

Naifanchin Nidan Kata

Kyokushin-Kan version*

Naifanchin - Internal Divided Conflict

Naifanchin (ナイファンチ) is a very old Okinawan kata and belongs to the Tomari-te traditions. The meaning of the name Naifanchi is *Internal Divided Conflict*. In Shotokan the name and Kata embusen was changed to Tekki (鉄騎), which translates to *Iron Horse*. It was originally removed from the Kyokushin syllabus in the late 1950s, but was reintroduced into the Kyokushin Kan Style.

The Kata is somewhat unique in that it is entirely performed in a straddle or horse stance *Kiba Dachi* (騎馬立ち). The form makes use of close in-fighting techniques combined with whole body movement (*Tai Sabaki*) and grappling. However, while the Kata moves side to side, the techniques can be applied against attackers at any angle.

Dachi Waza

Fudo Dachi
Heisoku Dachi
Mae Kake Ashi Dachi
Kiba Dachi
Waki Kamae

Tsuki or Te Waza

Uraken Jodan Uchi
Hiji Uchi
Kagi Tsuki
Uraken Gamnen Uchi

Uke Waza

Uchi Uke
Sasae Uke
Jodan Kake Uke
Jodan Uke / Gedan Barai

Kihon Jutsugo

Rei
Mosubi Dachi
Uraken Saya Uchi
Shuto
Deachi Barai
Hajime
Naore
Yasmee

*Naifanchin kata is explained in the Royama Ryu (Kyokushin-Kan style).

Naifanchin Nidan - ナイファンチ



- 1 Begin the Kata in **FUDO DACHI**. On the command **NAIFANCHIN NIDAN** move the right foot into **HEISOKU DACHI**. Place the right open hand over the left one (opposite as in **MOSUBI DACHI**). At the command **REI** you bow.



On the command **HAJIME/ICHI** move to the right into left **MAE KAKE ASHI DACHI** (left foot crossed before right foot), with a fist position similar to the start-position of **URAKEN SAYA UCHI**, except the fists have some space between them.



- 2 Move to the right into **KIBA DACHI** and strike right **URAKEN JODAN UCHI**.



- 3 Move to the right into left **MAE KAKE ASHI DACHI** (left foot crossed before right foot), with a setup for right **UCHI UKE** with a left **SASAE UKE** (augmented/supported wrist block with left **SHUTO** hand in front of your body).



- 4 Move to the right into **KIBA DACHI** and make the right **UCHI UKE** with a left **SASAE UKE** (supported by the left hand).



- 5 Move to the right into **HEISOKU DACHI**, with a fist position similar to the start-position of **URAKEN SAYA UCHI**, except the fists have some space between them.



- 6 Move to the left into **KIBA DACHI** and strike left **URAKEN JODAN UCHI**.



- 7 Move to the left into right **MAE KAKE ASHI DACHI** (right foot crossed before left foot), with a setup for left **UCHI UKE** with a right **SASAE UKE** (augmented/supported wrist block with right **SHUTO** hand in front of your body).



Naifanchin Nidan - ナイファンチ



- 8 Move to the left into **KIBA DACHI** and make the left **UCHI UKE** with a right **SASAE UKE** (supported by the right hand).



- 9 In the same **KIBA DACHI** make a left **WAKI KAMAE** (right fist on top of a left open hand).



- 10 In the same **KIBA DACHI** block with a right **UCHI UKE** with a left **SASAE UKE** (augmented/supported wrist block with left **SHUTO** hand in front of your body).



- 11 In the same position pull back your right fist in the ready punch position and the open left **SHUTO** hand is placed horizontally on the front of the right fist, at the same time hook with the right leg (like a **DEACHI BARAI**). Finish to the right and step into **KIBA DACHI** and make a short **HIJI UCHI** movement with the right elbow, covering the right closed fist with a left open **SHUTO** hand (upwards).



- 12 Still in the same position make a right **JODAN KAKE UKE** followed with a left **KAGI TSUKI**.



- 13 Move to the right into left **MAE KAKE ASHI DACHI** (left foot crossed before right foot), make a left **UCHI UKE** and at the same time hook with the right leg (like a **DEACHI BARAI**) and step in **KIBA DACHI** with a stamp.



- 14 In the same **KIBA DACHI** make a right **JODAN UKE** / **GEDAN BARAI** (ending with right fist upwards) and strike with a right **URAKEN GAMNEN UCHI** (movement right elbow ends on a left **KAGI TSUKI** -position) with **KIAI**.



Naifanchin Nidan - ナイファンチ



- 15 In the same **KIBA DACHI** make a right **WAKI KAMAE** (left fist on top of a right open hand).



- 16 In the same **KIBA DACHI** block with a left **UCHI UKE** with a right **SASAE UKE** (augmented/supported wrist block with right **SHUTO** hand).



- 17 In the same position pull back your left fist in the ready punch position and the open right **SHUTO** hand is placed horizontally on the front of the left fist, at the same time hook with the left leg (like a **DEACHI BARAI**). Finish to the left and step into **KIBA DACHI**, and make a short **HIJI UCHI** movement with the left elbow, covering the right closed fist with a right open **SHUTO** hand (upwards).



- 18 Still in the same position make a left **JODAN KAKE UKE** followed with a right **KAGI TSUKI**.



- 19 Move to the left into right **MAE KAKE ASHI DACHI** (right foot crossed before left foot), make a right **UCHI UKE** and at the same time hook with the left leg (like a **DEACHI BARAI**) and step in **KIBA DACHI**.



- 20 In the same **KIBA DACHI** make a left **JODAN UKE / GEDAN BARAI** (ending with left fist upwards) and strike with a left **URAKEN GAMNEN UCHI** (movement left elbow ends on a right **KAGI TSUKI**-position) with **KIAI**.



The Kata is completed after the command **NAORE**, moving the left foot back to the right one into **HEISOKU DACHI** and both fists in ready position (still looking to the left). Then stretch both arms and look forward. After the command **YASMEE** the **FUDO DACHI** position is taken.



Naifanchin Nidan - ナイファンチ



Naifanchin Nidan – Kyokushin Kan version



0a.



0b.



0c.



1.



2.



4.



5.



6.



7.



8.



9.



10.



11a.



11b.



12a.



12b.



13a.



13b.



13c.



14a.

Naifanchin Nidan - ナイファンチ



14b. KIAI



15.



16.



17a.



17b.



18a.



18b.



19a.



19b.



19c.



20a.



20b. KIAI



20c.



20d.



20e.