



KATA BUNKAI



Karate no jissen ōyō gakkō

(School of Practical and Applied Karate)



Bunkai for Heian Kata, Tekki Shodan,
and Bassai Dai Kata



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Introduction

The KSKC approach to Kata is to develop an understanding not only of the shape of kata, but also the function of kata. As such we strive to understand kata across four developmental stages. These are as follows:

- Stage 1.** Understand the shape and form of the kata (embusan)
- Stage 2.** Understand the bunkai of the kata
- Stage 3.** Understand and know how to apply the underlying concepts in the kata
- Stage 4.** Develop an ability to apply the concepts in a live/free sparring environment

Progression through the different stages is sequential. Therefore, for a karateka to get to stage 4 they must first progress through stages 1 to 3. To develop a functional, and applied knowledge of a kata the karateka must spend time working through each stage.

The purpose of this document is to introduce the karateka to Stage 2, which is understanding basic bunkai. As such, this document contains five basic bunkai techniques, per kata for all kata up to black belt. The idea is to get the Karateka comfortable with seeing each kata as a combination of fighting concepts.

As Karateka progress through their journey, they will be encouraged to consider the moves in each kata and develop their own appreciation of what each movement means. However, until they have developed an ability to effectively deconstruct kata themselves the bunkai, as outlined in this document, will provide an acceptable level of understanding for each appropriate grade up to Shodan.

To help the karateka develop a practical and applied understanding of bunkai the following bunkai principles should be kept in mind. These will help the karateka better understand the concepts underlying the different moves within each kata.

- Kata concepts are not for fighting other karateka, but dealing with opportunistic, non-consensual, non-rule-based violence.
- When considering the bunkai we are faced with one opponent, who is/starts off in front of us.
- When we step at an angle, we are placing our opponent at that angle relative to us.
- The opponent is close (within arms distance)
- When we move forward in a kata it is an offensive move, and when we move backwards it's a defensive move.



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- There are no religious/spiritual/ritualistic moves in the kata.
- There are no shi-te (dead hands) in the kata. Both hands are in the fight and working together (Maedo Te).
- A block can be a lock, a strike, or a throw.
- We should always look to take Kazushi. We use our bodies to transfer energy and upset the opponent's balance.
- There are take-downs/throws in every kata.
- Always consider the weight distribution in the stances and how this can change within the different concepts/techniques.
- Keep it simple and easy to remember. Complicated techniques/concepts are not practical.
- Lastly, and most importantly, we practice Bunkai to better understand the underlying concepts in the kata...not to practice the techniques exactly as they are within the kata.

For the more advanced kata the karateka are encouraged to deconstruct the kata's themselves/together and develop their own understanding of the concepts, and what they mean.

As karateka become more senior and advanced in their understanding of kata they are also encouraged to revisit these kata to reassess their understanding of the bunkai.

The bunkai outlined in this document should not be considered the 'only' way to interpret the moves within the kata. These techniques simply demonstrate one of many ways to help understand the underlying concepts. However, when developing these bunkai it was important that they conformed to the bunkai principles (as shown above).

List of Terms

Before we start, here is a list of terms/abbreviations used in the sets...

Roles

A – Attacker/Uke,
D – Defender/Tori,

Directions

L - Left,
R - Right
CW - clockwise,



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ACW - anti-clockwise,
Fwd – forward,
Bwd - Backward

Blocks/Strikes

GB - Gedan Barai,
AU - Age Uke/Uchi,
ShU – Shoto Uke/Uchi,
SU – Soto Uke/Uchi,
UU – Uchi Uke/Uchi,
UK – Uraken,
EU – Empi Uchi,

Kicks

YG – Yoko Geri,
MG -Mae Geri,
NG – Namagaieshi Geri,
HG - Hiza Geri,
MzG – Mikazuki Geri,

Punches

GZ - Gyaku Zuki,
KZ – Koga Zuki,
OZ - Oi Zuki,
MZ – Mawashi Zuki,
UZ – Ura Zuki,
YZ – Yama Zuki, TZ
– Tate Zuki.



Heian Shodan

Set No 1

- (A) Stands in aggressive posture with hands up at chest height in front of them.
(L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).
- (D) With (L) hand perform GB sweeping A's (L) arm downwards. At the same time step out 90 degrees to your (R).
- (D) As soon as step and GB are performed perform a punch (GZ or OZ depending on distance) to A's head.

