

Sushiho - 五十四歩



Sushiho - 五十四歩

4^e Dan

Sushiho means '54 steps' and is derived from the word **Useishi**, the Okinawan pronunciation of the kanji characters for 54 (**Go** - 五, **Jū** - 十 and **Shi** - 四 in Japanese), and **Ho** - 歩, meaning 'walk' or 'step'.

Sushiho, originates from **Shuri-te** Okinawan schools, which were heavily Northern Chinese influenced. There may have been a link between the name and the original form of this *Kata*. The number 54 has close links to *Buddhist* philosophy and is a sacred number in *Buddhism*.

In *Shotokan* they call this advanced *Kata* **Gojushiho**, or **Useishi** as it is known in Okinawa, and is an old **Shuri-te** *Kata*, whose roots stretch back to Sokon Matsumura's time in the 1830^s. It is uncertain whether he brought this *Kata* back with him from his travels to China, or whether the *Kata* was his final masterpiece. **Gojushiho** is translated simply as 'fifty-four steps', making reference to the number of steps or movements in the original *Kata*. Anko Itosu, a student of Matsumura, created two versions of the *Kata*, a **Dai** ('big') version and a **Sho** ('small') version. Unlike Itosu's other *Kata*, *Bassai* and *Kanku*, the two **Gojushiho** *Kata* are most likely two different variations of the same *Kata*.

The Northern Chinese influence comes from the 'Black Tiger Style' components (a Northern Chinese *Martial Art* which originated in Shandong Province) within the *Kata* when considering the stance varieties and the potential claw/palm/*Nukite* strikes which are combined with shuffling forward steps.

Known as the **Northern Kata** within *Kyokushin Karate*, **Sushiho** is adopted by Masutatsu Oyama from his background in the **Shuri-Te** tradition, as 4th Dan in *Shotokan Karate*, under Gichin Funakoshi. Masutatsu Oyama implemented the *Kata* in *Kyokushin Karate* with a few modifications, to adapt the *Kata* to the *Kyokushin* system, with its own modes and techniques, where more emphasis is placed on strength.

Dachi Waza

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

Tsuki or Te Waza

Uraken Oroshi Ganmen Uchi
Nihon Seiken Chudan Tsuki
Seiken Jun Tsuki
Hiji Chudan Age Ate
Hiji Oroshi Ate
Shotei Chudan Uchi
Hiji Chudan Ate
Uraken Ganmen Uchi
Shuto Hizo Uchi
Seiken Chudan Gayku Tsuki
Nihon Chudan Yonhon Nukite
Seiken Jodan Oi Tsuki
Uraken Morote Sayu Ganmen Uchi
Haito Morote Jodan Uchi
Seiken Morote Jodan Tsuki
Chudan Yonhon Nukite

Uke Waza

Seiken Morote Uchi Uke
Kake Jodan Uke
Shuto Morote Gedan Barai
Haito Uchi Uke
Shotei Osae Uke
Seiken Uchi Uke
Seiken Juji Jodan Uke
Seiken Morote Gedan Barai
Kake Morote Chudan Uke /
Kakete Uke

Geru Waza

Kagato Ushiro Age Geri
Jodan Yoko Geri
Chudan Mae Geri

Kihon Jutsugo

Kamae, Mokuso, Hajime, Yoi, Ibuki, Empi, Hirate, Haishu, Hikite, Kagi Tsuki no Kamae, Migi/Hidari Mae Naname, Bo, Ushiro Kosa Ashi, Aite no Bo Tori, Shotei no Sukui, Mae Kosa Ashi, Te Kote Sasae, Nukite no Kamae, Morote Uraken Sayu no Kamae, Kake Wake Uke, Naore, Yasume

Sushiho - 五十四歩



Begin the Kata in **FUDO DACHI**. Move into **MUSUBI DACHI** and **MOKUSO** on the command **MOKUSO**. On the next command **SUSHIHO**, 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** kick a right **KAGATO USHIRO AGE GERI** and lunge forward into right **MORO ASHI DACHI**, controlling the attack with left **SHOTEI** and strike with a right **URAKEN OROSHI GANMEN UCHI** ending with the right **EMPI** on the left **HIRATE** (open hand, **HAISHU**).



