

KENSHO-KAI FORMAL KATA

Sanchin Sanpo (*Teaching Tool Only*)

Three steps only "Three battle" □

Taikyoku Jodan

First course upper

Taikyoku Chudan

First course middle

Taikyoku Gedan

First course lower

Sanchin

"Three battle" □

Gekisai Shodan

"Attack and smash." "With closed hands"

Gekisai Nidan

"Attack and smash." "With open hands"

Unsu

"Smoking hands"

Niseishi

"Twenty four"

Saifa

"To smash into pieces and destroy"

Tensho

"Rotating palms"

Seinchin

"To pull off balance and fight."

Kensho

Kancho Shojiro Jiviki's Kata

Sanseiru

"Thirty-six (6x6=36)" Hand positions

Shisochin

"Four-face battle."

Seisan

"Number thirteen" Hand positions

Seipai

"Eighteen (3x6=18)" Hand positions □

Kururunfa

"To remain still, then quickly attack and destroy"

Suparenpei

"Number 108 (3x36=108)"

Mennings of KATA

Because of the disagreement concerning the meaning of the Chinese characters (Kanji), exact translations are difficult. Furthermore, these characters may differ in meaning according to variable syntax. Only those kata with numbers can be specifically defined and at that, only as the numbers exist and any esoteric references with these numbers can only be conjecture.

It can be said that only at the time of the creation of the kata could the true meaning be known. Time, translation and personal opinion have probably caused the exact meaning to be lost.