

Heian Shodan Kata & Bunkai



Lee Taylor

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WARNING

The methods described and demonstrated in this book are extremely dangerous and must not be attempted by anyone unless they are under expert tuition. Any person attempting any of the activities herein do so entirely at their own risk. Information has been presented in this book with the sole intention of helping the reader understand the application of karate and kata. All readers should be aware of and always adhere to all appropriate laws relating to self defence.

www.leetaylorkarate.co.uk

Heian Shodan Kata & Bunkai

This PDF on the Heian Shodan kata and bunkai is an extract from the book **Heian / Pinan Kata & Bunkai - The Fundamentals**.

In that book all 5 of the Heian / Pinan kata are examined in detail from the solo performance of each kata, to the two person bunkai sequences.

This PDF details the first kata of the Heian series, Heian Shodan (Pinan Nidan) showing in detail move by move of the solo performance of the kata and the bunkai applications that are carried out with a partner.

It is designed to give the reader an introduction into the Heian / Pinan kata and how applicable and a viable solution this series of kata can be in a civilian self defence scenario. It does not replace formal instruction in a class environment from a suitably qualified instructor.

It does however offer the learning karateka a point of reference for their personal training and development, hopefully spurring them on to find their own way opening up their kata training and revitalising their interest in bunkai as it did mine.



Heian / Pinan Kata & Bunkai-The Fundamentals

The complete book containing all 5 kata and bunkai sequences can be purchased from Lulu.com at the following link:

<http://www.lulu.com/shop/lee-taylor/heianpinan-kata-bunkai-the-fundamentals/paperback/product-20664754.html>

ISBN : 9781291293180

Lee can be contacted via his website: www.leetaylorkarate.co.uk

Introduction.

The Heians or Pinans are widely the most recognisable and practised kata in karate circles today. They are also arguably the most misunderstood with reasons as “they are children's kata” to “they are just for grading purposes” being used by the very karateka that practise them.

Whatever the reason for practising these kata I believe they have within them the building blocks to help the student learn principles, skills, techniques, needed for self-defence. (Isn't that the original intention of karate, a civilian self-defence system?).....

Studying the Heian/Pinan kata with a self-defence mindset and practising the applications combatively will open up the kata to further techniques and principles which you can apply to the advanced kata in your syllabus, turning your karate into a rich encyclopedia of information on principles and techniques thus enhancing your overall knowledge and skills self-defence and fighting, in turn making your karate a complete system.....

Heian Kata Bunkai

Kata is a great multi purpose activity for practitioners, it can serve many functions from developing good technique, improving timing, creating focus and a great cardio vascular work out, as long as the practitioner clearly defines what they want from their kata.

Problems arise when karateka think that training kata in one way covers all bases and that they are then competent in all of it's different purposes.

As long as the environment or context you are training for is clearly defined e.g. grading kata, tournament kata, combative applications, with no misunderstanding then every type of kata practise has it's place and can offer an exciting and varied syllabus for the student. The same applies when practising the bunkai or applications of the kata and clearly defining how and what you are practising bunkai for.....

This is where the lines of definition and context can sometimes get blurred giving the karateka a false sense of security thinking that a well executed piece of bunkai will apply to self defence. As long as bunkai for grading purposes is clearly defined and the boundaries set, it does have it's merits, like all various forms of kata practise, but it should not be confused with practical applications as they are worlds apart.....

With that in mind the bunkai in this book is not bunkai that you do '*with*' an opponent rather it is bunkai that you do '*to*' an opponent.....

Kata Order.

Heian Shodan (1st step) - dealing with the limbs of an opponent to facilitate a strike.

Heian Nidan (2nd step) - gripping your opponent or dealing with grips to facilitate a strike from a closer range than Shodan

Heian Sandan (3rd step) - a closer range than Nidan that develops grappling skills and introduces throwing your opponent

Heian Yondan (4th step) - developing your skill level, technique, targeting, limb control by introducing longer combinations

Heian Godan (5th step) - a master class of techniques based on the principles of the previous kata including throws and longer combinations, enhancing the practitioners skill level.

With this progression in mind it clearly sets out a structured path for the beginner to follow, laying down important foundations to build upon as they move through the syllabus in turn developing their skills, knowledge and understanding, showing there is more to the Heian kata than meets the eye!

The bunkai applications used here are by no means exhaustive or the only way, they are a starting point for the student to build a solid foundation from which to grow, students can utilise them, adapt or discard them but hopefully spurring them on to find their own way opening up their kata training and revitalising their interest in bunkai as it did mine.

Heian / Pinan Kata & Bunkai-The Fundamentals

The complete book containing all 5 kata and bunkai sequences can be purchased from Lulu.com at the following link:

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“If practiced properly, two or three kata will suffice as "your" kata; all of the others can just be studied as sources of additional knowledge. Breadth, no matter how great, means little without depth”
- Kenwa Mabuni

Heian Shodan



Shodan - 1st step

Dealing with the limbs of an opponent to facilitate a strike.



From musubi dachi open the right foot into soto-hachiji-dachi



Turn to the left by pivoting on the ball of the right foot into left nekoashi-dachi stance making left chudan uke with the right forearm by the side of the head



Maintain the nekoashi-dachi stance pull back the left arm to the shoulder with a right uchi-otoshi

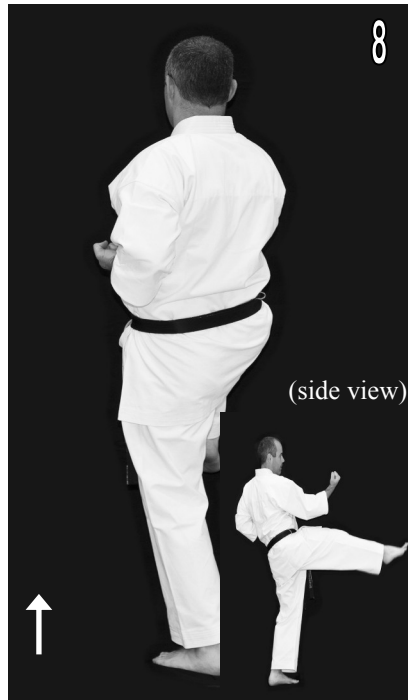


Slide forwards with the left foot to make soto-hachiji-dachi stance then strike with the left with a hammer fist kentsui-uchi at shoulder height with the right fist pulled back



Turn to the right by pivoting on the ball of the left foot. The sequences are then repeated on the right side of the body





Turn to the right 90 degrees by pivoting on the left foot making right chudan-uke and right chudan mae geri simultaneously



Put the kicking foot down in front and pivot on it 180 degrees to the left into left nekoashi-dachi making left chudan shuto-uke and right arm in front of the solar plexus, fist open with the back of the hand facing downwards.



Step forward with the right and repeat the same stance and arm sequence



Step forward with the left and repeat the same stance and arm sequence



Step forward with the right into right moto-dachi stance striking with right chudan nukite with the left fist pulled back. Kiai-shout



Pivoting on the right foot turn left onto a 45 degree angle into left nekoashi-dachi stance making left chudan shuo-uke with the right arm in front of the solar plexus, fist open with the back of the hand facing downwards.



Step forward with the right on the same angle and repeat the same stance and arm sequence



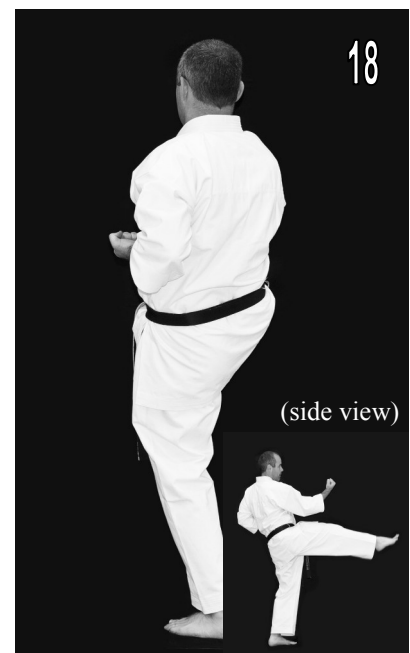
Pivoting on the left foot turn right onto a 45 degree angle into right nekoashi-dachi stance making right chudan shuo-uke with the left arm in front of the solar plexus, fist open with the back of the hand facing downwards.