-
- 2 Kick a right **KAGATO USHIRO AGE GERI** and lunge forward into right **MORO ASHI DACHI**, controlling the attack with left **SHOTEI** and strike with a right **URAKEN OROSHI GANMEN UCHI** ending with the right **EMPI** on the left **HIRATE** (open hand, **HAISHU**).



-
- 3 Move forward into left **SANCHIN DACHI** and slowly block **SEIKEN MOROTE UCHI UKE**.



-
- 4 Move forward into right **SANCHIN DACHI** and slowly block right **KAKE JODAN UKE** (left hand in closed **HIKITE**).



-
- 5 Strike a left **NIHON SEIKEN CHUDAN TSUKI** (left / right).



-
- 6 Move forward into left **SANCHIN DACHI** and slowly block left **KAKE JODAN UKE** (right hand in closed **HIKITE**).



-
- 7 Strike a right **NIHON SEIKEN CHUDAN TSUKI** (right / left).



-
- 8 Look to the right and kick straight from **KAGI TSUKI no KAMAE** at 45° clockwise a **JODAN YOKO GERI** and step in **KIBA DACHI** (also at 45° clockwise – **MIGI MAE NANAME**) and strike right **SEIKEN JUN TSUKI**.



-
- 9 Look to the left and kick straight from **KAGI TSUKI no KAMAE** at 90° counterclockwise a **JODAN YOKO GERI** and step in **KIBA DACHI** (also at 90° counterclockwise – **HIDARI MAE NANAME**) and strike left **SEIKEN JUN TSUKI**.



Sushiho - 五十四歩



- 10** From **KIBA DACHI** pivot 45° clockwise into left **ZENKUTSU DACHI**, while performing a right **HIJI CHUDAN AGE ATE**. Move the right foot forward to the left (into **HEIKO DACHI**), immediately move it to the right into **KIBA DACHI** and continue the movement with **HIJI CHUDAN AGE ATE** and follow with a right **HIJI OROSHI ATE** (go down) with **KIAI**.



- 11** Open both hands and bring them in front of the face (hand palms out). With both hands in this position move forward into right **MORO ASHI DACHI** and simultaneously block **SHUTO MOROTE GEDAN BARAI** (1).



- 12** Again bring both open hands in front of the face (hand palms out). With both hands in this position move forward into right **MORO ASHI DACHI** and simultaneously block **SHUTO MOROTE GEDAN BARAI** (2).



- 13** By moving the right foot across turn 180° counterclockwise into left **KOKUTSU DACHI** and block left **HAITO UCHI UKE**, followed by a left **SHOTEI OSAE UKE** and immediately strike a right **SHOTEI CHUDAN UCHI**, leaving the left hand in place. (1).



- 14** Move forward into right **KOKUTSU DACHI** and block right **HAITO UCHI UKE**, followed by a right **SHOTEI OSAE UKE** and immediately strike a left **SHOTEI CHUDAN UCHI**, leaving the right hand in place. (2).



- 15** Move forward into left **KOKUTSU DACHI** and block left **HAITO UCHI UKE**, followed by a left **SHOTEI OSAE UKE** and immediately strike a right **SHOTEI CHUDAN UCHI**, leaving the left hand in place. (3).



- 16** Move the left foot forward sliding into **KIBA DACHI** (body is turning 90° counterclockwise) and block left **SHUTO MOROTE GEDAN BARAI** (both open hands from right above to left below as if you hold a **BO**).



- 17** Move back, **USHIRO KOSA ASHI** (left behind right), into **KIBA DACHI** and block left **SHUTO MOROTE GEDAN BARAI**. Look at the opponent's **BO** at the right above, grab it and **AITE no BO TORI** (taking the opponent's **BO**), with **KIAI** (look forward).



- 18** Look to the right and block right **SHUTO MOROTE GEDAN BARAI** (both open hands from left above to right below as if you hold a **BO**).



Sushiho - 五十四歩



- 19 Move back, **USHIRO KOSA ASHI** (right behind left), into **KIBA DACHI** and block right **SHUTO MOROTE GEDAN BARAI**. Look at the opponent's **BO** at the left above, grab it and **AITE no BO TORI**, with **KIAI** (look forward).



- 20 Look to the left and block left **SHUTO MOROTE GEDAN BARAI** (both open hands from left above to left below as if you hold a **BO**).



