

# Goju Ryu Kata

Kata are sequences of pre-arranged movements and techniques. The true meaning and spirit of karate exist within the kata.

## Kaishugata

These kata are performed in a semi-relaxed and ready state with speed and focus as techniques are executed.

- Gekisai dai-ichi (first “attack and smash” kata)
- Gekisai dai-ni (second “attack and smash” kata). Both of the Gekisai kata were created by Chojun Miyagi as a gentler introduction to kata.
- Saifa (tear and destroy). Traditional kata of chinese origin brought to Okinawa by Kanryo Higaonna. This kata is thought to have been derived from white crane boxing style in China.
- Seiyunchin (to control and pull in battle). Derivative of a very old chinese kata probably originally from the Hsing-I system.
- Shisochin (four directional battle). Taught to Kanryo Higaonna by Ryuryu Ko. One of Chojun Miyagi’s favourite kata in his later years.
- Sanseru (thirty six hands). Thirty six representing 6×6, the first six being eye, ear, nose, tongue, body and spirit and the second six, colour, voice, smell, taste, touch and justice.
- Sepai (eighteen hands). Based upon crane techniques. Eighteen being 6×3 (colour, voice, smell, taste, touch and justice as in sanseru) and 3 representing good, bad and peace.
- Kururunfa (to destroy with ancient mantis techniques). Taught to Kanryo Higaonna by Ryoryu Ko from China. Its origins are unknown.
- Sesan (thirteen hands). The basic form of this kata contains 8 defensive and 5 attacking techniques. Thirteen is also a number representing good luck and prosperity in chinese numerology. Sesan is thought to be one of the oldest kata.
- Suparunpei (108 hands). 6x6x3, combining the elements represented in the meanings of sanseru and sepai. 108 also has special significance in buddhist beliefs from where the kata originated.

## Heishugata

These kata are performed while under constant tension.

- Sanchin (three battles) – the fundamental kata of Goju Ryu. The form generally practised is a variation of Kanryo Higaonna’s kata that Chojun Miyagi chose to balance movements.
- Tensho (turning or flowing hands). Created by Chojun Miyagi and is derived from a softer Chinese form of sanchin.