Step forward with the left on the same angle and repeat the same stance and arm sequence



Move the left foot to face the rear into left moto-dachi stance making right chudan-uke with the left fist pulled back



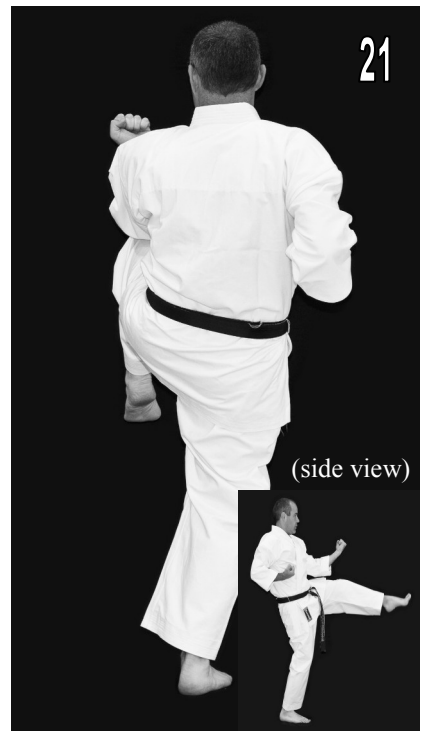
Then kick right chudan maegeri



Land forward with into right moto-dachi stance and strike left chudan gyaku-zuki with the right fist pulled back



Maintaining the same stance make left chudan-uke with the right fist pulled back



Then kick left chudan margeri



Land forward with into left moto-dachi stance and strike right chudan gyaku-zuki with the left fist pulled back



Step forward into right zenkutsu-dachi stance making right chudan sase-uke where the last finger of the left fist touches the right elbow. Kiai-shout



Pivoting on the right foot turn to the left onto a 45 degree angle into left zenkutsu-dachi stance making left gedan uke with the right fist pulled back



Stepping forward into right zenkutsu-dachi stance making a right jodan uke with the left fist pulled back



Move to the right onto a 45 degree angle into right zenkutsu-dachi stance making right gedan uke with the left fist pulled back



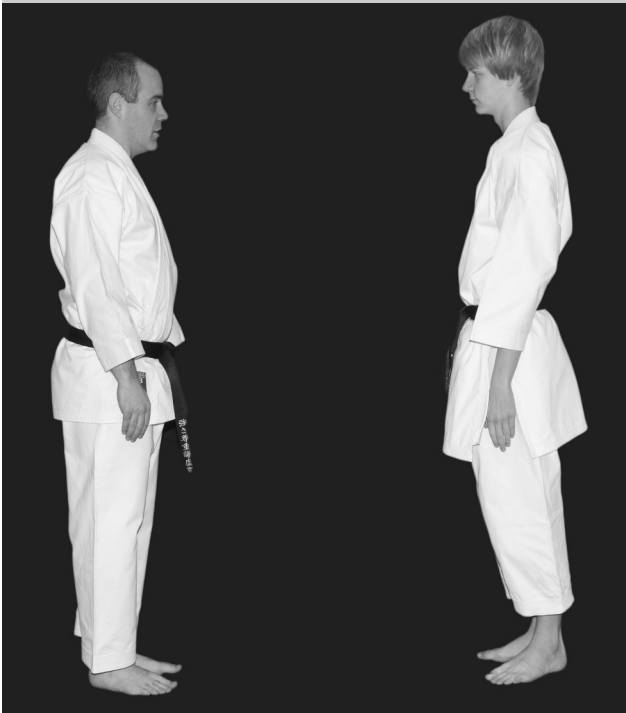
Stepping forward into left zenkutsu-dachi stance making a left jodan uke with the right fist pulled back



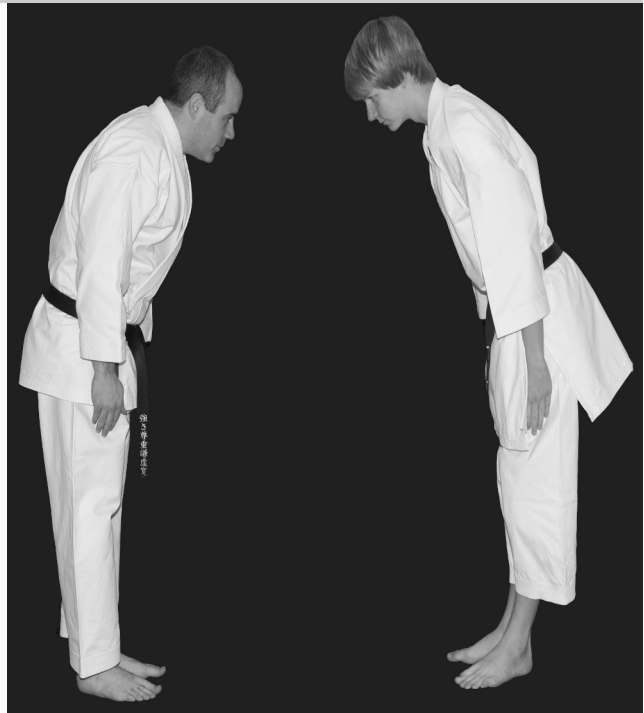
Take the right foot back into soto-hachiji-dachi stance keeping focus then complete finishing sequence



Starting every bunaki sequence with a partner



Face each other in Musubi-dachi



Rei / bow

Starting every bunaki sequence with a partner



Connect with your partner with the left or right arm, different bunkai throughout the Heian's may have different connections to your partner.

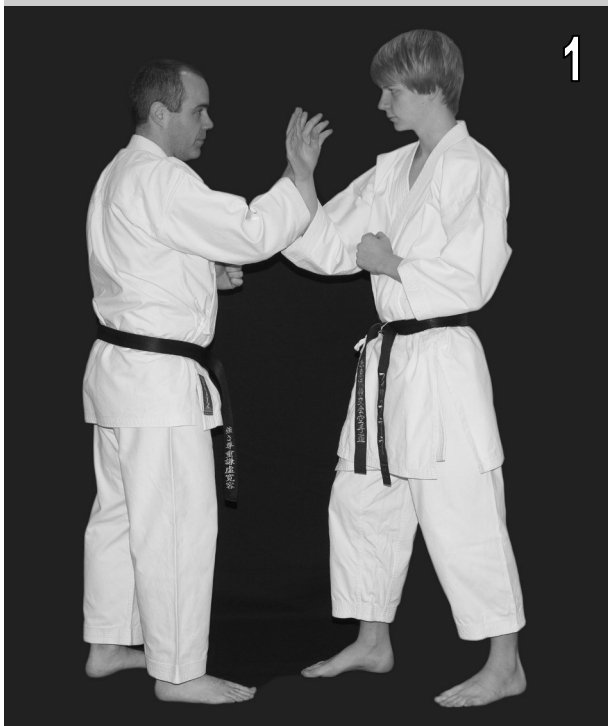
The connection represents the limbs being in the way during a confrontation, either by gesturing, clashing or flinching. Grabs to the wrist indicate a response to a previous action e.g. groin grab

All bunkai sequences should be practised on both sides of the body, even though they are only shown here on one side.

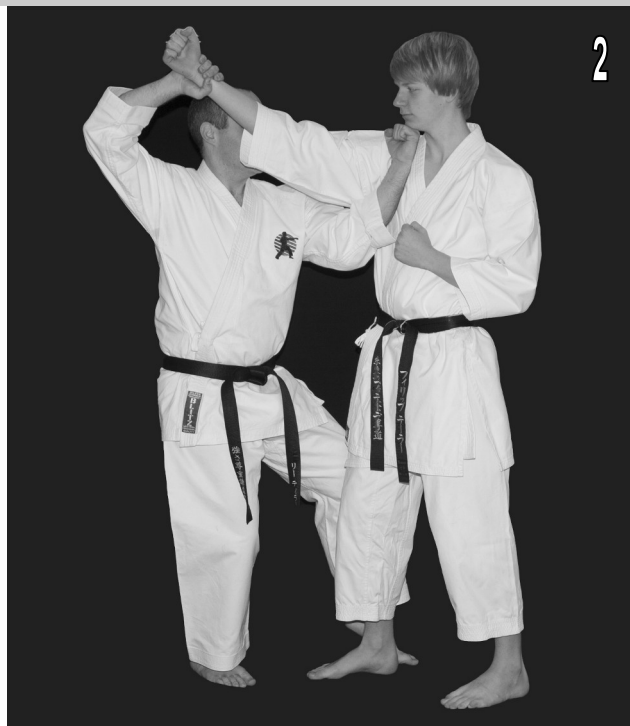
When completing the drill return to the Rei position.

