

Seienchin means conqueror and subdue over a distance, or attack the rebellious outpost. The characters mean: **Sei** - 征 ('subjugate' or 'attack the rebellious'), **En** - 遠 ('distant'), and **Chin** - 鎮 ('tranquilize'). In feudal Japan, *Samurai warriors* would often go on expeditions lasting many months, and they needed to maintain their strength and spirit over a long period of time. The word '*Seienchin*' can also be translated here as 'control', 'pull' or 'fight', as a hint toward the various grappling and grabbing techniques.

Seienchin *Kata* was studied by *Miyagi-Sensei* (founder *Goju-ryu*) in China, possibly in the *Fujian province of China* where *Kanryo Higaonna* had studied, and later introduced in *Okinawa* around 1883 as an exclusive form of **Naha-Te**. Technically it is a *Kata* with *Bai-He-Quan* roots (*Fujian White Heron*), but some instructors say the *Kata* also has *Xingy* ('Tiger') style influence. The *Kata* is described as having 'Yin and Yang' in its performance due to the contrast between hard and soft or slow and explosive. It is as if the '*storm erupts from the calm phases of the Kata*'. It utilizes *Kiba Dachi* stances, and the dynamic breathing and block/striking techniques are typical of the **Naha-Te** style. **Seienchin** is believed to be one of the most conserved *Kata* practiced by different styles including *Kyokushin*.

Seienchin is unique among advanced *Kata* because it has no *Geri* techniques. The hook blocks within the *Kata* hint at its Chinese origin. *Seienchin* introduces *Age-Tsuki* and *Hiji-Barai* (performed with both elbows, at the same time, at the end of *Kata*); both techniques are designated for close-range combat. Correct breathing, smoothness of movement, pivoting in and out of *Kiba Dachi*, and effective use of open and closed hand techniques are important points in the performance of this *Kata*.

Kanryo Higaonna had many notable students, including *Chojun Miyagi* (founder of *Goju-Ryu* and teacher of *Gogen Yamaguchi*) and *Kenwa Mabuni* (founder of *Shito-Ryu*). Both of these masters would have learned the *Kata* from him and **Seienchin** *Kata* is preserved in both these systems. *Mabuni* is generally credited with being the person who took **Seienchin** *Kata* to Japan when he moved there with his family in 1920.

Known as the *Southern Kata* within *Kyokushin Karate*, the **Seienchin** was developed from *Mas Oyama's* training for *Kyokushin* under *Nei-Chu So sensei*. *Sensei So* was a student of *Gogen Yamaguchi*.

Dachi Waza

Fudo Dachi
Musubi Dachi
Yoi Dachi
Heiko Dachi
Kiba Dachi
Moro Ashi Dachi
Zenkutsu Dachi
Kokutsu Dachi
Sanchin Dachi
Neko Ashi Dachi

Tsuki or Te Waza

Chudan Yonhon Nukite
Chudan Oi Tsuki
Chudan Hiji Ate
Uraken Oroshi Ganmen Uchi
Seiken Jodan Age Tsuki
Uraken Sayu Ganmen Uchi
Hiji Mae Chudan Ate

Uke Waza

Shotei Morote Gedan Uke
Seiken Morote Gedan Barai
Haito Uchi Uke
Kake Uke (Tensho)
Shuto Jodan Uke
Te Ken Sasae Uke (Morote Uchi Uke)
Seiken Gedan Barai
Shotei Yumi Barai (Kataguruma-Judo)
Seiken Soto Uke
Seiken Uchi Uke / Gedan Barai
Shuto Hasami Uke (Shuto Morote Oroshi Barai)

Kihon Jutsugo

Kamae, Mokuso, Hajime, Seika Tanden, Kanku, Kiai, Tensho, Hikite, Te, Ken, Kote, Sasae, Kataguruma, Seienchin no Kamae, Ibuki, Naore, Yasume

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



- 1 On the command **HAJIME/ICHI** move the right foot forward turning the body 45° counterclockwise into **KIBA DACHI**, simultaneously open both hands on your own shoulder heights, and execute a slow **SHOTEI MOROTE GEDAN UKE** (hands in **KANKU** form).



