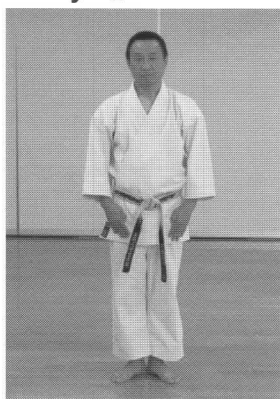
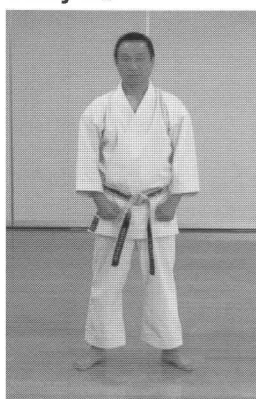


SEISHAN

【Ready 1】



【Ready 2】



<Ready 1>

Same as in PINAN SHODAN.

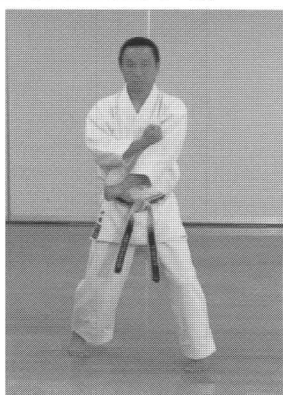
Stand in Musubidachi. Open both hands and place them in front of thighs.

<Ready 2>

Same as in PINAN SHODAN.

From Musubidachi, open left foot and then right foot (width of heels is a foot and half apart). Grip both hands lightly in front of thighs.

【Movement 1-1】

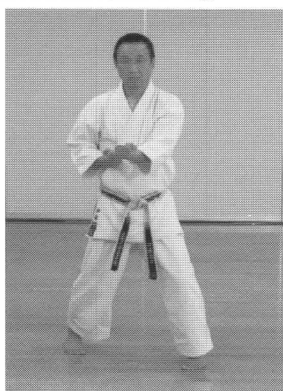


Lowering the body slightly, turn right foot inward. Advance left foot to south (front) such like drawing a circle from inside and stand in Left-Yo-ko-Seishandachi. As soon as feet are fixed, cross both arms with right fist on top facing upward, and with left fist facing downward, in front of the chest.

<Note>

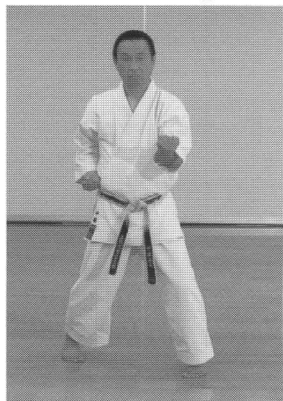
- Maintain the body gravity (central axis) put in between both feet.
- Slide left foot forward quickly.

【Movement 1-2】



In succession, twist the left fist upward.

【Movement 1-3】



Execute Left-Chudan-Sotouke (in lower position).

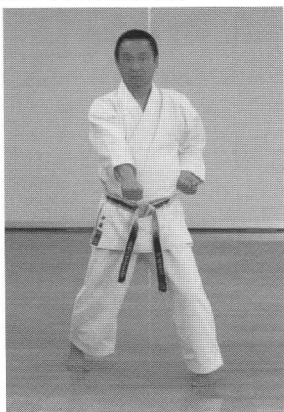
Pull right fist to the side of the body in lower Chudan.

<Note>

- Movements 1-16 must be done with all strength slowly and quietly, but smoothly.

Tsuki and Uke must be done in lower position of Chudan. Right fist must be pulled to the right side of the body above the belt at waist.

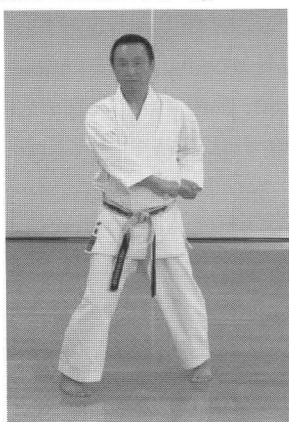
【Movement 2】



Execute Right-Chudan-Gyakuzuki (in lower position).

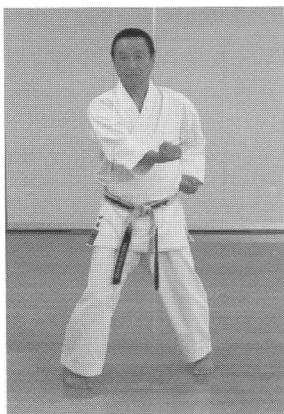
Pull back left fist to left side of the body.

【Movement 3-1】



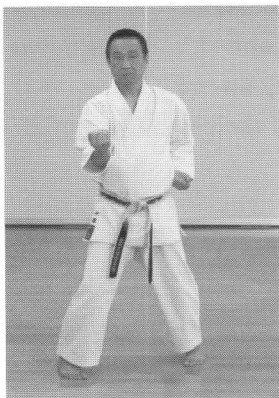
Advance right foot toward south (front) as if drawing a circle from inside, and stand in Right-Yoko-Seishandachi. Pull right fist with palm-side facing downward in front of the left abdomen.

