

## Naifanchin Sandan 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 Aahi Dachi  
Kiba Dachi  
Waki Kamae

### Tsuki or Te Waza

Uraken Ganmen Uchi  
Kagi Tsuki  
Gedan Tsuki  
Uraken Chudan Sayu Uchi

### Uke Waza

Uchi Uke  
Uchi Uke / Gedan Barai  
Jodan Uke / Gedan Barai  
Uchi Uke  
Shuto Jodan Uke

### Kihon Jutsugo

Hajime  
Deachi Barai  
Naore  
Yasmee

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

# Naifanchin Sandan - ナイファンチ



- 1 Begin the Kata in **FUDO DACHI**. Move into **HEISOKU DACHI** on the command **NAIFANCHIN SANDAN**.



On the command **HAJIME/ICHI** hook right **MAE KAKE ASHI DACHI** (hook like a **DEACHI BARAI**) and move to the right into **KIBA DACHI** with a stamp on the floor. At the same time pull back the fists into a right **WAKI KAMAE** (left fist on top of the right one) and from there make a left **UCHI UKE**.



- 2 Block a right **UCHI UKE / GEDAN BARAI**.



- 3 Block a right **JODAN UKE / GEDAN BARAI** / (first close both arms and brake them open, ending with right fist upwards).



- 4 With the arms still in this position strike with a right **URAKEN GAMNEN UCHI** (movement right elbow ends on a left **KAGI TSUKI**-position) with **KIAI**.



- 5 Pull back your right fist in the ready punch position, leaving the left arm in place, and strike a right **GEDAN TSUKI** under the left open hand (on top of the middle of the right arm). While supporting the arm on top with the left open hand, immediately turn the right underarm and block **UCHI UKE** (when blocking look to the right).



- 6 Move to the right into a new **KIBA DACHI** with a left **MAE KAKE ASHI DACHI** (left foot before right one).



# Naifanchin Sandan - ナイファンチ



- 7 In this position strike a right **URAKEN CHUDAN SAYU UCHI**, while supporting with a left open hand on the right arm (still looking to the right). Make a new right **URAKEN CHUDAN SAYU UCHI**, supported with a left open hand on the right arm, by pulling back the right arm in a circle-movement (still looking to the right).



- 8 Look to the front and pull back the fists into a right **WAKI KAMAE** (left fist on top of the right one) and from there strike a right **CHUDAN TSUKI**, while supporting the elbow on top with the left open hand.



- 9 Block a right **UCHI UKE / GEDAN BARAI**.



- 10 Block a left **JODAN UKE / GEDAN BARAI** (first close both arms and brake them open, ending with left fist upwards).



- 11 With the arms still in this position strike with a left **URAKEN GAMNEN UCHI** (movement right elbow ends on a left **KAGI TSUKI**-position) with **KIAI**.



- 12 Move to the left with a right **MAE KAKE ASHI DACHI** (right foot before left one), hook left (hook like a **DEACHI BARAI**) and move to the left into **KIBA DACHI** with a stamp on the floor (still looking to the front).



- 13 Block a left **JODAN UKE / GEDAN BARAI** (first close both arms in **KAKE WAKE UKE** position and brake them open, ending with left fist upwards).



- 14 Strike with a left **URAKEN GAMNEN UCHI** (movement left elbow ends on a right **KAGI TSUKI** -position) with **KIAI**.



# Naifanchin Sandan - ナイファンチ



- 15** Pull back your left fist in the ready punch position, leaving the right arm in place, and strike a left **GEDAN TSUKI** under the right open hand (on top of the middle of the left arm). While supporting the arm on top with the right open hand, immediately turn the left underarm and block **UCHI UKE** (when blocking look to the left).



- 16** Move with a cross-step to the left (right foot before left one) into **KIBA DACHI** (still looking to the front).



- 17** In this position strike a left **URAKEN CHUDAN SAYU UCHI**, while supporting with a right open hand on the left arm (still looking to the left). Make a new left **URAKEN CHUDAN SAYU UCHI** supported with a right open hand on the left arm, by pulling back the left arm in a circle-movement (still looking to the right).



- 18** Look to the front and pull back the left fists in the ready punch position and from there strike a left **CHUDAN TSUKI**, while supporting the elbow on top with the right open hand.



- 19** In the same position block a right **SHUTO JODAN UKE** and strike left **KAGI TSUKI**.



- 20** Move to the right into left **MAE KAKE ASHI DACHI** (left foot before right one), hook right (hook like a **DEACHI BARAI**) and move to the right into **KIBA DACHI** with a stamp on the floor (still looking to the front), at the same time pull back the fists into a right **WAKI KAMAE** (left fist on top of the right one) and from there make a left **CHUDAN UCHI UKE**.



- 21** Block a right **JODAN UKE** / **GEDAN BARAI** (first close both arms and brake them open, ending with right fist upwards).



# Naifanchin Sandan - ナイファンチ



- 22** Strike with a right **URAKEN GAMNEN UCHI** (movement right elbow ends on a left **KAGI TSUKI**-position) with **KIAI**.

The Kata is completed after the command **NAORE**, moving the right foot back to the left one in **HEISUKO DACHI** and arms in a wide **FUDO**-position. After the command **YASMEE** the **FUDO DACHI** position is taken.



## Naifanchin Sandan – Kyokushin Kan version



0a.



0b.



1a.



1b.



2.



3a.



3b.



4. KIAI



5a.



5b.



5c.



6a.



6b.



7a.



7b.



7c.



8a.



8b.



9.



10.

# Naifanchin Sandan - ナイファンチ



11. KIAI



12a.



12b.



12c.



13.



14. KIAI



15a.



15b.



15c.



16.



17a.



17b.



17c.



18a.



18b.



19a.



19b.



20a. KIAI



20b.



20c.

# Naifanchin Sandan - ナイファンチ



21a.



21b.



22a. KIAI



22b.



22c.



22d.