- 21 Turn 90° counterclockwise and lunge forward into right **MORO ASHI DACHI**, controlling the attack with left **SHOTEI** and strike with a right **URAKEN OROSHI GANMEN UCHI** ending with the right **EMPI** on the left **HIRATE** (open hand, **HAISHU**).



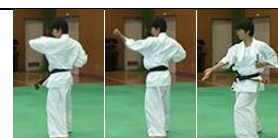
- 22 Move the left foot across and turn 180° counterclockwise into left **SANCHIN DACHI** and simultaneously block left **SEIKEN UCHI UKE**. With the same arm back to **HIKITE**, strike left **HIJI CHUDAN ATE**, followed by a left **URAKEN GANMEN UCHI**, cover with the left arm and right **SHUTO HIZO UCHI** (1).



- 23 Move forward into right **SANCHIN DACHI** and simultaneously block right **SEIKEN UCHI UKE**. With the same arm back to **HIKITE**, strike right **HIJI CHUDAN ATE**, followed by a right **URAKEN GANMEN UCHI**, cover with the right arm and left **SHUTO HIZO UCHI** (2).



- 24 Move forward into left **SANCHIN DACHI** and simultaneously block left **SEIKEN UCHI UKE**. With the same arm back to **HIKITE**, strike left **HIJI CHUDAN ATE**, followed by a left **URAKEN GANMEN UCHI**, cover with the left arm and right **SHUTO HIZO UCHI** (3).



- 25 Still in the same stance raise the right hand slowly upwards into **SHOTEI JODAN UKE** (**SHOTEI NO SUKUI** - lifting the opponent's **JODAN** attack).



- 26 With the hands in the same position kick right **CHUDAN MAE GERI**, step into right **ZENKUTSU DACHI**, then punch left **SEIKEN CHUDAN GYAKU TSUKI** (supporting it with the right **SHOTEI** hand towards the top of the right fore arm – **TE KOTE SASAE SEIKEN CHUDAN TSUKI**). Note: picture is not correct



- 27 Quickly change direction by swiveling the hips to the left, 135° counterclockwise, into left **ZENKUTSU DACHI** and move both arms upwards crossing block (**SEIKEN JUJI JODAN UKE**) and continue with a **SEIKEN MOROTE GEDAN BARAI** (with both hands, like a **KAKE WAKE UKE**).



Sushiho - 五十四歩



- 28 Slowly move both arms in a complete circle starting inwards and upwards, crossing in the middle. When completed the circle, again move the arms upwards in a crossing block (**SEIKEN JUJI JODAN UKE**), hold and then turn 45° counterclockwise into left **ZENKUTSU DACHI** and finish the movement with **SEIKEN MOROTE GEDAN BARAI**.



- 29 Step forward into right **KOKUTSU DACHI**, with a slow right **KAKE MOROTE CHUDAN UKE** (**KAKETE UKE** - the block starts with both hands at the left side of the body and follow a smooth half circle movement) (1).



- 30 Step forward into left **KOKUTSU DACHI**, with a slow left **KAKETE UKE** (2).



- 31 Step forward into right **KOKUTSU DACHI**, with a slow right **KAKETE UKE** (3).



- 32 Move the left foot across the right, turning the body 270° counterclockwise, into left **KOKUTSU DACHI** and block left **KAKETE UKE** (4).



- 33 With the arms in this position move forward, **MAE KOSA ASHI** (right before left cross), into **KIBA DACHI**, turning the body 90° clockwise (looking to the left), and block left **SHUTO MOROTE GEDAN BARAI** (from right above to left below as if you hold a **BO**).



- 34 Look to the front and block with left **SHOTEI OSAE UKE** and simultaneously prepare for an **URAKEN OROSHI** strike. Execute a right **URAKEN OROSHI GANMEN UCHI** ending with the right **EMPI** on the left **HIRATE** (open hand, **HAISHU**).



- 35 Immediately go into right **NUKITE no KAMAE** (controlling the opponent's hand) and strike left **NIHON CHUDAN YONHON NUKITE** (left / right) with **KIAI**.



- 36 Look to the right and make right **SHUTO MOROTE GEDAN BARAI** (from left above to right below as if you **BO**).



- 37 With the arms in this position move to the right, **MAE KOSA ASHI** (left before right cross), into **KIBA DACHI**, looking to the right, and block right **SHUTO MOROTE GEDAN BARAI** (from left above to right below as if you **BO**).