【Movement 3-2】



In succession, twist right fist upward.

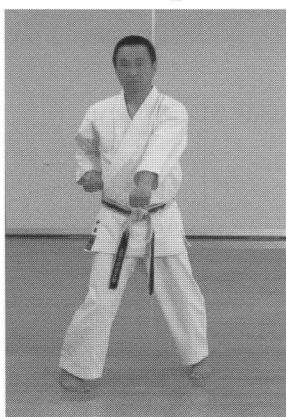
【Movement 3-3】



Execute Right-Chudan-Sotouke.

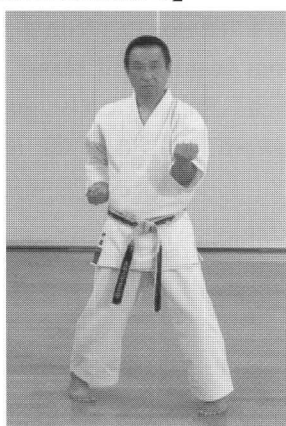
Left fist is pulled to left side of the body in Hikite.

【Movement 4】



Execute Left-Chudan-Gyakuzuki (lower position). Pull back right fist to right side of the body.

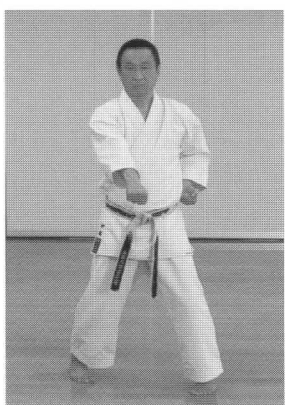
【Movement 5】



Advance left foot toward south (front), such like drawing a circle from inside to outside, and stand in Left-Yoko-Seishandachi. Pull back left fist, with palm-side facing downward, toward the right abdomen.

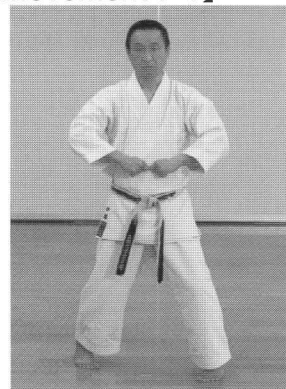
In succession, turn left fist upward, and execute Left-Chudan-Sotouke. Right fist remains the same.

【Movement 6】



Execute Right Chudan Gyakuzuki (lower position). Pull back left fist to left side of the body.

【Movement 7-1】



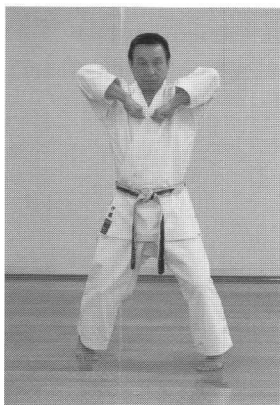
Change both fists into Hitosashiyubi-Ipponken (Forefinger-Kahsa), with palm-sides facing downward and forearms twisting inward.

Hold both fists in front of the central part of abdomen.

<Note>

- The tips of folded forefingers meet at the center of the body.

【Movement 7-2】

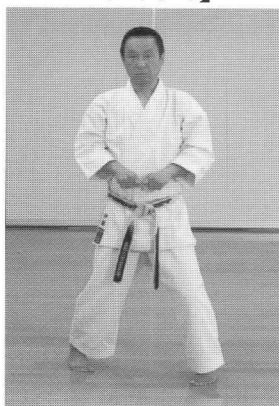


Raise both elbows to execute Two-handed-Jodan-Hijiuke.

<Note>

- The movement 7-2 is mainly to execute basic motion of Hijiage.
- While raising both elbows, both Ipponken fists naturally lift up toward the upper part of the chest.
- In executing Jodan-Hijiuke, raise left and right elbows at the same time. Tips of both fists must not adhere closely to each other, but should be slightly apart or touch each other. Don't bend wrists in raising elbows for Hijiuke.

【Movement 8-1】

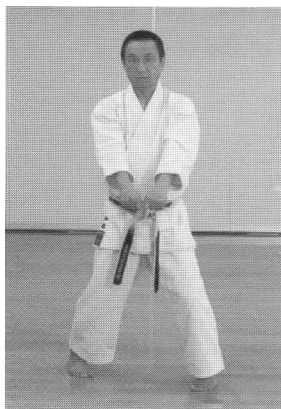


Squeezing both elbows, thrust lower position of Chudan with Ipponken fists at the same time.

<Note>

- Maintain both elbows raised above both Ipponken fists.
- Don't bend wrists in Hijiage.

【Movement 8-2】

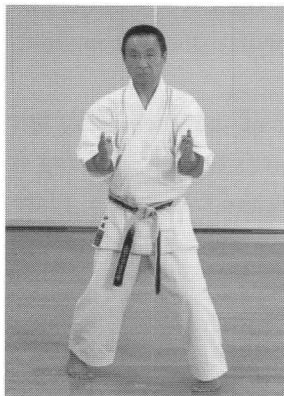


Execute Chudan-Tsuki (in lower position) with both fists at the same time.