N.B. Always have your partner's safety in mind throughout the bunkai drills.

Shodan Bunkai / Sequence 1

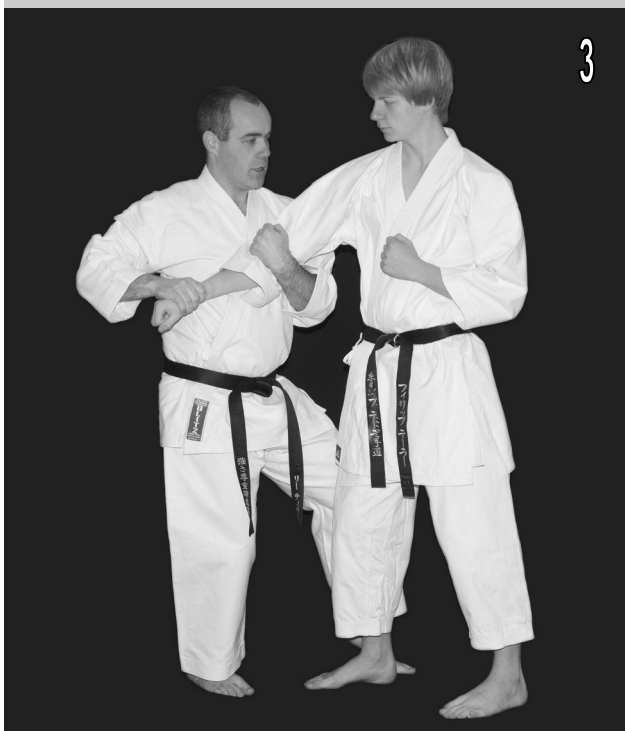


Connect with your partner right hand to right hand

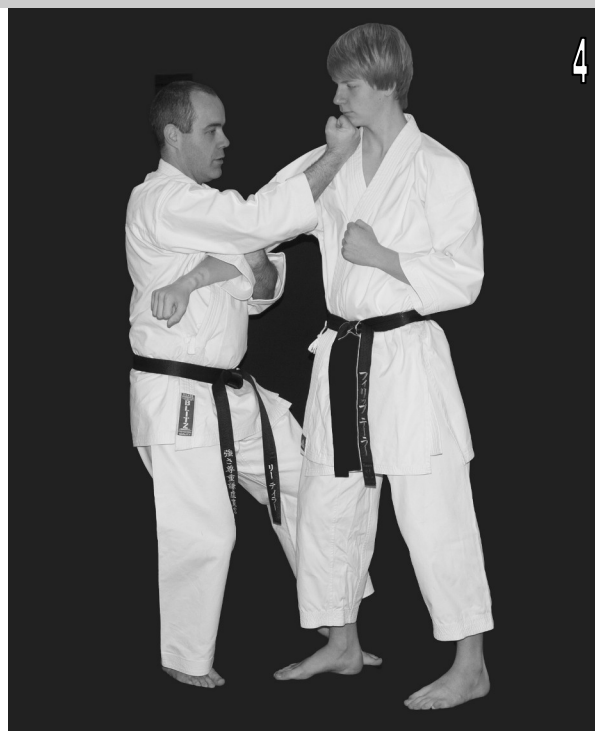


Take hold of their wrist and lift above your head with the right, whilst stepping in at an angle towards them delivering a strike to the jaw with the left

Sequence 1 continued

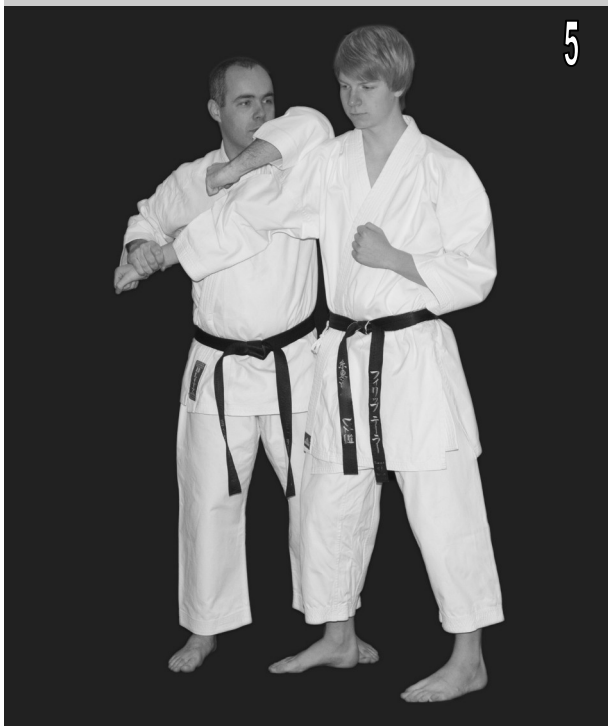


Maintaining the right hand grip pull the arm down and pull your left arm towards your chest to secure the arm. Do not let go of the opponents arm whilst swapping grips, keep control of them.

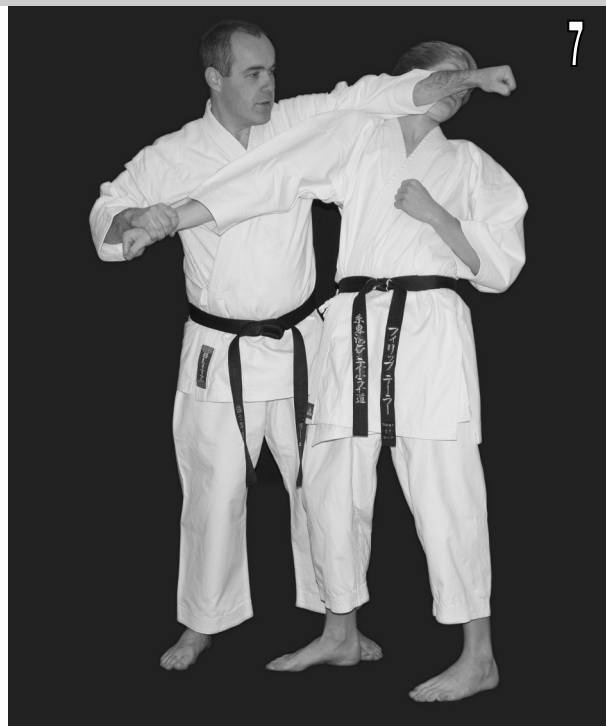


Once the arm is secure release the right arm to deliver another strike to the jaw, maintaining the same stance

Sequence 1 continued

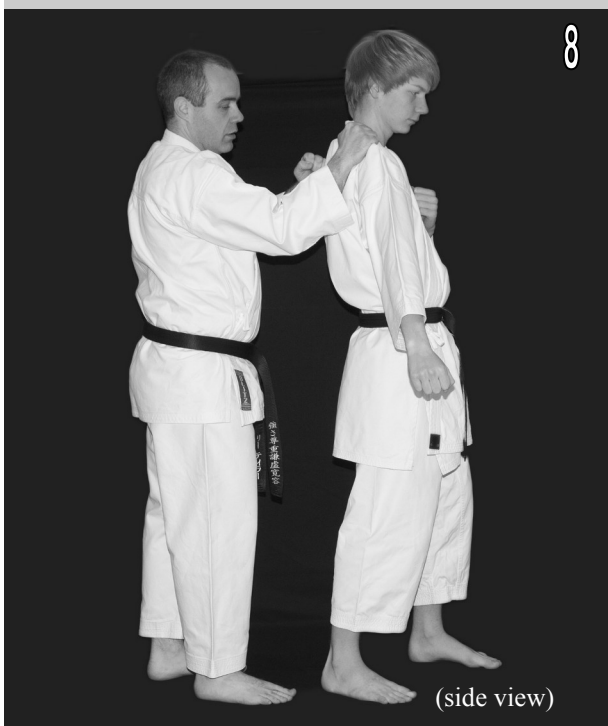


Swap your grip back to the right wrist still controlling their arm, then turn into stance and bring your left arm up above their arm. Keep their arm tight against your chest by pulling with the right

