
NAIHANSHEE KATAS

The originator of naihanshee katas is not known. Originally these 3 katas made up one kata. It was due to the length of this kata that it was broken down into three smaller sections.

First part needed for blue belt (Naifunchin)

Second part needed for 1st degree black belt

Third part needed for 2nd degree black belt

All three parts needed for 4th degree black belt

♀ MOKNO ITUSE

It was Chokun Mobutu who popularized this kata in 1897.

SANCHIN

The Chinese names for this kata are Sanshich or Shishach. The Okinawans call it Ju-Hashi-Rachn-Shoukyu, meaning 18-hand technique movements. The theory behind sanchin is that thru entrinsic energies and good breathing, one may defeat his opponents.

In the old days, students were taught parts of the movements to the kata to drill on for about 6 months. Such as stance, the hand movements and breathing were all practiced separately. At the time the student was prepared to combine these into the kata form, he had been practicing for about 3 years. So it was no wonder that only the older more skillful karate-ka knew sanchin. A karate-ka that practices sanchin alot is called Arahant--meaning sage of wisdom.

IT IS RECOMMENDED THAT RICHARD KIM'S BOOK ENTITLED "WEAPONLESS WARRIORS" SHOULD BE READ. IT CONTAINS MANY STORIES ON THE VARIOUS OKINAWAN MASTERS.