<Note>

In executing Chudan-Tsuki, thrust the target (in lower position) with both fists at the same time. Tips of both fists must not adhere closely to each other, but should be slightly apart or touch each other.

【Movement 9-1】

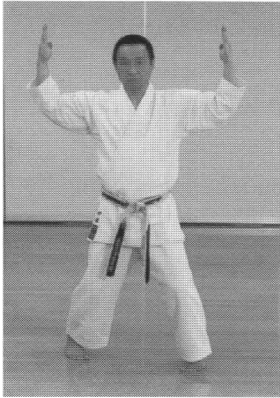


Change both fists to Shuto and raise them forward.

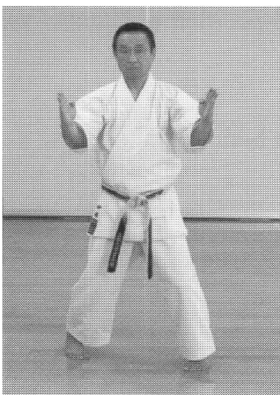
<Note>

Raise both fists to set in motion to execute Jodan-Sotouke.

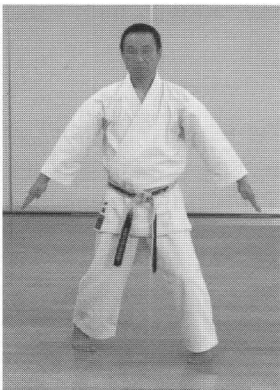


【Movement 9-2】

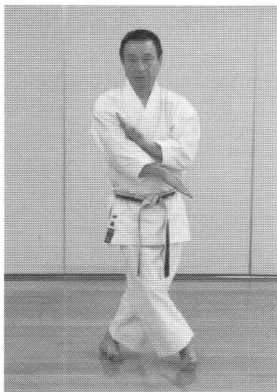
Execute Left and Right (two-handed) Shuto-Jodan-Sotouke, (with palm facing each other).

**【Movement 10-1】**

Lower both Shuto as if pushing downward to both sides of the body.

**【Movement 10-2】**

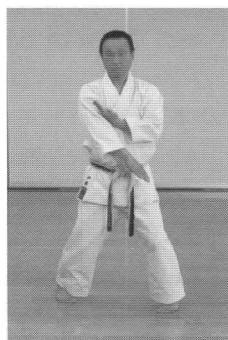
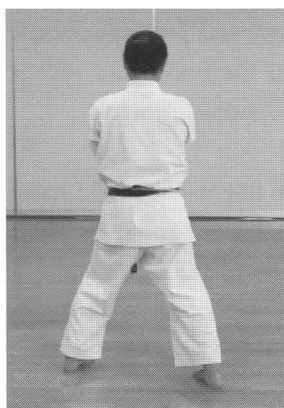
Execute Left/Right-Gedanbarai with ulnar sides of both wrists to each side of the body.

【Movement 11-1】

Pivoting on left foot, step right foot toward east (left), crossing both legs with right foot in front, in Chidoriashi motion.

Cross both arms in front of the chest with left hand (palm facing upward) on top, placing it in front of right chest. At the same time, place right hand (palm facing downward) at left side of Gedan position.

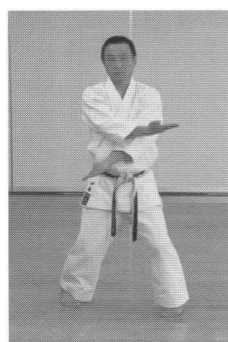
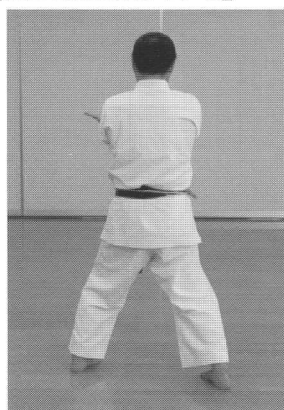
【Movement 11-2】



Turn the body anticlockwise to face north (back), and stand in Left-Yoko-Seishandachi.

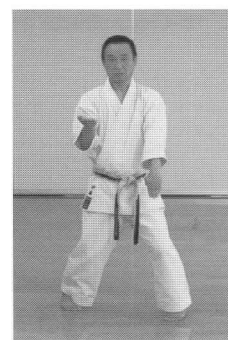
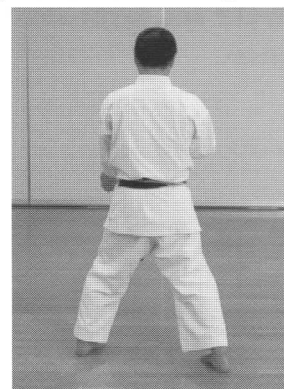


【Movement 11-3】



In succession, twist right arm upward, and at the same time, insert left hand from under the right arm.