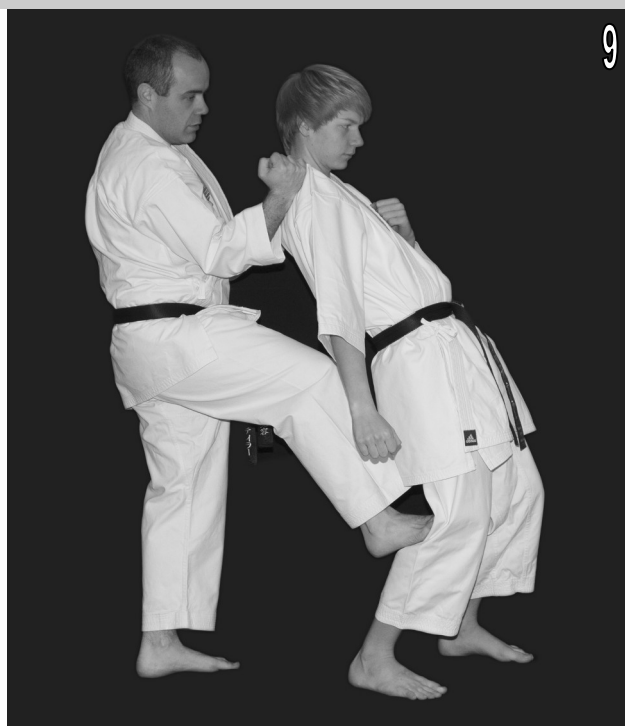


Unwind the left arm and deliver a strike across the jaw whilst still pulling with the right hand to keep control of their limb. An arm bar across your chest can be created here

Sequence 1 continued



Move behind the opponent and secure a grip on their shoulder with your right hand



Whilst pulling on their shoulder use your right foot to kick out the knee, this motion will then take them down to the floor.
N.B Take extra care with the knee when practising this motion, look after your partner

Sequence 1 notes



Relying on kicking the knee to pull off this motion is not enough, the grip on the shoulder plays a big part in unbalancing the opponent, with the grip secured twist and pull down with the elbow

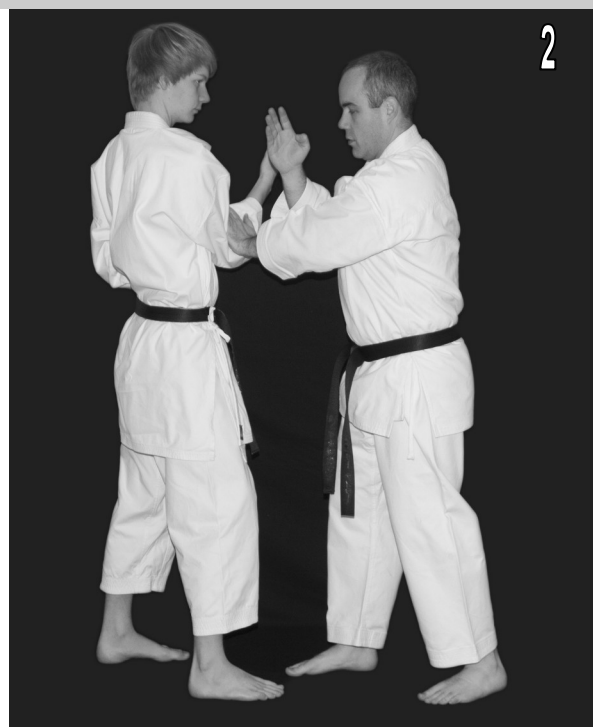


For the kicking part I prefer to turn my heel slightly so I get more coverage across the back of the knee (see above) which will help with leverage for the take down. During the chaos of this motion and trying to pull it off with a non-compliant person, the ball of the foot (maegeri) may miss it's target. Other versions of this kata use side kick which will achieve the same goal.

Shodan Bunkai / Sequence 2

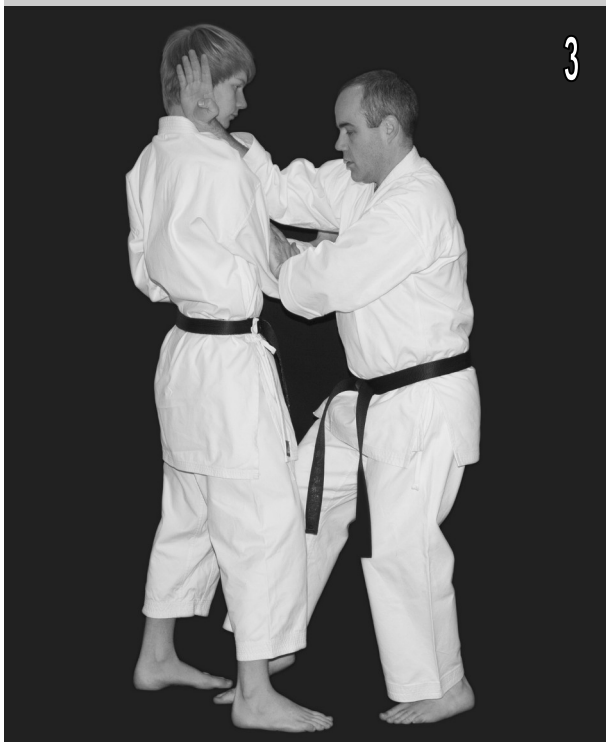


Connect with your partner right hand to right hand

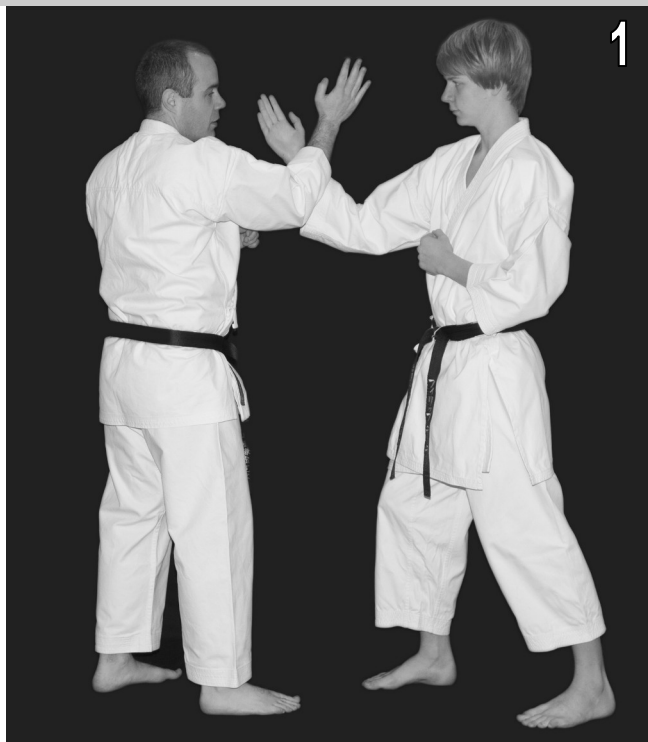


With your left hand place it at the elbow and push their arm away. Any higher or lower then the elbow the opponents arm cannot be controlled , pushing the arm helps minimise the ability to move it with their free hand restricted also

Sequence 2 continued

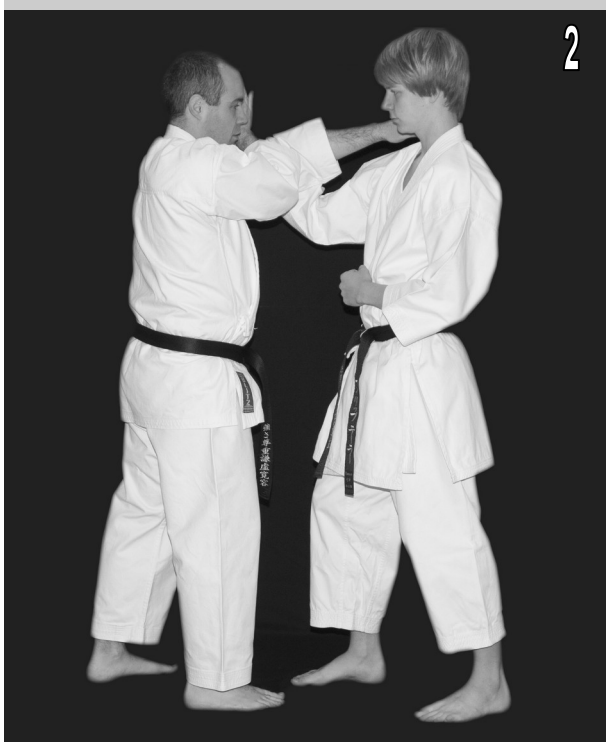


Drive forward and strike into the neck with your right forearm whilst still controlling their limb. Any part of the arm from the hand to the elbow can be used to strike with.

