

Gekisai Sho - 撃塞小

1^e Kyu

Gekisai Dai and **Gekisai Sho** were developed from Sosai Masutatsu Oyama's training under Nei-Chu So sensei short after the WO II. Master So was a top student of Chojun Miyagi sensei, founder of the **Gōjū-ryū** 剛柔流, one of the main traditional Okinawan styles of karate, featuring a combination of hard and soft techniques. Chojun Miyagi developed **Gōjū-ryū** from the **Naha-Te** 那覇手 system of Okinawan karate, which originated from southern *Chinese Kempo*.

Gekisai Kata were originated in Okinawa by Soshin Nagamine and Chojun Miyagi sensei from *Fukyu Kata Ichi* and *Fukyu Kata Ni*. Chojun Miyagi adopted *Fukyu Kata Ni* as *Gekisai Dai Ichi* and went on to develop *Gekisai Dai Ni* with its **Naha-Te** influence as a training *Kata* into the **Gōjū-ryū** curriculum in 1940 for school children and adolescents.

These *Kata* were intended to make *Karate* more accessible for people to learn and the purpose was to teach strong and powerful movement combined with fluidity of motion and the utilization of various techniques. Both *Gekisai Kata* belong to the so-called *Kaisho Kata*. These types of *Kata* are what you might call relaxed, because after each technique (given with maximum tension) there is relaxation. This relaxation allows a swift execution of the next technique. This is in line with the meaning of **Gōjū-ryū**, which translates as *hard-soft*.

Gekisai Sho - 撃塞小, is the second of the *Gekisai Kata*, and translated into: 'Attack and Destroy – minor'. **Dai** means 'big' and **Sho** means 'small', is this just another method of labelling *Kata* as an alternative to using numbers? Both *Kata* teach strength through fluidity of motion, mobility and the utilization of various techniques. Flexibility of attack and response will always be superior to rigid and inflexible strength.

Gekisai Sho is known as a *Southern Kata* within *Kyokushin Karate*, developed from Masutatsu Oyama's training in *Goju Ryu* under Nei-Chu So sensei and not directly imported from *Goju Ryu*. Sensei So was a student of Gogen Yamaguchi (Goju-ryu) in Japan. Chojun Miyagi developed Goju-ryu from the system of *Okinawan Karate*, which originated from southern Chinese Kempo. The *Southern Kata* generally involve shorter movements and a closer fighting distance between opponents, **Maai** - 間合い, based on the slippery, wet terrain of southern China. Techniques are generally tighter and more circular than those of the *Northern Kata*.

Dachi Waza

Fudo Dachi
Musubi Dachi
Yoi / Hachiji Dachi
Kokutsu Dachi
Zenkutsu Dachi
Kiba Dachi
Kake Dachi
Neko Ashi Dachi

Te Waza

Seiken Chudan Gyaku Tsuki
Uraken Yoko Jodan Uchi
Seiken (Morote) Heiko Chudan Tsuki
Haito Chudan Uchi
Chudan Ura Yonhon Nukite

Uke Waza

Seiken Uchi Uke
Seiken Jodan Uke
Seiken Gedan Barai
Shuto Gedan Barai
Mae Mawashi Uke

Geri Waza

Jodan Yoko Geri
Jodan Mae Geri

Kihon Jutsugo

Mokuso, Hajime, Ibuki, Kiai, Waki no Kamae, 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 **GEKISAI SHO KATA**, open eyes. On the next command **YOI** move into to the **YOI/HACHIJI DACHI** position with **IBUKI**.



- 1 On the command **HAJIME/ICHI** move the left foot behind and turn 90° counterclockwise to the left into left **KOKUTSU DACHI**, block left **SEIKEN UCHI UKE** and punch **SEIKEN CHUDAN GYAKU TSUKI**.



- 2 Move forward into right **ZENKUTSU DACHI**, block right **SEIKEN JODAN UKE** and punch **SEIKEN CHUDAN GYAKU TSUKI**.



- 3 Bring the right foot back and turn 90° clockwise into **KIBA DACHI** and block left **SEIKEN GEDAN BARAI**.



- 4 Turn the body 90° clockwise on the left foot into right **KOKUTSU DACHI**, by bringing the right foot back, and block right **SEIKEN UCHI UKE** and punch **SEIKEN CHUDAN GYAKU TSUKI**.



- 5 Move forward into left **ZENKUTSU DACHI**, block left **SEIKEN JODAN UKE** and punch **SEIKEN CHUDAN GYAKU TSUKI**.