【Movement 11-4】

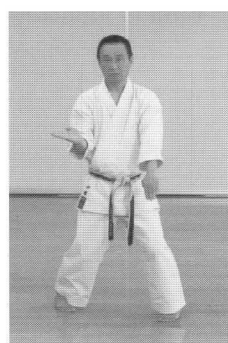
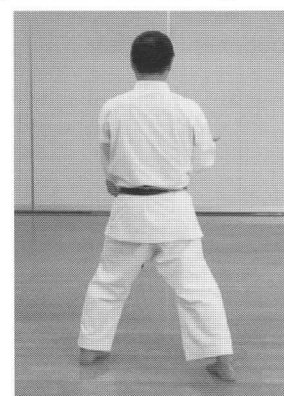


Execute Right Kakete (hooking hand) Chudan-Sotouke.

<Note>

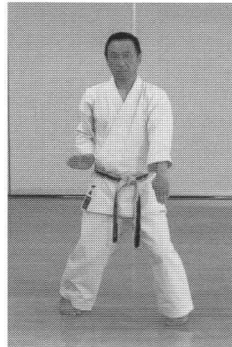
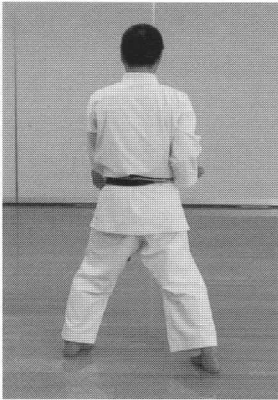
In Right-Kakete motion, twist right wrists outward as if hooking opponent's thrusting arm.

【Movement 12-1】



Bend right wrist fully backward.

【Movement 12-2】



With back of right hand, rub and pull opponent's arm down to right side of the body, and take a form to immediately grab opponent's wrist.

<Note>

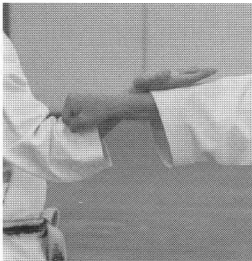
A point of contact between the back of right hand and opponent's arm must move gradually from the whole back to Shuto side of the right hand.

Rub, grab and pull opponent's arm with one's hand so that opponent might fall forward.

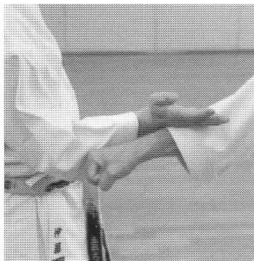
In performing KATA, motion finishes just before grabbing opponent's wrist.

Kakete motion in Movements 11~12

Part 1



Part 2



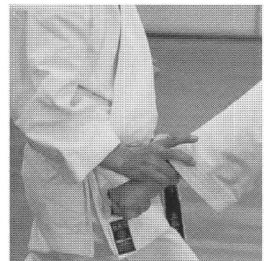
Part 3



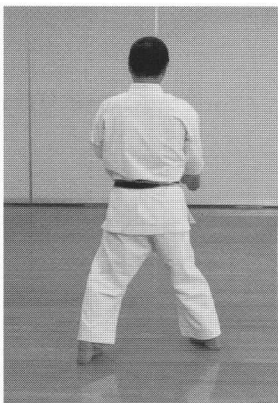
Part 4



Part 5

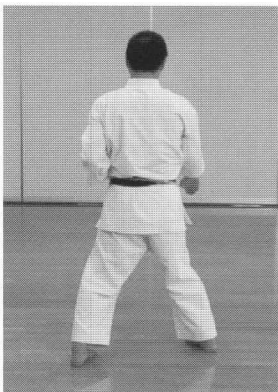


【Movement 13】

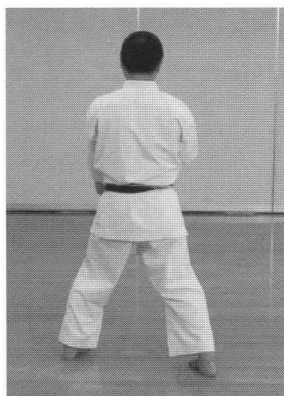


Advance right foot toward north (front), and stand in Right-Yoko-Seishandachi, while execute Left-Kakete-Chudan-Sotouke and Right-Shuto-Gedanbarai at the same time.

【Movement 14】

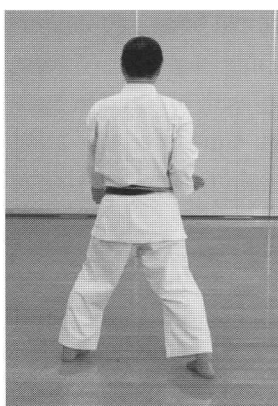


Twist left wrist fully to radius side of left Shuto. With back of left hand, rub and pull down opponent's right arm to left side of the waist. Take a form to immediately grab opponent's wrist.

【Movement 15】

Advance left foot toward north, and stand in Left-Yoko-Seishandachi.

At the same time, execute Right-Kakete-Chudan-Sotouke and Left-Shuto-Gedanbarai.