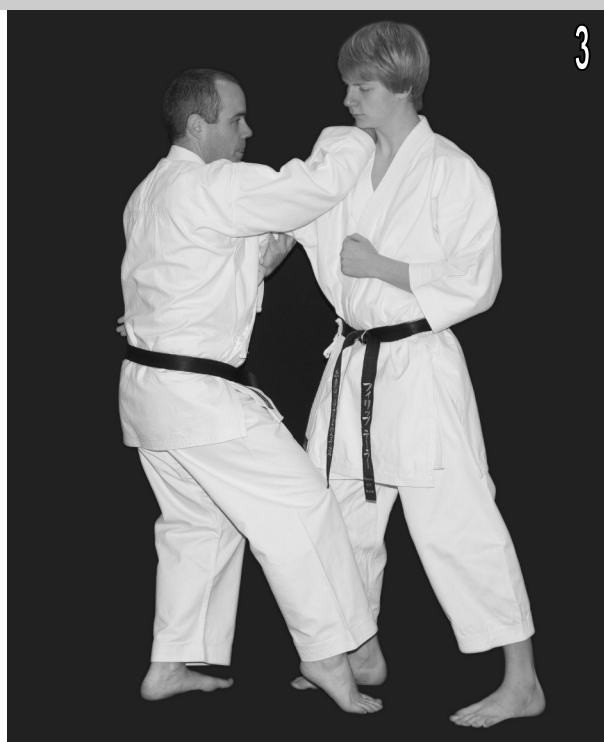


From the same connection position with your partner as before you can vary this strike by moving past their arm on the inside. First clear their arm by pushing it away on the inside with your right.

Sequence 2 continued

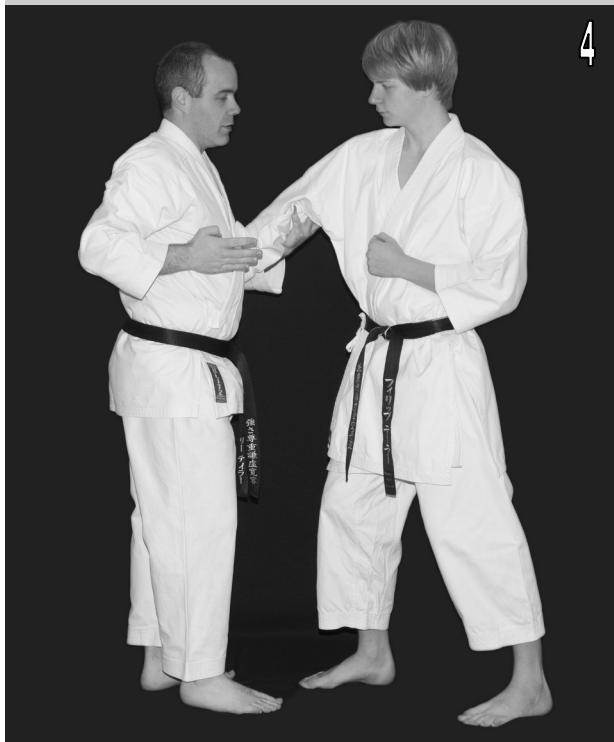


Reach through with your left arm

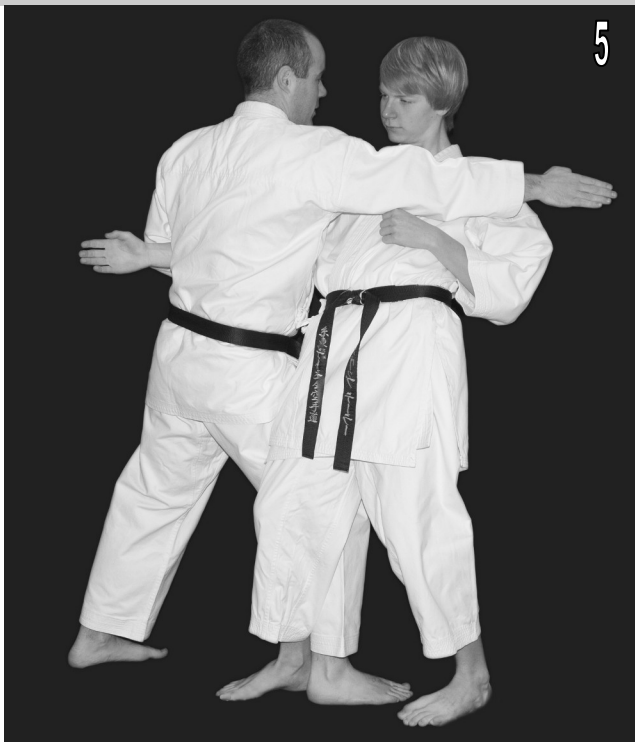


Wrap your left arm around their right and secure, whilst dropping your weight and striking in the neck with your right as before.

Sequence 2 continued



Still controlling their arm you can withdraw your right arm and leg

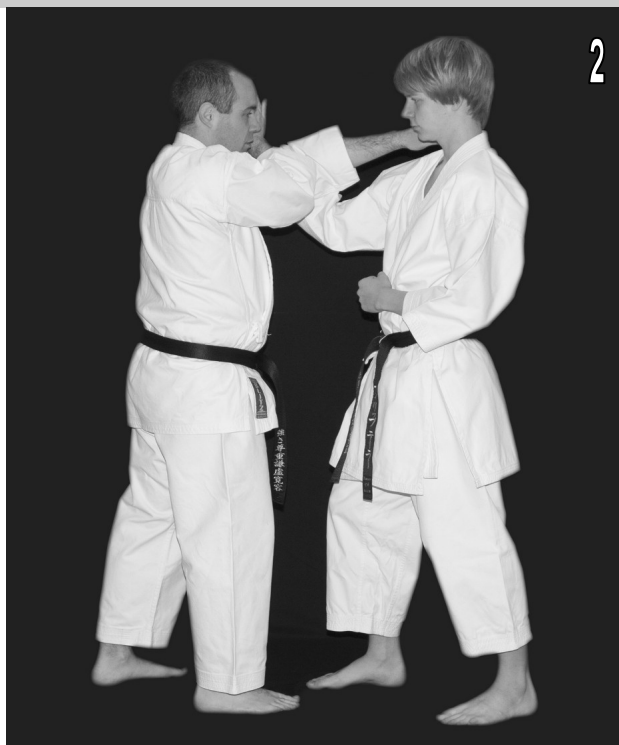


Then thrust back into them by stepping past their lead leg with your right and slamming your right arm into their chest. This will unbalance them leading to a take down

Shodan Bunkai / Sequence 3



Same connecting position as before but the next sequence of moves increases the skill level by moving off line to your opponent, therefore moving away from the opponents free hand.