Set No 2

- (A) Stands in aggressive posture with hands up at chest height in front of them.
(L) hand and foot forward.
- (D) Adopt opposite stance to A with both hands down.
- (A) Use (L) hand to grab and hold D's (R) wrist.
- (D) Twist (R) wrist in an anti-CW motion, pull the wrist back, and deliver a hammer-fist strike to A's face/collar bone/head.

Set No 3

- (A) Stands in aggressive posture with hands up at chest height in front of them.
(L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).
- (A) Steps in with a (R) hand strike to the (L) side of the D's head.
- (D) Uses (L) forearm to intercept the strike (AU), then step fwd on (R) side and delivers a (R) rising strike (AU) to the A's chin.

Set No 4

- (A) Stands in aggressive posture with hands up at chest height in front of them.
(L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).
- (D) With (R) hand slap down A's (L) hand/arm and control, and simultaneously slide (L) leg fwd, and deliver a rising (L) forearm strike (AU) to A's chin.



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- (D) Drop (L) hand/arm to A's chest and take hold. Holding A's chest and (L) arm, take a step back with (L) leg and turn quickly to face behind you. Use this motion to take down/throw A to the floor.

Set No 5

- (A) Stands in aggressive posture with hands up at chest height in front of them.
(L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).
- (D) Using (L) hand check the inside of A's left arm.
- (D) Without losing contact slide the (R) arm under the (L) hand and take control of the A's elbow/arm. Then slide fwd (L) side and deliver a (L) knife hand (ShU) strike to the A's neck (his L side).

On completion of each bunkai the Defending student should push back from the Attacking student at least 3 paces and adopt the defensive position.

When your familiar and comfortable practicing these techniques on one side, start to develop proficiency on the other side.



Heian Nidan

Set No 1

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (A) Step in and deliver a (R) haymaker punch to the D's head.
- (D) Bring (R) foot up parallel to (L) foot (placing yourself perpendicular to A)
- (D) Bring (L) forearm up and into the (R) shoulder/upper arm of the A. At the same time deliver a mawashi zuki to the (L) side of the A's head.
- (D) Grab back/side of A's head with (L) hand and deliver a (R) hand short punch (UZ) to A throat/side of head.

Set No 2

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (A) Use (R) hand to grab and hold D's (R) wrist.
- (D) Place (L) hand on A's grabbing hand and turn the A's arm CW until A's elbow is pointing upward. At the same time place (L) elbow over A's (R) elbow and press down.
- (D) Using (L) leg apply kick to the back of A's (R) knee, forcing him/her to go down on one knee. Then release pressure of elbow and apply a back fist strike (L) to A's head.

Set No 3

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (A) Reaches in (push/shove/grab) with (L) hand to D's chest.
- (D) Using (L) hand check the inside of A's left arm.
- (D) Without losing contact slide the (R) arm under the (L) hand and take control of the A's elbow/arm. Then slide fwd (L) side and deliver a knife hand (L) strike to the A's neck (his L side).
- (A) Intercepts the knife hand attack by placing their (R) hand by the (L) side of their neck.
- (D) Bring your (R) hand under your knife hand strike and control the A's right arm below their elbow. Then place your (L) on the A's right arm and



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simultaneously draw back you (R) hand and deliver a (R) knife hand attack to the opposite side of the A's neck.

Set No 4

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (A) Steps in with (R) hand and push/shove/strike to the D's chest.
- (D) With your (L) arm apply a downward pressing block to the A's strike.
- (D) Step to the outside of A with your (L) leg and bring your (R) arm across A's chest. This should knock A backward.

Set No 5

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (A) Steps in with (R) hand and push/shove/strike to the D's chest.
- (D) Step fwd with (L) foot and deflect A's strike with (L) hand and follow-up with an uchi uke (R) to control the A's strike.
- (D) Use (R) hand to control A's strike and pulling A forward deliver a front kick to the A's groin/mid-section.
- (D) Follow-up the kick with a reverse punch (R) to the A's head.

On completion of each bunkai the Defending student should push back from the Attacking student at least 3 paces and adopt the defensive position.

When your familiar and comfortable practicing these techniques on one side, start to develop proficiency on the other side.



Heian Sandan

Set No 1

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (A) Grabs D's chest (R) side with (L) hand and attempts a (R) handed haymaker (MZ) to D' head.
- (D) Grab A's (L) hand, while stepping out to the right, and bring up (L) arm to intercept the A's MZ.
- (D) after intercepting the MZ bring your (L) arm down into the A's elbow and pull across your (L) hip. At the same time bring your fist up into the side of the A's head/chin.