【Movement 16】

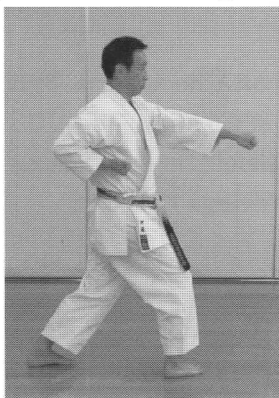
Twist right wrist fully to radius side of right Shuto. With back of right hand, rub and pull down opponent's left arm to right side of the waist. Take a form to immediately grab opponent's wrist.

【Movement 17】

Take right foot a leaping step toward east (right), left foot following in Tsugiashi and stand in right Tate-Seishan. At the same time, execute Right Jodan-Sotouke with right fist. Pull back left fist to left side of the body.

<Note>

- In executing Right-Jodan-Sotouke, turn the body 90 full degree to right so as to face the east.
- From Movement 17 onward, movements should be done quickly in action.

【Movement 18-1】

Execute Left-Chudan-Gyakuzuki. Pull back right fist to right side of the body.

【Movement 18-2】



Execute Right-Chudanzuki successively. Pull back left fist to left side of body. Movements 17 and 18 are in continuous motion.

【Movement 19】



Pivoting on right foot, turn the body 180 degrees to left and take foot a leaping step toward west, right foot following in Tsugiashi, to stand in Left-Tate-Seishan. At the same time, execute Left-Jodan-Sotouke. Pull back right fist to right side of the body.

【Movement 20-1】



Execute Right-Chudan-Gyakuzuki. Pull back left fist to left side of the body.

【Movement 20-2】



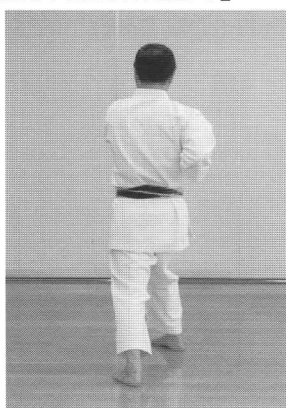
Consecutively, execute Left-Chudanzuki. Pull back right fist to right side of the body. Movements of 19 and 20 should be a continuous motion and reverse of Movements 17 and 18.

【Movement 21】



Pivoting on left foot, turn the body 90 degrees to right and take right foot a leaping step (Yoriashi) toward north (toward right back). Stand in Right-Tate-Seishan, and execute Right-Jodan-Sotouke. Pull back left fist to left side of the body.

【Movement 22-1】



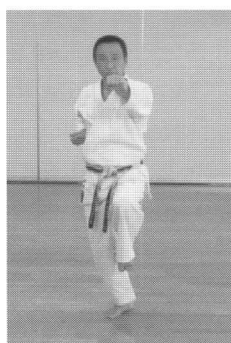
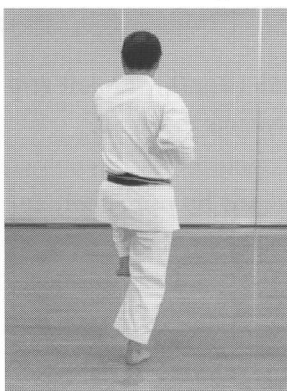
Execute Left-Chudan-Gyakuzuki. Pull back right fist to right side of the body.

【Movement 22-2】



Continuously execute Right-Chudanzuki. Pull back left fist to left side of the body. Movements 21 and 22 should be in continuous motion. (Reverse of Movements 17 through 18-2)

【Movement 23-1】

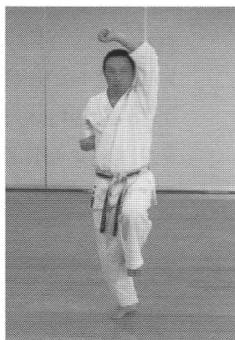
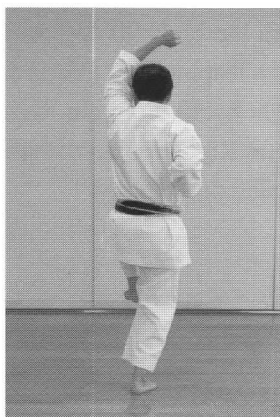


Standing on right foot, take stance with left foot for Maegeri toward north (right back). While taking stance for Maegeri, scoop opponent's nose upward in Left-Uraken-Jodan-Sukuiuchi. Pull back right fist to right side of body.

<Note>

- Be conscious of Kekomi attack from behind, and lift left knee quickly to dodge it.
- To execute Sukuiuchi with Uraken, scoop opponent's nose vertically upward from below.

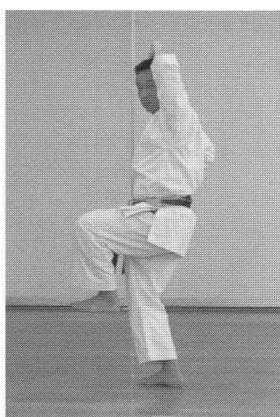
【Movement 23-2】



Immediately after scooping motion, hold the scooped up left fist above head. Right fist is pulled to right side of the body.

