

Bassai, also **Passai** - 拔塞, is a very old *Okinawan Kata* of unknown origin and practiced in different styles of *Martial Arts*. The roots of the *Kata* can be traced back to the Chinese **Wuxing Quan** (*Five Element Fist*). It was passed down by *Okinawan* master **Sokon Matsumura** and his student **Anko Itosu**. *Itosu* is thought to have created this from a version of *Passai* practiced in *Shuri City*. Fact is that *Sensei Anko Itosu's* teachings made the *Kata* popular when he introduced them to the *Okinawan* school curriculum. One of his students, **Gichin Funakoshi** (*Shotokan*), would later take them to *Japan* and make some adaptations, including changing the name from *Passai* to *Bassai*.

Bassai Dai - 拔塞大 is most often translated as 'To Extract From a Fortress or Remove an Obstruction', meaning that one must exhibit the power and spirit required to break through an enemy's castle. The word **Dai** - 大 means *Big*, describing the *Kata's* larger movements. This is thought to be in reference to the power with which the *Kata* should be executed, emphasizing energy generation from the hips and waist.

Bassai Dai is characterized by the idea of changing a disadvantage into an advantage by strong and courageous response, switching blocks and differing degrees of power (switching of strikes to blocks and blocks to strikes). The feeling of the *Kata* should be precise, with fast execution of technique and attention given to appropriate balance between speed and power. It uses a lot of hip rotation to generate this power. The repeated attacks such as the three consecutive **Awase Tsuki** represent penetrating a strong defense. Much of the **Bunkai** focus is on breaking the opponent's balance and defenses against grabbing attacks. One notable point is that some **Bunkai** describes it as a defense against a **Bo**.

This is an important *Kata* for many styles and is often chosen as the *Kata* to test *Black Belt* students to become *Sensei*. It therefore resembles a 'rite of passage' for many *Karate* students and so becomes a much coveted *Kata*.

Bassai Dai was introduced within *Kyokushin Karate*, by *Sosai Masutatsu Oyama*. He learned it from *Gichin Funakoshi sensei (Shotokan)*. It was originally removed from the *Kyokushin* syllabus in the late 50^s, but was reintroduced after *Masutatsu Oyama's* death by *Shihan Shigeru Oyama (IKO)* and *Shihan Hatsuo Royama (KIKO)*. It was taught to me in different periods by *Shihan Henny Ruberg*, *Shihan Fernando Alonso* and *Shihan Peter Voogt (IKO)* and finally I adapted some input from *Shihan Ishijima (KIKO)*, who brought back some tradition of *Shuri City (Okinawa)*.

Dachi Waza

Fudo Dachi
Musubi Dachi
Kosa Ashi Dachi
Zenkutsu Dachi
Kokutsu Dachi
Heiko Dachi
Kiba Dachi

Te Waza

Seiken Chudan Tsuki
Morote Tettsui Hizo Uchi
Tettsui Gedan Uchi
Hiji Jodan Ate
Seiken Yama Tsuki

Uke Waza

Te Morote Uchi Uke
Seiken Uchi Uke
Seiken Soto Uke
Jodan Kake Uke
Sukui Uke
Shuto/Seiken Gedan Barai
Shuto Mawashi Uke
Morote Jodan Uke
Ura Kote Gedan Uke
Manji Uke
Haishu Uke
Uchi Uke / Gedan Barai

Geri Waza

Mae Kansetsu Geri
Yoko Fumikomi Geri
Teisoku Mawashi Soto
Keage

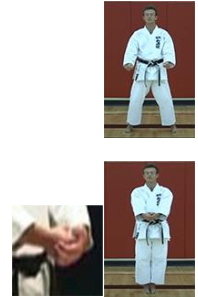
Kihon Jutsugo

Mokuso, Bassai Dai no Kamae, Hajime, Te, Oi, Gyaku, Hiki Ashi, Waki Kamae, Suigetsu, Kumite no Kamae, Kiai, Hikite, Mae Fumi Ashi, Ushiro Kosa Ashi, Naore, Yasume.

Begin the Kata in **FUDO DACHI**. Move into **MUSUBI DACHI** and **MOKUSO** on the command **MOKUSO**.

On the next command **BASSAI DAI**, open eyes, move into the **BASSAI DAI no KAMAE** position (**HEISOKU DACHI** and right fist in left open hand).

This is the traditional opening of the Okinawan and Shotokan version.