Picture yourself wrapping your hands around a ball, and bring it slowly under water at your own **SEIKA TANDEN**.

- 2 Scoop and slowly raise both open hands to the front of your own face, bringing both elbows together (close the armpit), and then slowly drop them (with closed hands) towards both sides into a **SEIKEN MOROTE GEDAN BARAI**.



- 3 In the same position look to the right and cover with a fast left **SHOTEI** and execute slowly a right **HAITO UCHI UKE**, returning the left hand back in closed **HIKITE**. Perform a right **KAKE UKE (TENSHO)** and pull towards the body, simultaneously strike with a slow left **CHUDAN YONHON NUKITE (1)**.



- 4 Move the left foot forward turning the body 90° clockwise into **KIBA DACHI**, simultaneously open both hands on your own shoulder heights, and execute a slow **SHOTEI MOROTE GEDAN UKE** (hands in **KANKU** form).



- 5 Scoop and slowly raise both open hands to the front of your own face, bringing both elbows together (close the armpit), and then slowly drop them (with closed hands) towards both sides into a **SEIKEN MOROTE GEDAN BARAI**.



- 6 In the same position look to the left and cover with a fast right **SHOTEI** and execute slowly a left **HAITO UCHI UKE**, returning the right hand back in closed **HIKITE**. Perform a left **KAKE UKE (TENSHO)** and pull towards the body, simultaneously strike with a slow right **CHUDAN YONHON NUKITE (2)**.



- 7 Move the right foot forward turning the body 90° counterclockwise into **KIBA DACHI**, simultaneously open both hands on your own shoulder heights, and execute a slow **SHOTEI MOROTE GEDAN UKE** (hands in **KANKU** form).



- 8 Scoop and slowly raise both open hands to the front of your own face, bringing both elbows together (close the armpit), and then slowly drop them (with closed hands) towards both sides into a **SEIKEN MOROTE GEDAN BARAI**.



- 9 In the same position look to the right and cover with a fast left **SHOTEI** and execute slowly a right **HAITO UCHI UKE**, returning the left hand back in



closed **HIKITE**. Perform a right **KAKE UKE (TENSHO)** and pull towards the body, simultaneously strike with a slow left **CHUDAN YONHON NUKITE (3)**.

- 10** From this position bring your right foot back, turn 45° clockwise, taking the opponent's hand all the way back with the right hand into **HIKITE** (on top of the left open hand). Lunge into a right **MORO ASHI DACHI**, and strike with right **SEIKEN CHUDAN TSUKI** with **KIAI**, while supporting the right forearm (**KOTE**) with the left open hand on top.



- 11** Step back in right **ZENKUTSU DACHI**, performing a left **SHUTO JODON UKE**, followed by a right **CHUDAN HIJI ATE** into the left open hand (the palm fist is facing your own face).



- 12** Move forward 45° clockwise into a right **KOKUTSU DACHI** while performing a slow block right **CHUDAN MOROTE UCHI UKE** from the left shoulder.

Fast pull back both hands in **WAKI no KAMAE**, (right fist, left open), and block left **TE KEN SASAE UKE**. (augmented/supported wrist block with open hand on fist).



- 13** Move the left foot forward and turn the body 90° clockwise into **KIBA DACHI**, with left **SEIKEN GEDAN BARAI** (still looking in the same direction). Step back 180° counterclockwise with left foot in **KIBA DACHI**, with right **SEIKEN GEDAN BARAI** (still looking in the same direction).



- 14** Move the left foot and turn 90° counterclockwise into a left **KOKUTSU DACHI** while performing a slow left **TE KEN SASAE UKE** (pull back fast both hands in **KAMAE**, left one closed, right open).



- 15** Move the right foot forward and turn the body 90° counterclockwise into **KIBA DACHI**, with right **SEIKEN GEDAN BARAI** (still looking in the same direction). Step back 180° clockwise with right foot in **KIBA DACHI**, with left **SEIKEN GEDAN BARAI** (still looking in the same direction).



- 16** Move the left foot back 135° counterclockwise into **KIBA DACHI** and simultaneously execute a slow right **SHOTEI YUMI BARAI (KATA GURUMA)** is a judo throw, but also called **SEIENCHIN no KAMAE**.