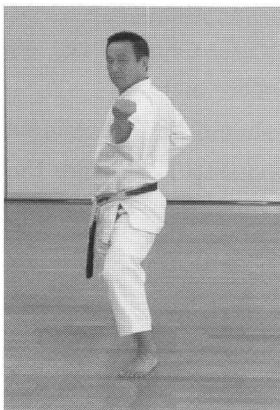


【Movement 23-3】



Turn the body around to south (right front).

【Movement 23-4】



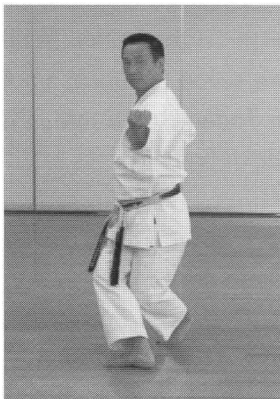
Step in left foot toward south, and stand in Shiko-dachi. Execute Left-Uraken-Jodan-Uchi. Right fist remains the same.

<Note>

- Upon turning the body around, step in left foot so as to give a demolishing kick at opponent's fore-knee or foreleg. Directly after this, execute Uraken-Uchi on face of opponent losing its shape.
- Uraken-Uchi should be struck downward vertically.



【Movement 24-1】

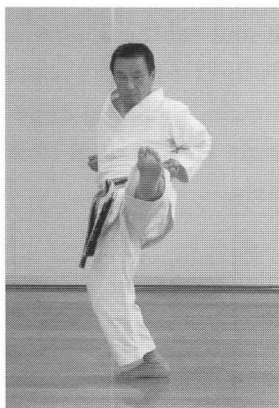


Step right foot toward south (front), with left arm loosen a little. Right-fist remains the same.

<Note>

- With left fist being grasped by opponent, approach to the opponent as being drawn over, or push the grasped left fist in toward the opponent.

【Movement 24-2】

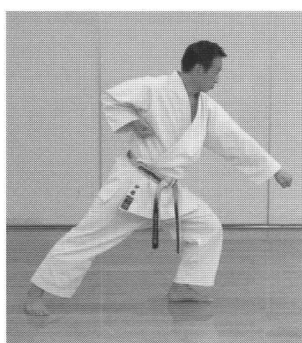
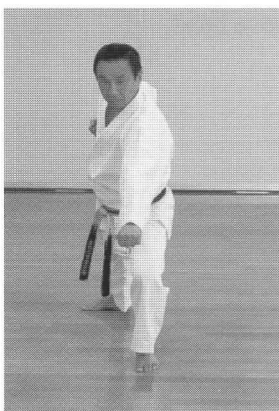


While pulling back the left fist forcefully to left side of the body, execute Left-Chudan-Yokogeri. (Right fist remains the same).

<Note>

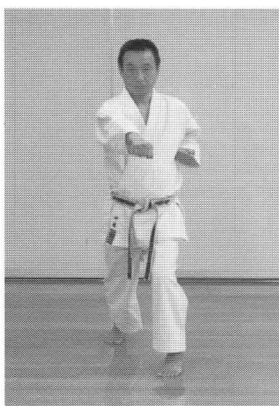
- Do pull back left fist forcefully to left side of the body, so that opponent's grasping fist could be pulled out.

【Movement 24-3】



Put down left foot to stand in Left-Junzuki-Tsukkomidachi, and simultaneously execute Left-Gedanzuki. Right fist remains the same.

【Movement 25】

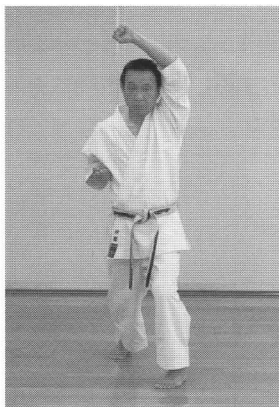


Pivoting on right foot, raise the body, with left foot pulling back a little to stand in Left-Tate-Seishandachi. Execute Right-Chudan-Gyakuzuki. Left fist is pulled to left side of the body.

<Note>

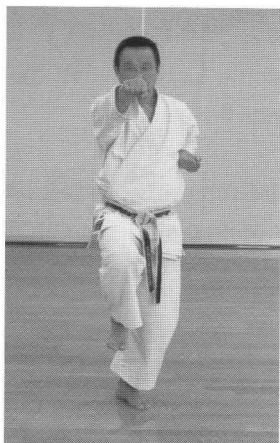
- It is not good to raise the body after pulling back the left foot first.

【Movement 26】

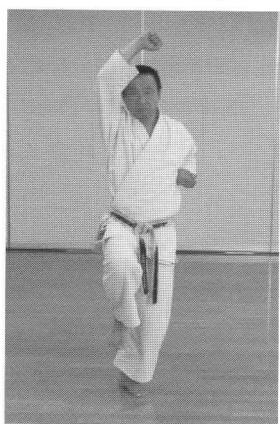


Execute Left-Jodan-Ageuke.

