

Yantsu has been translated as 'to maintain purity', striving to maintain the purity principles and ideals, rather than compromising for the expedient. It is derived from **Yansu** ('safe three' or 'safe in three ways'), out of the characters **Yan** - 安, meaning 'safe', and **Su** - 三, meaning 'three'. The **Kata** name can therefore be taken to mean 'safe in three ways'. Three ways are also very important in Buddhist teaching.

Yantsu is an ancient **Kata** with unknown origin, which is alternately classified as belonging to the **Naha-te** and **Tomari-te Karate** tradition. The name is the original of a Chinese soldier from Okinawa in the 19th century. Outside **Kyokushin** this **Kata** it is only practiced in **Chinese Kempo** and **Shito-ryu**, where it is called **Ansan** in a slightly longer variant.

The **Kyokushin** version moves in three directions: one forward and two sideways. **Yantsu** is an excellent exercise in precision and balance. Although this **Kata** is short, it is nevertheless of a higher difficulty level, where a correct execution says a lot about the technique and skill of the student.

How the **Yantsu Kata** was introduced in **Kyokushin** is unknown, but it is speculated that it **Mas Oyama** learned the **Ansan** from **Shogo Kuniba sensei (Shito-ryu)**. So **Mas Oyama** somehow imported it from **Shito-ryu** and in a shorter version and a few modifications. He adapted 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
Zenkutsu Dachi
Neko Ashi Dachi

Te Waza

Haito Jodan Morote Uchi
Seiken Jodan Morote Tsuki
Uraken Jodan Mawashi Uchi
Chudan Yonhon Nukite
Seiken Chudan Oi Tsuki
Shuto Sakotsu Uchi Komi
Seiken Gedan Oi Tsuki
Seiken Jodan Gyaku Tsuki

Uke Waza

Shotei Gedan Uke
Koken Jodan Uke
Shotei Chudan Uke
Haito Uchi Uke

Geri Waza

Chudan Mae Geri

Kihon Jutsugo

Kamae, Mokuso, Hajime, Hikite, Ibuki, Mae Fumi Ashi, Naore, Yasume

Begin the Kata in **FUDO DACHI**. Move into **MUSUBI DACHI** and **MOKUSO** on the command **MOKUSO**. On the next command **YANTSU**, 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**, in this position, extend both open hands and strike **HAITO JODAN MOROTE UCHI**, pull both hands back closed into **HIKITE**, and punch **SEIKEN JODAN MOROTE TSUKI** and again pull both hands back into **HIKITE**.



- 2 Strike right **URAKEN JODAN MAWASHI UCHI** (start with the right fist at the back, turn body clockwise, the right arm to cover).



- 3 Strike left **URAKEN JODAN MAWASHI UCHI** (start with the left fist at the back, turn body clockwise, the right arm to cover).



- 4 Strike right **CHUDAN YONHON NUKITE** (left hand also open).



- 5 Strike left **CHUDAN YONHON NUKITE** (right hand also open).



- 6 Slowly pull the left open hand back into **HIKITE**, continue with closing both hands and moving upwards a little, then open hands, turn outwards and complete the movement into a **MOROTE YOKO YONHON NUKITE** (palms down).



- 7 In the same position, at the same time, block with the left hand **SHOTEI CHUDAN UKE**, bring the right fist back into **HIKITE** and move forward (**MIGI MAE FUMI ASHI**) into right **ZENKUTSU DACHI** and punch **SEIKEN CHUDAN OI TSUKI**.



- 8 Bring the right foot back into **NEKO ASHI DACHI** and directly block right **SHOTEI GEDAN UKE**. Continue the movement with a right block **KOKEN JODAN UKE**, then slowly twist the wrist in a inwards circular motion and slowly push the right hand out into **SHUTO SAKOTSU UCHI KOMI**.



- 9 Bring the right foot back into **MUSUBI DACHI** (keep hands in position). Move the left foot forward (**HIDARI MAE FUMI ASHI**) into left **ZENKUTSU DACHI** and punch **SEIKEN CHUDAN OI TSUKI**.



- 10 Bring the left foot back into **NEKO ASHI DACHI** and directly block left **SHOTEI GEDAN UKE**. Continue the movement with a left block **KOKEN JODAN UKE**, then slowly twist the wrist in a inwards circular motion and slowly push the left hand out into **SHUTO SAKOTSU UCHI KOMI**.



- 11 Turn 90° clockwise to the right, moving the left foot to the right foot into **MUSUBI DACHI** and slowly block left **SHOTEI CHUDAN UKE**.



- 12 Move the right foot forward (**MIGI MAE FUMI ASHI**) into right **ZENKUTSU DACHI** and punch right **SEIKEN GEDAN OI TSUKI**.



- 13 Punch left **SEIKEN JODAN GYAKU TSUKI** and right **SEIKEN CHUDAN OI TSUKI** with **KIAI**.



- 14 With the right arm still in extended position, kick left **CHUDAN MAE GERI**, bring the foot back into **NEKO ASHI DACHI**, and block right **HAITO UCHI UKE** (the left hand is closed in **HIKITE**).



- 15 Still in **NEKO ASHI DACHI** directly block right **SHOTEI GEDAN UKE**. Continue the movement with a right block **KOKEN JODAN UKE**, then slowly twist the wrist in a inwards circular motion and slowly push the right hand out into **SHUTO SAKOTSU UCHI KOMI**.



- 16 Turn 180° counterclockwise to the left, pulling the left foot back to the right into **MUSUBI DACHI** and block left **SHOTEI CHUDAN UKE** (the left hand is closed in **HIKITE**).



- 17 Move the left foot forward (**HIDARI MAE FUMI ASHI**) into left **ZENKUTSU DACHI** and punch left **SEIKEN GEDAN OI TSUKI**.



- 18 Punch right **SEIKEN JODAN GYAKU TSUKI** and left **SEIKEN CHUDAN OI TSUKI** with **KIAI**.



- 19 With the left arm still in extended position, kick right **CHUDAN MAE GERI**, bring the foot back into **NEKO ASHI DACHI**, and block left **HAITO UCHI UKE** (the right hand is closed in **HIKITE**).



- 20 Still in **NEKO ASHI DACHI** directly block left **SHOTEI GEDAN UKE**. Continue the movement with a left block **KOKEN JODAN UKE**, then slowly twist the wrist in a inwards circular motion and push the left hand out into **SHUTO SAKOTSU UCHI KOMI**.



Turn 90° clockwise to the right and move the left 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.

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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).



IBUKI



1a.



1b.



1c.



1d.



2a.



2b.



3a.



3b.



4.



5.



6a.



6b.



6c.



7a.



7b.



8a.



8b.



8c.



8d.



9a.



9b.



10a.



10b.



10c.



11.



12.



13a.



13b. **KIAI**



14a.



14b.



14c.



15a.



15b.



15c.



15d.



16.



17.



18a.



18b. **KIAI**



19a.



19b.



19c.



20a.



20b.



20c.

