when it was formally recognized and named, combining "Go" (hard) and "Ju" (soft) to reflect its balanced approach to martial arts.
6. **What is the weight distribution of a cat stance?:** In a cat stance, the weight distribution is approximately 90% on the back leg and 10% on the front leg. This stance allows for quick movement and enables the practitioner to shift their weight efficiently, making it useful for fast transitions and evasive maneuvers.

STANCES IN SEIUNCHIN