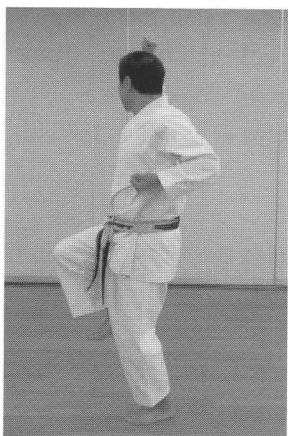
Pull back right fist to right side of the body.

【Movement 27-1】

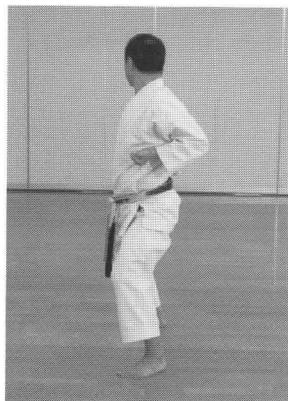
While lifting right knee and taking a stance for Maegeri toward south (front), execute Right-Uraken-Jodan-Sukuiuchi, scooping opponent's nose upward with right Uraken. Pull back left fist to left side of the body.

【Movement 27-2】

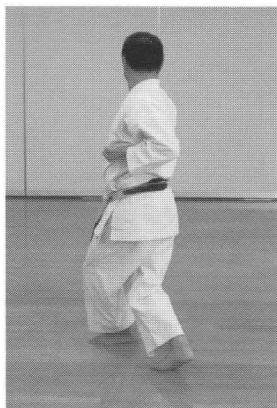
Instantly, hold right fist above head.

【Movement 27-3】

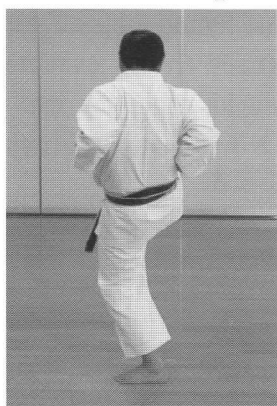
Turn the body around to north (back front).

【Movement 27-4】

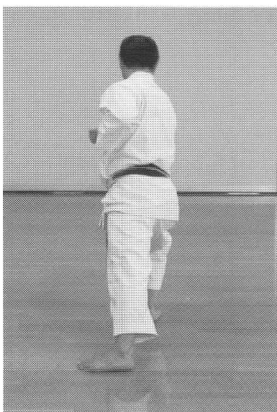
Step in to stand in Right Shikodachi, and execute Right Uraken-Jodan-Uchi. Left fist remains the same at left side of the body.

【Movement 28-1】

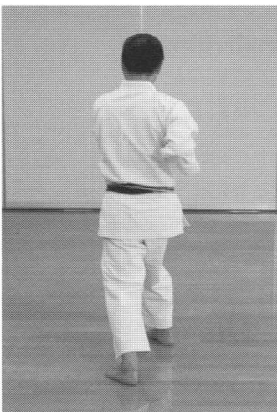
Step left foot toward north (back front), with right arm loosen a little.
Left fist remains the same.

【Movement 28-2】

While pulling back right fist forcefully to right side of the body, execute Right-Chudan-Yokogeri.
(Left fist remains the same.)

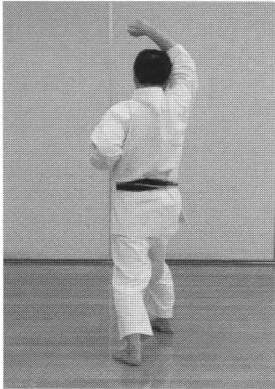
【Movement 28-3】

Put down right foot to stand in Right-Junzuki-Tsukkomidachi, and simultaneously execute Right-Gedanzuki.
Left fist remains the same.

【Movement 29】

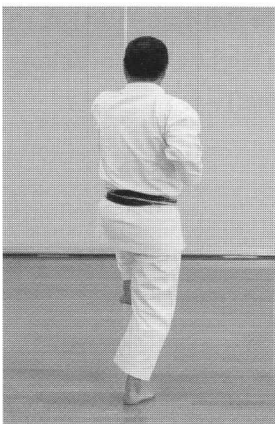
Pivoting on left foot, raise the body, with right foot pulling back a little to stand in Right Tate-Seishandachi. Execute Left-Chudan-Gyakuzuki.
Right fist is pulled to right side of the body.

【Movement 30】



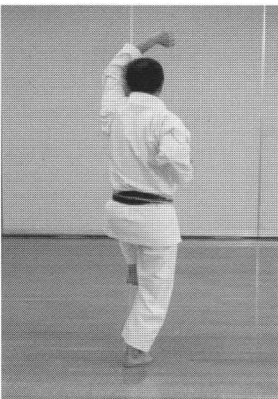
Execute Right-Jodan-Uke.
Pull back left fist to left side of the body.

【Movement 31-1】



While lifting left knee and taking a stance for Maegeri toward north (back front), execute Left-Uraken-Jodan-Sukuiuchi, scooping opponent's nose upward with left Uraken. Pull back right fist to right side of the body.