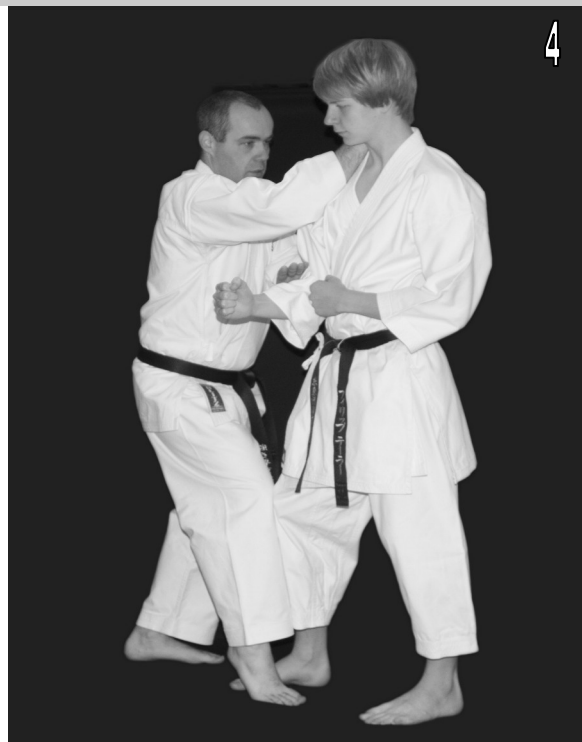


Same movement to pass the arm as before

Sequence 3 continued

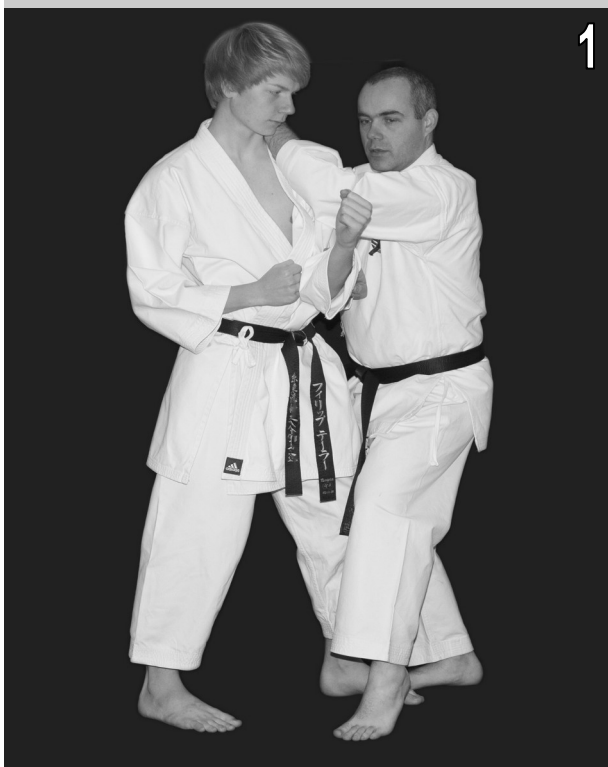


Before the strike move your left foot off to a 45 degree angle to your opponent then strike the neck as before.

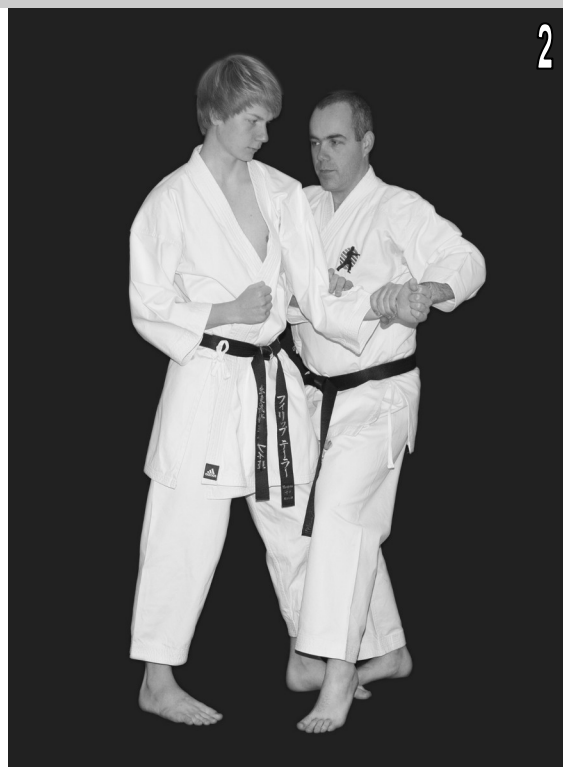


A variation to this move is to control the arm on the outside, move off line then strike. Similar control of the limb as described in the first shuto move previously

Shodan Bunkai / Sequence 4

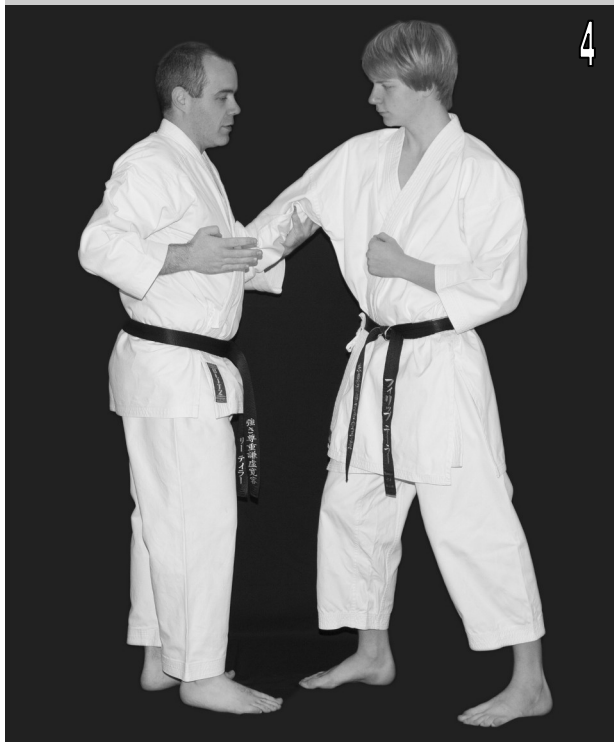


Complete the shuto strike as previously described

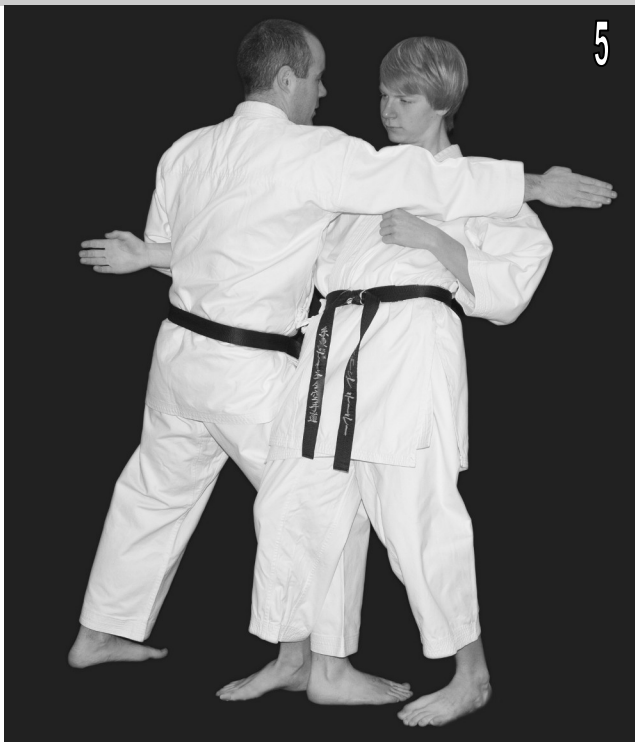


Whilst controlling the arm with your right hand, grip their wrist with your left hand