- 6 Bring the left foot back and turn 90° counterclockwise into **KIBA DACHI** and block right **SEIKEN GEDAN BARAI**.



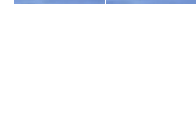
- 7 Keep your left foot in position and move 45° counterclockwise into **KIBA DACHI**, blocking a slow right **HAITO CHUDAN UCHI UKE** with **IBUKI** followed by a fast right **SHUTO GEDAN BARAI** (1).



- 8 Move forward 90° counterclockwise into **KIBA DACHI**, blocking a slow left **HAITO CHUDAN UCHI UKE** with **IBUKI** followed by a fast left **SHUTO GEDAN BARAI** (2).



- 9 Move forward 90° clockwise into **KIBA DACHI**, blocking a slow right **HAITO CHUDAN UCHI UKE** with **IBUKI** followed by a fast right **SHUTO GEDAN BARAI** (3).



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- 10 Retaining the hand positions, turn the body 45° counterclockwise and kick left **JODAN MAE GERI**, place the foot into left **ZENKUTSU DACHI**, block left **SEIKEN JODAN UKE** and immediately followed by a **SEIKEN CHUDAN GYAKU TSUKI** with **KIAI**.



- 11 Block right **SEIKEN UCHI UKE** followed by left **SEIKEN GEDAN BARAI**.



- 12 Turn 180° clockwise into right **KOKUTSU DACHI** (pivoting over the left foot) and simultaneously block right a slow **SHUTO MAWASHI UKE**.



- 13 With both fists in a right **WAKI NO KAMAE**, kick left **JODAN YOKO GERI** in 45° direction to the left and strike left **URAKEN YOKO JODAN UCHI**. Move in the same direction forward into left **ZENKUTSU DACHI** followed by **SEIKEN CHUDAN GYAKU TSUKI** (1).



- 14 Retaining the hand positions kick right **JODAN YOKO GERI** in 90° direction to the right and strike right **URAKEN YOKO JODAN UCHI**. Move in the same direction forward into right **ZENKUTSU DACHI** followed by **SEIKEN CHUDAN GYAKU TSUKI** (2).



- 15 Retaining the hand positions kick left **JODAN YOKO GERI** in 90° direction to the left and strike left **URAKEN YOKO JODAN UCHI**. Move in the same direction forward into left **ZENKUTSU DACHI** followed by **SEIKEN CHUDAN GYAKU TSUKI** (3).



- 16 Kick right **JODAN MAE GERI**, bring both fists in a left **WAKI NO KAMAE** and jump 45° clockwise into **KAKE DACHI** and a **SEIKEN (MOROTE) HEIKO CHUDAN TSUKI** with **KIAI**.



- 17 Turn 180° counterclockwise into **KOKUTSU DACHI** (keep the right foot in place and move the left foot) and block a slow left **SHUTO MAWASHI UKE**.



- 18 Move the left foot backwards into right **NEKO ASHI DACHI** and with the right hand simultaneously execute a right **HAITO CHUDAN UCHI UKE** to the opponent's neck and hook to draw opponent towards you. At the same time the left hand slowly strikes left **CHUDAN URA YONHON NUKITE**.



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19 Finish in the same position with a left **MAE MAWASHI UKE** with **IBUKI**.



20 Move the right foot back into **MUSUBI DACH** and the **MOKUSO** position.



The Kata is completed on the command **NAORE** the **FUDO DACHI** position is taken.

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



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The images came from the Internet and classes from Shihan Loek Hollander, Shihan Henny Ruberg and Shihan Jan Vleesenbeek.

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

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0a.



0b.



0c.



1a.



1b.



1c.



2a.



2b.



3.



4a.



4b.



5a.



5b.



6.



7a.



7b. IBUKI



7c.



7d.



8a. IBUKI



8b.



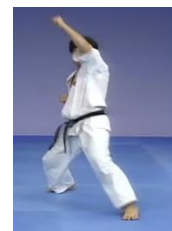
9a. IBUKI



9b.



10a.



10b.



10c. KIAI



11a.



11b.



12.



13a.



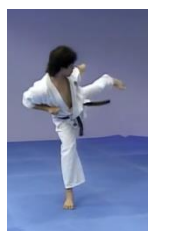
13b.



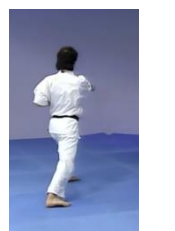
14a.



14b.



15a.



15b.



16a.



16b.

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16c. **KIAI**



17.



18a.



18b.



19a.



19b.



19c.



19d.



20.



Naore