

# Garyu Kata - 臥竜



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3<sup>e</sup> Dan

**Garyu** means 'reclining dragon'.

The kata **Garyu**, is not taken from traditional *Okinawan Karate* but was created by Masutatsu Oyama and named after his pen name (**Garyu** = reclining dragon), which is the Japanese pronunciation of the characters 臥龍, the name of the village (Il Loong) in Korea where he was born.

In Japanese philosophy, a great man who remains in obscurity is called a *Garyu*. A dragon is all-powerful, but a reclining dragon chooses not to display his power until it is needed.

Likewise, a true karateka does not brag about or show off his abilities. He never forgets the true virtue of humility.

### Dachi Waza

Fudo Dachi  
Musubi Dachi  
Hachiji Dachi/Joi  
Heiko Dachi  
Zenkutsu Dachi  
Kokutsu Dachi  
Kake Ashi Dachi  
Sochin Dachi

### Tsuki or Te Waza

Jodan Morote Tsuki  
Chudan Gyaku Tsuki  
Chudan Yonhon Nukite

### Uke Waza

Kake Jodan Morote Uke  
Shuto Morote Gedan Barai  
Shotei Gedan Morote Uke  
Koken Jodan Morote Uke  
Kake Jodan Morote Uke  
Seiken Gedan Juji Uke  
Kake Chudan Uke  
Shuto Mawashi Uke  
Haito Chudan Morote Uchi Uke  
Haito Chuden Uchi Uke

### Geri Waza

Jodan Mawashi Geri Chusoku  
Tobi Mae Geri  
Jodan Mawashi Geri Haisoku  
Jodan Ushiro Mawashi Geri  
Jodan Mae Geri

### Kihon Jutsugo

Yoi, Mokuso, Hajime, Ibuki, Kiai, Suni, Naore, Yasume

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Begin the Kata in **FUDO DACHI**. Move into **MUSUBI DACHI** and **MOKUSO** on the command **MOKUSO**. On the next command **GARYU**, open eyes and wait until the command **YOI**. Then start perform a slow **YOI DACHI** with **IBUKI** that ends in **HEIKO DACHI**.



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- 1 On the command **HAJIME/ICHI**, still in position, block left **KAKE JODAN MOROTE UKE** (starts from the right hand side of your neck), supported with your right hand in the middle of your fore-arm (this hand is ready for a **NUKITE** to the opponents face).



- 
- 2 In the same position kick a right **JODAN MAWASHI GERI CHUSOKU**.



- 
- 3 Block a right **KAKE JODAN MOROTE UKE**, supported with the left hand.



- 
- 4 In the same position kick a left **JODAN MAWASHI GERI CHUSOKU**.



- 
- 5 Jump back with your right foot in **ZENKUTSU DACHI** while blocking **SHUTO MOROTE GEDAN BARAI** (double block with the open hands).



- 
- 6 Kick a left **TOBI MAE GERI**, followed by a **JODAN MOROTE TSUKI** with **KIAI**.



- 
- 7 Step forward in right **KOKUTSU DACHI** and block a right **KAKE JODAN MOROTE UKE**, supported with the left hand (1).



- 
- 8 Step forward in left **KOKUTSU DACHI** and block a left **KAKE JODAN MOROTE UKE**, supported with the right hand (2).



- 
- 9 Step forward in right **KOKUTSU DACHI** and block a right **KAKE JODAN MOROTE UKE**, supported with the left hand (3).



- 
- 10 Step forward in left **KOKUTSU DACHI** and block a left **KAKE JODAN MOROTE UKE**, supported with the right hand (4).



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- 11 Step back in right **KOKUTSU DACHI** (move left foot back), while blocking a left **SHOTEI GEDAN MOROTE UKE** (right hand is on top of the left), followed by a right **KOKEN JODAN MOROTE UKE** (right is on top of the left) (1).



- 12 Step back in left **KOKUTSU DACHI**, while blocking a right **SHOTEI GEDAN MOROTE UKE** (left on right), followed by a left **KOKEN JODAN MOROTE UKE** (left on right) (2).