Sequence 2 continued



Still controlling their arm you can withdraw your right arm and leg

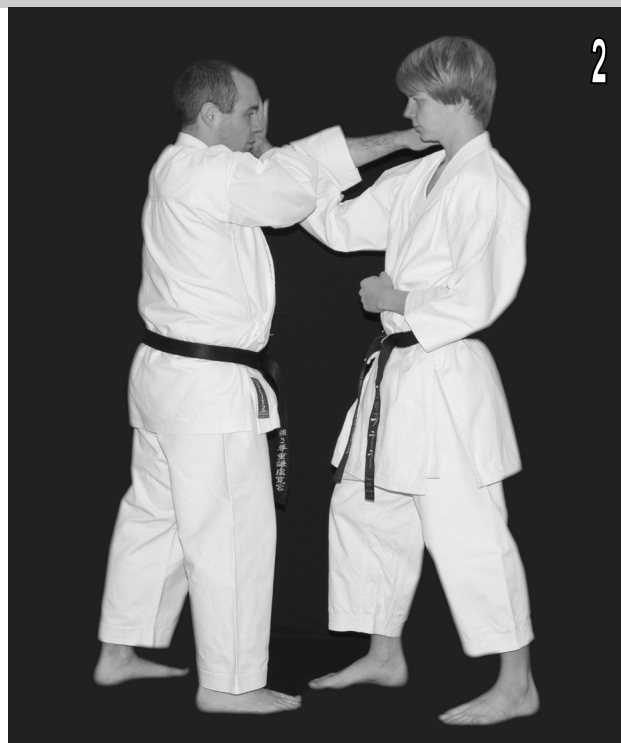


Then thrust back into them by stepping past their lead leg with your right and slamming your right arm into their chest. This will unbalance them leading to a take down

Shodan Bunkai / Sequence 3



Same connecting position as before but the next sequence of moves increases the skill level by moving off line to your opponent, therefore moving away from the opponents free hand.

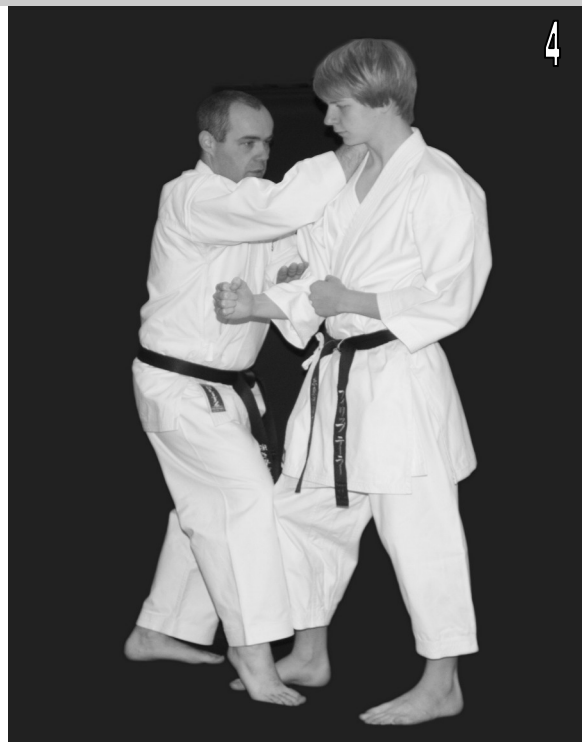


Same movement to pass the arm as before

Sequence 3 continued

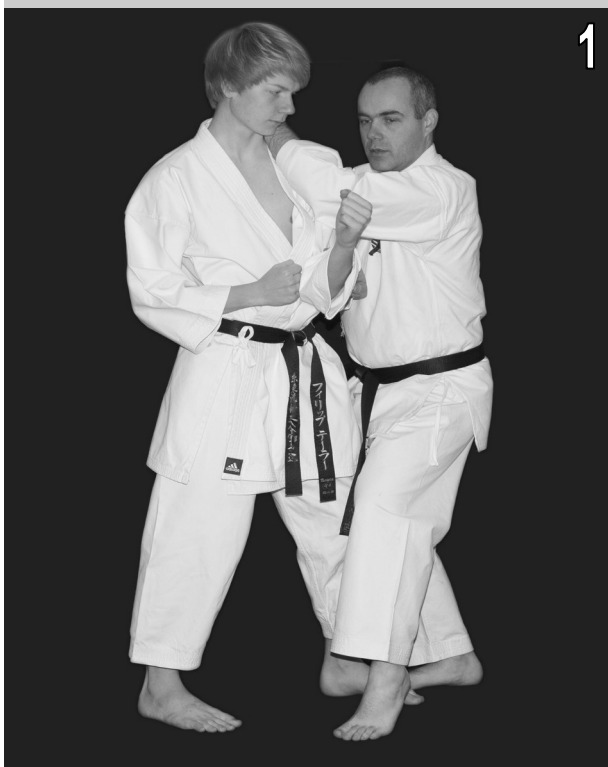


Before the strike move your left foot off to a 45 degree angle to your opponent then strike the neck as before.

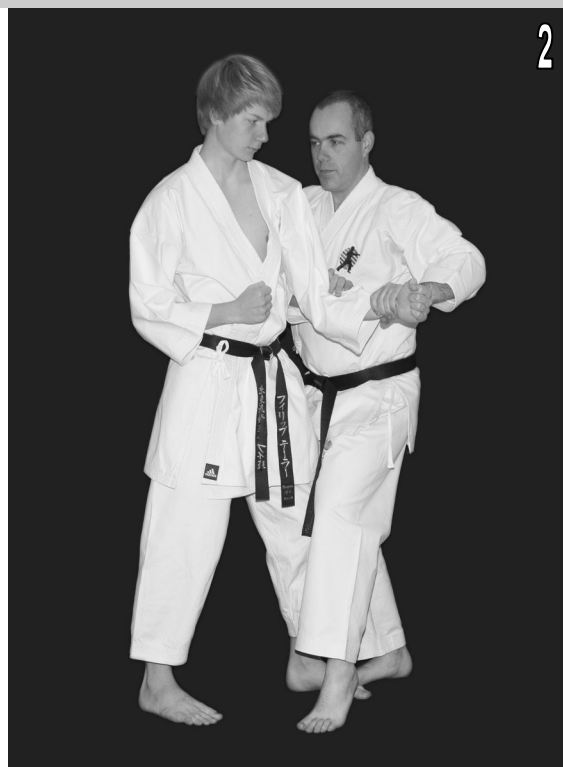


A variation to this move is to control the arm on the outside, move off line then strike. Similar control of the limb as described in the first shuto move previously

Shodan Bunkai / Sequence 4



Complete the shuto strike as previously described



Whilst controlling the arm with your right hand, grip their wrist with your left hand

Sequence 4 continued

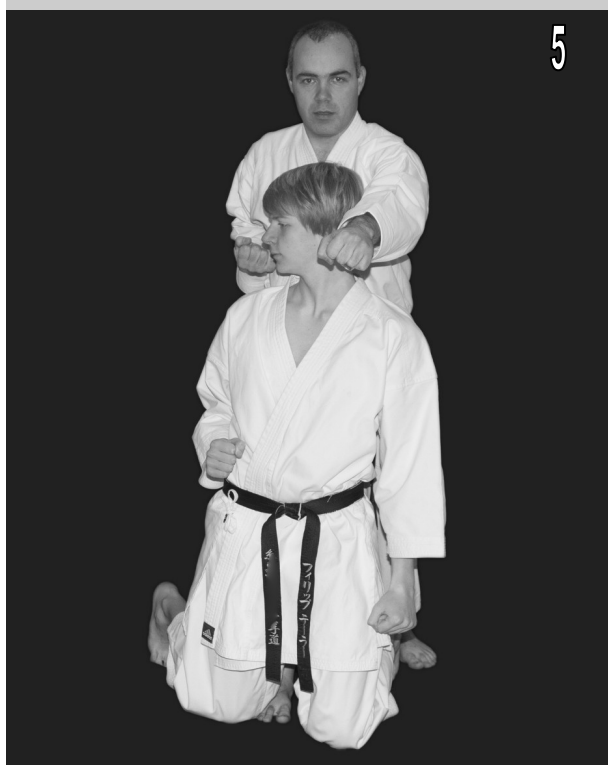


Move your left leg 45 degrees into stance keeping control of their arm, strike around the back of their neck with your right arm



Grab their chin and move your arm into the blocking motion which will rotate their head and their body, kick into the back of their knee with your right foot, this will drop them to the ground. N.B Extreme caution practising these moves, look after your partner.