- 1 On the command **HAJIME/ICHI** jump forward into right **KOSA ASHI DACHI** (left foot behind the right) and block right **TE MOROTE UCHI UKE**.

TE MOROTE = Supported with open hand.



- 2 First turn your head to the left and then turn around 180° counterclockwise into left **ZENKUTSU DACHI** and block **SEIKEN OI UCHI UKE**, pull back the left foot (**HIKI ASHI**) into left **KOKUTSU DACHI**, and block right **SEIKEN GYAKU UCHI UKE**.

HIKI ASHI = Retreating leg.



- 3 Turn 180° clockwise into right **ZENKUTSU DACHI** and block left **SEIKEN GAYKU SOTO UKE**, pull back the right foot (**HIKI ASHI**) into right **KOKUTSU DACHI** and block right **SEIKEN OI UCHI UKE**.



- 4 Move the right foot 90° clockwise into right **ZENKUTSU DACHI**, while making a deep right **SEIKEN OI UCHI UKE** sweep that proceeds into right **SEIKEN OI SOTO UKE** block (this move is a leg sweeping technique, the right fist goes circular from downward to upward into **SOTO UKE**), pull back the right foot (**HIKI ASHI**) into right **KOKUTSU DACHI** and block left **SEIKEN GAYKU UCHI UKE**.



- 5 Turn 90° counterclockwise into **HEIKO DACHI** and go into right **SEIKEN WAKI KAMAE**. Make a slow left **JODAN KAKE UKE**.

WAKI KAMAE = Side or flank posture or stance, derived from **KENDO** (one of the five stances).



- 6 Punch right **SEIKEN CHUDAN TSUKI**, followed by a right **SUKUI UKE**.

SUKUI UKE = a deep scooping block (like **UCHI UKE**), while simultaneously turning the hips from **KIBA DACHI** or **HEIKO DACHI** into **ZENKUTSU DACHI** at 45°.



- 7 Punch left **SEIKEN CHUDAN TSUKI**, followed by a left **SUKUI UKE**.



- 8 Step forward into right **KOKUTSU DACHI** and block right **SHUTO GEDAN BARAI**, left open hand in front of **SUIGETSU** (1).

SUIGETSU = Solar Plexus.



- 9 Step forward into left **KOKUTSU DACHI** and block left **SHUTO GEDAN BARAI**, right open hand in front **SUIGETSU** (2).



- 10 Step forward into right **KOKUTSU DACHI** and block right **SHUTO GEDAN BARAI**, left open hand in front of **SUIGETSU** (3).



- 11 Move back with a small jump into left **KOKUTSU DACHI** and slowly come into left **SHUTO KUMITE NO KAMAE**.



- 12 Pivot on the left leg, step in and kick a right **MAE KANSETSU GERI** with **KIAI**, pull up the right leg, place the right foot on the ground in front of you and turn 180° counterclockwise into left **KOKUTSU DACHI**, together with a half left **SHUTO MAWASHI UKE**.



- 13 Move forward into right **KOKUTSU DACHI**, and block right **SHUTO MAWASHI UKE**.



- 14 Move back into **MOSUBI DACHI** and bring both fists above the head in **MOROTE JODAN UKE** (knuckles both hands together).



- 15 Move the left foot forward into left **ZENKUTSU DACHI** and strike **MOROTE TETSUI HIZO UCHI** on both sides of your opponent's head (look like a double **SOTO UKE**) and then move forward into right **ZENKUTSU DACHI** striking **SEIKEN CHUDAN OI TSUKI**.



- 16 Turn your head to the left and move the left foot across and turn the hips 180° counterclockwise into **ZENKUTSU DACHI** blocking a right **URA KOTE GEDAN UKE** to the groin, and immediately turn the hips back, 90° clockwise, into **KIBA DACHI**, and block **MANJI UKE** and keep the head facing the direction of the opponent at the left.



URA KOTE = the base of the forearm, the part closest to the elbow.

*MANJI UKE = a double block where one arm executes a downward block to one side, **GEDAN BARAI**, and the other arm executes a high-section inside forearm block, or upward back fist strike, **AGE UKE** or **AGE TSUKI**.*

- 17** Block with the right leg **TEISOKU MAWASHI SOTO KEAGE** (the leg block is executed as if being attacked from behind and bring the right hand in position to strike and the right leg to stamp), turning 180° counterclockwise, pivoting on the left foot, then stamp a right **YOKO FUMIKOMI GERI** into **KIBA DACHI** and strike right **TETTSUI GEDAN UCHI** with **KIAI**.