【Movement 31-2】



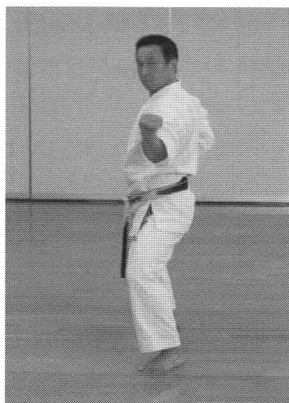
Instantly, hold left fist above head.

【Movement 31-3】



Turn the body around to south (front).

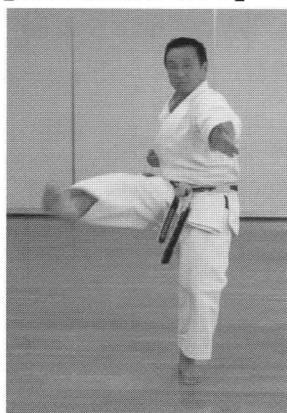
【Movement 31-4】



Step in to stand in Left Shikodachi, and execute Left Uraken-Jodan-Uchi.

Right fist remains the same at right side of the body.

【Movement 32-1】



Standing on left foot, turn the body to face the front (south).

Change left hand from clenched fist to open palm.

【Movement 32-2】



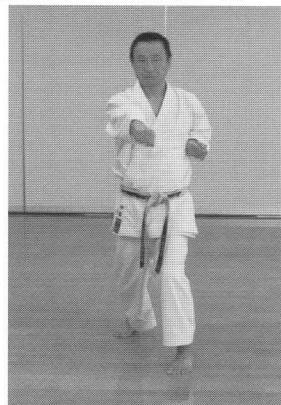
Execute Mikazuki-Geri against left palm with right foot (to kick away opponent's hand, which is grabbing your left hand).

Right fist remains the same.

<Note>

Execute Mikazukigeri with the waist fully turning to face the front.

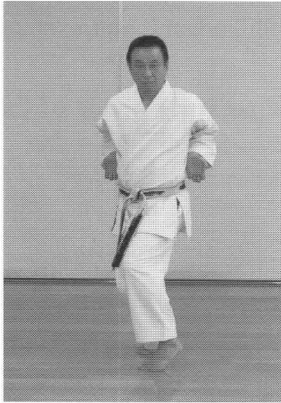
【Movement 32-3】



Pull down right foot backward to north (right back), and stand in Left-Tate-Seishandachi. At the same time, execute Right-Chudan-Gyakuzuki. Pull back left fist to left side of the body.

<Note>

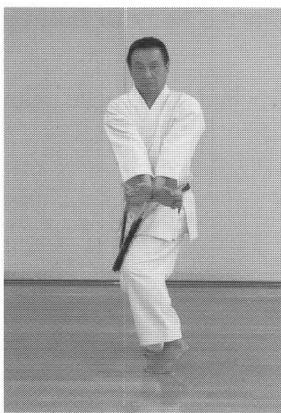
After kicking, pull back right leg to the starting point in the wake of Mikazukigeri performed, and execute Right-Chudan-Gyakuzuki on the gathered strength of the waist.

【Movement 33-1】

With tiptoeing left foot, pull it in front of right foot, and take a Left-Hanmi stance by twisting the body to right. Bend all fingers toward palms and bend both wrists backward in Nekote. Pull both-hands back to each side of the chest.

<Note>

- Act as if drawing in opponent's attack.
- Twist the left heel outward to the full, and protect lower part of the body with left leg.
- Don't pull back left foot too much, but try to take the base area extensively.

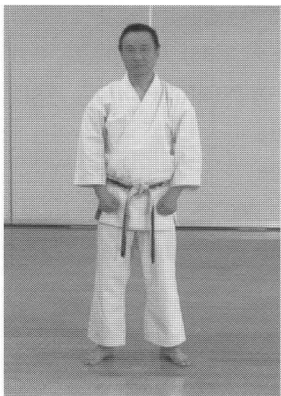
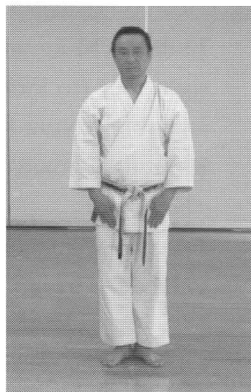
【Movement 33-2】

Immediately and quickly, lower the body and execute left and right Nekote Shotei-Gedan-Uke by thrusting both Shotei downward.

<Note>

- In executing Gedan-Uke, mind to cover the left side of the body.
- Nekote-Shotei-Gedan-Uke is performed by left and right hands separately but simultaneously.

Both Nekote Wrists should not adhere closely to each other, but should touch lightly with each other.

【Yame】**【Naore】**

<Yame/Stop>

Pivoting on right foot, pull back left foot, and return to Ready 2 posture in Hachijidachi. Grip both hands lightly in front of thighs.

<Naore/Stand>

Same as in PINAN SHODAN.

Pull left foot, then right foot, and return to Mu-subidachi. Open both hands and place them lightly in front of thighs.