Sequence 4 continued

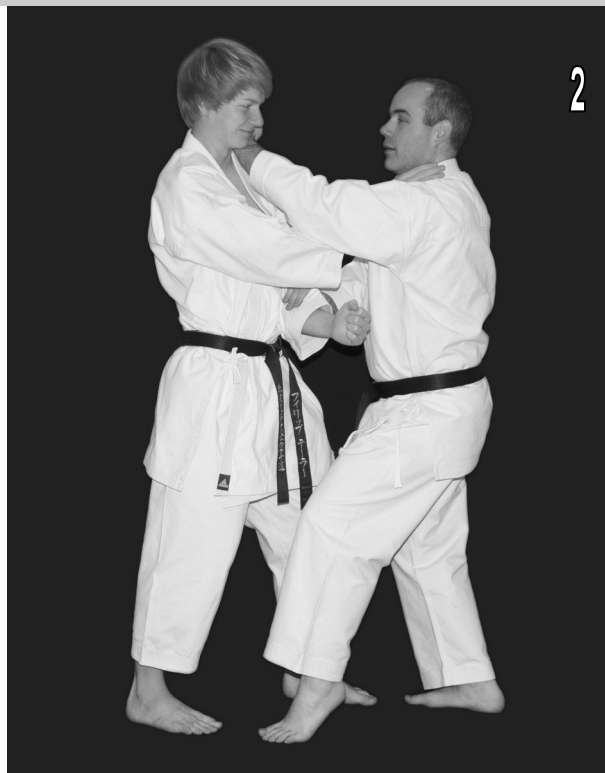


Then strike through with your left to wrench the neck further.
N.B Extreme caution practising these moves, look after your partner.

Shodan Bunkai / Sequence 5

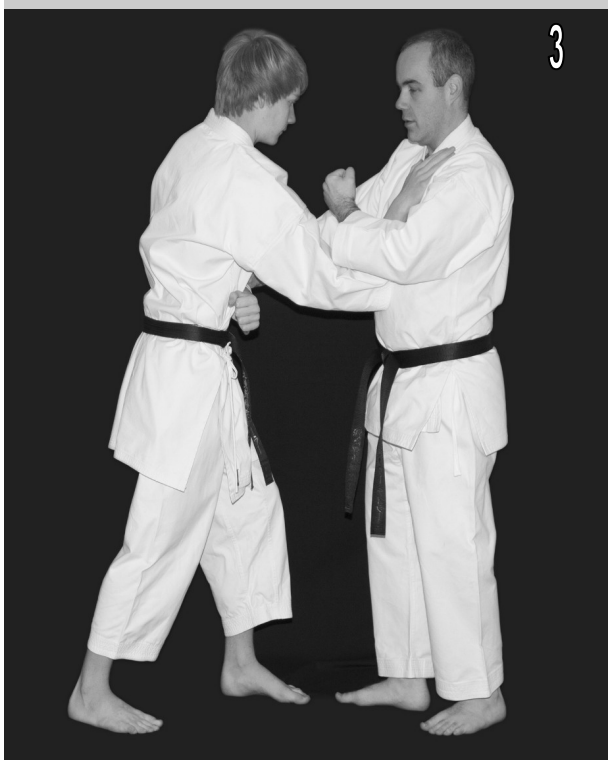


Complete the shuto strike as previously described without moving off line to your opponent.



The opponent sees a chance to grab for your throat

Sequence 5 continued

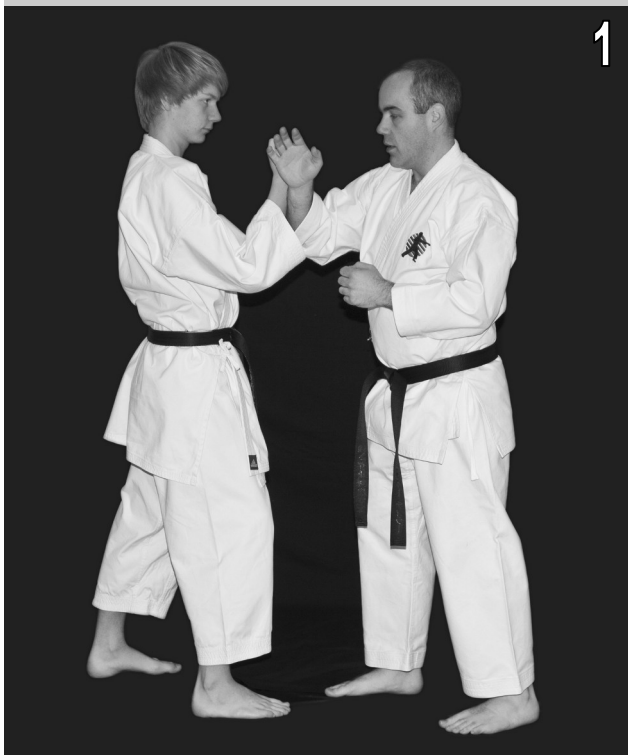


Withdraw your left foot whilst dropping your left arm down onto their arm. The withdrawing motion and arm drop will assist in stopping the throat grab.



Thrust forward into stance with the right and strike the side of the neck with the right fist still controlling the arm.

Shodan Bunkai / Sequence 6



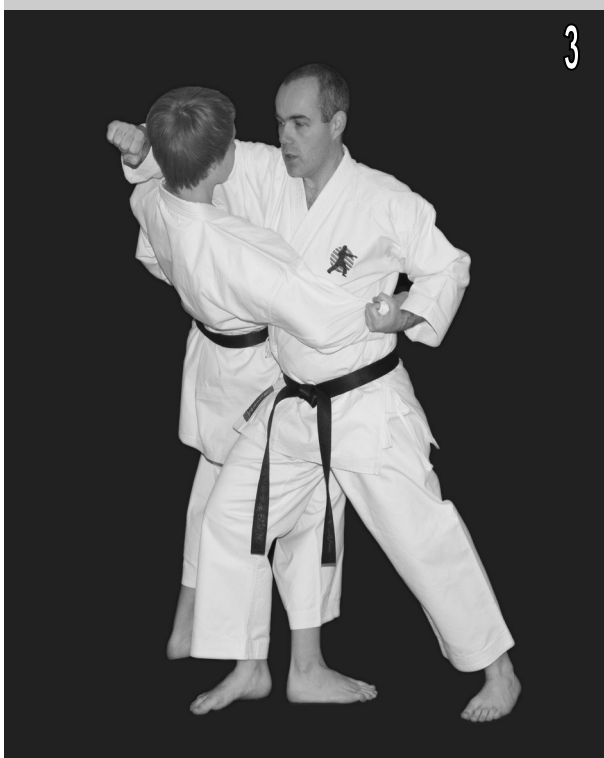
Connect with your partner right hand to right hand



Take hold of the gi with your left and step back vigorously to a 45 degree angle with your right leg whilst whipping the arm down in a down block motion.

N.B Take care of your partner with this motion as the head can jerk forward

Sequence 6 continued



On the same angle step through with your right past their lead leg whilst thrusting your right arm around their neck, this motion will lead to a take down

About the author.



(Himeji Castle, Japan)

Lee Taylor has been training in the traditional martial arts since childhood and currently holds the rank of 4th Dan Karate with the: British Combat Karate Association, British Combat Association and the World Combat Association.

Lee started his karate training in Wado-Ryu karate, in his home town of Presteigne. When Lee left school and studied at college and then university the opportunities to train in karate became limited, and he only trained occasionally in different styles. In 1999 Lee started training again in Shito-Ryu Shukokai karate and worked through the grades and competed nationally and internationally in kata and kumite, and became the Squad Coach.

In 2005 Lee opened his first club in Presteigne, and in 2007 opened Rhayader and Llanidloes clubs, becoming a full time instructor. Lee has regularly trained with top instructors in the UK and abroad, to ensure his students receive the knowledge and skills of Karate, and in 2011 established Lee Taylor Karate.

Lee endeavours to improve his skills, knowledge and understanding of martial arts particularly on the issue of self protection. He trains with the UK's leading authorities in practical application of karate and self protection, Peter Consterdine, Geoff Thompson (1st Dan in Geoff's RCS system) Iain Abernethy (qualified as an Instructor with Iain, and who graded Lee to 4th Dan) and Al Peasland (Affiliate Instructor with Al's group Complete Self Protection)

Lee can be contacted via his website: www.leetaylorkarate.co.uk