Sushiho - 五十四歩



- 38 Look to the front and block with right **SHOTEI OSAE UKE** and simultaneously prepare for an **URAKEN OROSHI** strike. Execute a left **URAKEN OROSHI GANMEN UCHI** ending with the left **EMPI** on the right **HIRATE** (open hand, **HAISHU**).



- 39 Immediately go into left **NUKITE no KAMAE** (controlling the opponent's hand), strike right **NIHON CHUDAN YONHON NUKITE** (right / left) with **KIAI**.



- 40 Move the right foot forward into right **KOKUTSU DACHI** and strike **SEIKEN JODAN OI TSUKI** (1).



- 41 Move forward into left **KOKUTSU DACHI** and strike **SEIKEN JODAN OI TSUKI** (2).



- 42 Move forward into right **KOKUTSU DACHI** and strike **SEIKEN JODAN OI TSUKI** (3).



- 43 Pivot both feet into left **SANCHIN DACHI**, turning the body 90° counterclockwise, and simultaneously bring both hands, fists closed, into **URAKEN MOROTE SAYU no KAMAE** (elbows on shoulder height).



- 44 Strike **URAKEN MOROTE SAYU GANMEN UCHI** and bring the hands back in the **KAMAE**, strike with **HAITO MOROTE JODAN UCHI** (start movement low), returning both hands to **HIKITE**, while closing fists, followed immediately with **SEIKEN MOROTE JODAN TSUKI**, returning both hands to **HIKITE**. Continue blocking with left **SEIKEN JUJI JODAN UKE** followed by a fast left **SEIKEN MOROTE GEDAN BARAI**. Continue with a slow full circle movement (in-out), from under, above, under and finish above with left **SEIKEN JUJI JODAN UKE** followed by a fast left **SEIKEN MOROTE GEDAN BARAI**.



- 45 Move the left foot, turning the body 90° counterclockwise, into left **ZENKUTSU DACHI** and strike **SEIKEN CHUDAN GYAKU TSUKI** (directly from former **KAMAE**).



- 46 Move forward into right **MORE ASHI DACHI** and simultaneously block **SHUTO MOROTE GEDAN BARAI** (1).



Sushiho - 五十四歩



- 47 Move forward into right **MORE ASHI DACHI** and simultaneously block **SHUTO MOROTE GEDAN BARAI** (2).



- 48 Move forward into right **MORE ASHI DACHI** and simultaneously block **SHUTO MOROTE GEDAN BARAI** (3).



- 49 Move the right foot across, turning the body 180° into left **KOKUTSU DACHI**, block left **SHOTEI OSAE UKE** and strike right **CHUDAN YONHON NUKITE**.



- 50 Move forward into right **KOKUTSU DACHI** and block right **SHOTEI OSAE UKE** and strike left **CHUDAN YONHON NUKITE** with **KIAI**.



Move the right foot back into **MUSUBI DACHI** and retain 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.

Copyright © 2017-2020, Jaap Kooman, made for teaching purposes only.

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.

Sushiho - 五十四歩



IBUKI



1a.



1b.



2a.



2b.



3.



4.



5a.



5b.



6.



7a.



7b.



8a.



8b.



8c.



9a.



9b.



9c.



10a.



10b.



10c.



11a.



11b.



12a.



12b.



13a.



13b.



14a.



14b.



15a.



15b.



16a.



16b.



17a.



17b.

Sushiho - 五十四歩



17c.



17d. **KIAI**



18.



19a.



19b.



19c.



19d. **KIAI**



20.



21a.



21b.



22a.



22b.



22c.



22d.



23a.



23b.



23c.



24a.



24b.



24c.



25.



26a.



26b. (chudan)



27a.



27b.



28a.



28b.



28c.



29.



30.



31.



32a.



32b.



33a.



33b.



34a.

Sushiho - 五十四歩



34b.



35a.



35b.



35c. KIAI



36.



37a.



37b.



38a.



38b.



39a.



39b.



39c. KIAI



40.



41.



42.



43.



44a.



44b.



44c.



44d.



44e.



44f.



44g.



44h.



44i.



44j.



44k.



44l.



44m.



44n.



44o.



45.



46a.



46b.



47a.



47b.

Sushiho - 五十四歩



48a.



48b.



49.



50. **KIAI**