- 17** Move the right foot back 180° clockwise into **KIBA DACHI** (still looking in the same direction) and simultaneously execute a slow left **SHOTEI YUMI BARAI**.



- 18** Move the body forward at 90° counterclockwise, close your right foot in an active **HEISOKU DACHI**, and make a right **SEIKEN SOTO UKE**, align your left **SHOTEI** hand with your right forearm (**TE KOTE**). Step in further to the front in left **SANCHIN DACHI** striking a right **URAKEN OROSHI GANMEN UCHI** (left hand remains open, palm down, right elbow on top of the left hand), with **KIAI**.

migi **EMPI** no ue ni hidari **HAISHU** – right elbow on top off left open backhand.



- 19 After a right cross-step turn 135° counterclockwise into a left **SANCHIN DACHI** with a slow left **SEIKEN UCHI UKE / GEDAN BARAI**.



- 20 Slide forward, turning the body 90° counterclockwise in a **KIBA DACHI** striking a right **SEIKEN JODAN AGE TSUKI** with **KIAI**, followed by a right **URAKEN SAYU GANMEN UCHI** (left hand cover with **SHOTEI** block in the middle of the body) and finish with a right **SEIKEN GEDAN BARAI**.



- 21 Move the right foot back 180° clockwise into **KIBA DACHI** and simultaneously block left **SEIKEN GEDAN BARAI**.



- 22 Move back your right foot into right **NEKO ASHI DACHI** (turning the body 135° clockwise) and simultaneously execute a right **HIJI MAE CHUDAN (AGE) ATE** (the arm from below and raise).



- 23 Move back the right foot into left **NEKO ASHI DACHI** and simultaneously execute a right **HIJI MAE CHUDAN ATE**.



- 24 After a left cross-step turn 135° clockwise into a right **SANCHIN DACHI** with a slow right **SEIKEN UCHI UKE / GEDAN BARAI**.



- 25 Slide forward, turning the body 90° clockwise in a **KIBA DACHI** striking a left **SEIKEN JODAN AGE TSUKI** with **KIAI**, followed by a left **URAKEN SAYU GANMEN UCHI** (right hand cover with **SHOTEI** block in the middle of the body) and finish with a left **SEIKEN GEDAN BARAI**.



- 26 Move the left foot back 180° counterclockwise into **KIBA DACHI** and simultaneously block right **SEIKEN GEDAN BARAI**.



- 27 Move back your left foot into left **NEKO ASHI DACHI** (turning the body 135° counterclockwise) and simultaneously execute a left **HIJI MAE CHUDAN (AGE) ATE** (the arm from below and raise).



- 28 Move back the left foot into right **NEKO ASHI DACHI** and simultaneously execute a left **HIJI MAE CHUDAN (AGE) ATE**.



- 29 Move your right foot into a right **SANCHIN DACHI** and execute a right **URAKEN OROSHI GANMEN UCHI** (right elbow on top of the left fist).
migi **EMPI** no ue ni hidari **HAISHU** - right elbow on top off left open backhand.



- 30** Move the right feet back into left **KOKUTSU DACHI** and simultaneously perform a **SHUTO HASAMI UKE** (**SHUTO MOROTE OROSHI BARAI**) with **IBUKI**.



Move the left foot back into **MUSUBI DACH** and the **MOKUSO** position is retained.



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.

The Kata is learned from Shihan Henny Ruberg (Shihan Loek Hollander - IKO) and has some influences from Shihan Hatsuo Royama (KIKO).



1a.



1b.



2a.



2b.



2c.



3a.



3b.



3c.



4.



5.



6.



7.



8.



9.



10a.



10b. KIAI.



11a.



11b.



12a.



12b.



13a.



13b.



14.



15a.



15b.



16.



17.



18a.



18b.



18c. KIAI.



19a.



19b.



20a.

Seienchin - 征遠鎮

2^e Dan



20b.



20c.



21.



22a.



22b.



23.



24.



25a.



25b.



25c.



26.



27.



28.



29a.



29b.



30a.



30b.



31.