Quickly prepare for a blocking movement ending at 180° counterclockwise by bringing the left open hand in the right armpit under the right fist to the left. Then slowly bring the left hand slowly under the right arm pit and block a left **HAISHU UKE** at approximately head height, simultaneously pulling the right hand back into **HIKITE** (your head follows the direction and speed of the block).

FUMIKOMI GERI = heel stamping kick.

- 18** Kick a hard and fast right **TEISOKU MAWASHI SOTO KEAGE** on your left open hand while turning the body 90° counterclockwise. Continue turning the body 90° counterclockwise, striking the left open hand with a right **HIJI JODAN ATE**. Continue the turning movement (180° in total) into **KIBA DACHI** and block a left **SEIKEN UCHI UKE – GEDAN BARAI**.



- 19** Block a right **SEIKEN UCHI UKE – GEDAN BARAI** followed by a left **SEIKEN UCHI UKE – GEDAN BARAI**.



- 20** Move back into **MOSUBI DACHI**, and left **SEIKEN WAKI KAMAE** (to the left ready punch position with the right fist in the **TETTSUI** position on top of the left fist).



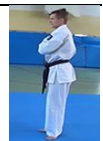
- 21** Turn with the right foot, 90° clockwise, into right **ZENKUTSU DACHI** and punch left **YAMA TSUKI** (left fist **JODAN**, right fist **CHUDAN**).

YAMA TSUKI = wide U-Punch (Mountain punch), simultaneously with both fists.

Heiko Tsuki = Parallel Punch; Yama Tsuki = mountain, wide U-punch; Awase Tsuki = U-punch.



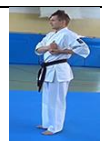
- 22** Move the right foot back into **MOSUBI DACHI**, and right **SEIKEN WAKI KAMAE**.



- 23** Step with the left foot forward into left **ZENKUTSU DACHI** and punch right **YAMA TSUKI**.



- 24** Move the left foot back into **MOSUBI DACHI**, and left **SEIKEN WAKI KAMAE**.



- 25 Step with the right foot forward into right **ZENKUTSU DACHI** and punch left **YAMA TSUKI**.



- 26 Move across your back left foot, turning 270° counterclockwise, into left **ZENKUTSU DACHI**, making right **SUKUI UKE** (while turning, left hand covering your face, making a right circular scooping **SEIKEN UCHI UKE** to the front, and left closing hand in **HIKITE**).



- 27 Turn to the right, 180° clockwise, into right **ZENKUTSU DACHI**, making left **SUKUI UKE** (right hand covering your face, making a left circular scooping **SEIKEN UCHI UKE** to the front, and right closing hand in **HIKITE**).



- 28 Move forward with left foot, 45° counterclockwise, left **MAE FUMI ASHI** into right **KOKUTSU DACHI**, making a right **SHUTO MAWASHI UKE**.

MAE FUMI ASHI = normal step forward.



- 29 Move right foot, 90° clockwise, into right **KOKUTSU DACHI**, making a right **SHUTO MAWASHI UKE**.



- 30 Turn your head 180° counterclockwise and make a right **USHIRO KOSA ASHI** (right behind left) into left **KOKUTSU DACHI**, making a left **SHUTO MAWASHI UKE** with **KIAI**.

USHIRO KOSA ASHI = backwards crossover step.



- 31 Move the left foot back, turning 45° clockwise, into **HEISOKU DACHI** and retain the **BASSAI DAI no KAMAE** position.



The Kata is completed on the command **NAORE** by moving into **MOSUBI DACHI** and the hands changing towards the **MOKUSO** position is retained.

At the command **YASMEE** the **FUDO DACHI** position is taken to relax and at ease.



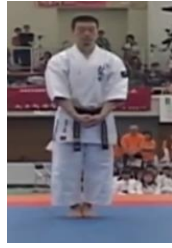
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Bassai Dai - 拔塞大

Black Belt



1.



2a.



2b.



3a.



3b.



4a.



4b.



4c.



4d.



4e.



5a.



5b.



6a.



6b.



7a.



7b.



8.



9.



10.



11a.



11b.



12a.



12b. KIAI



12c.



13.



14.



15a.



15b.



16a.



16b.



17a.



17b.



17c.

Bassai Dai - 拔塞大

Black Belt



17d.



17e.



18a.



18b.



18c.



19a.



19b.



20.



21.



22.



23.



24.



25.



26a.



26b.



27a.



27b.



28a.



28b.



29.



30a.



30b. KIAI



31.