- 13 Step back in right **KOKUTSU DACHI**, while blocking a left **SHOTEI GEDAN MOROTE UKE** (right on left), followed by a right **KOKEN JODAN MOROTE UKE** (right on left) (3).



- 14 Step back in left **KOKUTSU DACHI**, while blocking a right **SHOTEI GEDAN MOROTE UKE** (left on right), followed by a left **KOKEN JODAN MOROTE UKE** (left on right) (4).



- 15 Kick right **JODAN MAWASHI GERI HAISOKU**, followed with left **JODAN USHIRO MAWASHI GERI** (both connected) and step into left **KOKUTSU DACHI** and block left **KAKE JODAN MOROTE UKE**, supported with the right hand.



- 16 Step forward in right **KOKUTSU DACHI** and block right **KAKE JODAN MOROTE UKE**, supported with the left hand (1).



- 17 Step forward in left **KOKUTSU DACHI** and block a left **KAKE JODAN MOROTE UKE**, supported with the right hand (2).



- 18 Turn 270° clockwise back in right **KOKUTSU DACHI**, and block a right **KAKE JODAN MOROTE UKE**, supported with the left hand (3).



- 19 Move the right leg across and turn 180° counterclockwise into left **KOKUTSU DACHI**, and block a left **KAKE JODAN MOROTE UKE**, supported with the right hand (4).



- 20 Leap sideward into **KAKE ASHI DACHI** (jump with the right foot sideward, followed by the left one, behind the right one) and block a right **KAKE MOROTE UKE**, supported with the left hand, with **KIAI**.



- 21 Jump high in the air, turn 180° counterclockwise and land in a low **KAKE ASHI DACHI** (a crossed leg crouching position) and block a right **SEIKEN JUJI GEDAN UKE**.



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- 22 Stay low and move the right leg 90° clockwise into right **SOSHIN DACHI** and block a right **SHUTO MAWASHI UKE**.



- 23 In the same position block a slow right **KAKE CHUDAN UKE**, followed by a left **CHUDAN GYAKU TSUKI**.



- 24 Bring your weight on the right leg and move the left leg across and turn 180° counterclockwise into left **SOSHIN DACHI** and make a left **SHUTO MAWASHI UKE**.



- 25 In the same position block a slow left **KAKE CHUDAN UKE**, followed by a right **CHUDAN GYAKU TSUKI**.



- 26 Open both hands and slowly extend both arms forward and to the side, bring them to the **SUNI** of the opponents kicking leg (left on top - knee, right below - ankle).



- 27 Stand up whilst moving forward into right **KOKUTSU DACHI** and block a right **HAITO CHUDAN MOROTE UCHI UKE** (supported with the left hand) (1).



- 28 Step forward into left **KOKUTSU DACHI** and block a left **HAITO CHUDAN MOROTE UCHI UKE** (supported with the right hand) (2).



- 29 Step forward into right **KOKUTSU DACHI** and block a right **HAITO CHUDAN MOROTE UCHI UKE** (supported with the left hand) (3).



- 30 Move the left foot across and turn 180° counterclockwise into left **KOKUTSU DACHI**, and block left **HAITO CHUDAN UCHI UKE**, followed by right **CHUDAN GYAKU YONHON NUKITE** with **KIAI**.



Move the left foot back into **MUSUBI DACH** and the **MOKUSO** position is retained. The Kata is completed on the command **NAORE** and the **FUDO DACHI** position is taken.



At the command **YASUME** relax and at ease.

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Adapted to the new KWF Kata-syllabus (Shihan Antonio Pinero - May 2019) with feedback of Shihan Paul Lorist.

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1.



2.



3.



4.



5.



6a.



6b. KIAI



7.



8.



9.



10.



11a.



11b.



11c.



12.



13.



14.



15a.



15b.



15c.



16.



17.



18.



19.



20. KIAI



21.



22.



23a.



23b.



24.



25.



26.



27.

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28.



29.



30a.



30b. KIAI