Set No 2

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (A) Steps in with (R) hand and push/shove/strike to the D's chest.
- (D) With your (L) arm apply a downward pressing block to the A's strike.
- (D) Step to the outside of A and bring your (R) arm across A's chest.
- (D) Without moving feet, turn to face opposite way. Using extended (R) arm pull A over the extended (R) leg and bring to the ground.

Set No 3

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (D) Step in with (R) pre-emptive mid-level strike (OZ).
- (D) Step in and grab A's (R) upper arm with your (L) hand, and with (R) hand reach around neck of A and grab back of A's shoulder, while turning hips into A, so A and D are basically facing the same way.
- (D) Now step out with (R) leg and effect a cross-buttock throw.



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Set No 4

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (A) Reach fwd (L) hand and push/shove/strike to the D's chest.
- (D) Using (L) elbow deflect A's strike. At the same time using front leg kick the inside of the A's fwd (L) leg.
- (D) As A's balance is disrupted deliver a (L) backfist (UK) to A's head.

Set No 5

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (D) With your (L) hand grab A's (R) arm, and step in with a (R) pre-emptive midlevel strike (OZ).
- (D) Reach around back of A, with (R) hand, and grab back of A's belt, while turning hips into A, so A and D are basically facing the same way.
- (D) Pull A onto hip and roll them over hip onto floor.

On completion of each bunkai the Defending student should push back from the Attacking student at least 3 paces and adopt the defensive position.

When your familiar and comfortable practicing these techniques on one side, start to develop proficiency on the other side.



Heian Yondan

Set No 1

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (A) Step in and deliver a (R) haymaker punch (MZ) to the D's head.
- (D) Slide to (R) and intercept MZ with (L) arm, and strike A's face with open palm of (R) hand.
- (D) Bring (R) hand under (L) arm and shift body weight to left side. As this is happening take control of A's (R) arm and apply an arm-bar (Komonage) (D) Once arm-bar is on step fwd into A with (L) leg and deliver a reverse punch (GZ) into A's head.

Set No 2

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (A) Reach fwd (L) hand and push/shove/strike to the D's chest.
- (D) Grab A's (L) hand with both hands, rotate the arm ACW and bring it to your (L) hip, using your (R) elbow to control A.
- (D) Apply a side kick (YG)/ or front kick (MG) to A's knee to bring them to the ground.
- (D) With (R) grab the back of A's head and deliver a (L) elbow strike (EU) to A's head.

Set No 3

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (A) With (L) hand slap down A's (R) hand, and with (R) hand slap up A's (L) hand. Whilst doing this bring your fingers on your (R) hand across A's face.
- (A) In a continuous flow, bring your (L) arm/hand up under the A's (L) arm, connect with it and push it across to the (L) in front of A's face. At the same time deliver a (R) knife-hand strike (ShU) to the head/ribs or kidney of the A.



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Set No 4

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (A) Step in and deliver a (R) haymaker punch (MZ) to the D's head.
- (D) Step in under the MZ and deliver a (L) fore-arm strike (UU) to the (L) side of the A's neck. At the same time deliver a straight short punch (UZ) to the A's liver/ribs.

Set No 5

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (A) Attempts a double chest grab/push.
- (D) Slide fwd (L) side and push both hands up into A's face.
- (D) Either grab the A's head or move hands down to grab A's (R) shoulder. Then pull A fwd and deliver a knee strike (HG) to the A's mid-section.

On completion of each bunkai the Defending student should push back from the Attacking student at least 3 paces and adopt the defensive position.

When your familiar and comfortable practicing these techniques on one side, start to develop proficiency on the other side.



Heian Godan

Set No 1

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (A) Grab D's chest with (L) hand and prepare to deliver a haymaker punch (MZ) with (R) hand.
- (D) Slide to the (R) and grab the A's (L) hand with your (R) hand. (D) Deliver a downward strike to the inside of the A's (L) elbow and then immediately use the same (L) hand to deliver a forearm (UU) strike to the (L) side of the A's neck.
- (D) Using your (L) hand grab the A's (L) elbow and pull it across to your (L) hip and deliver a reverse punch (GZ) to the A's head.

Set No 2

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (A) Slides fwd to deliver a knee strike (HG) off the front (L) leg.
- (D) Slide back and cross hands in front of body to absorb the knee strike.
- (A) Grab the crossed wrists of D.
- (D) Bring grabbed wrists in close to body to bend and weaken A's grip. Drive both hands up to head height and turn hands to grab A's compromised wrists. Holding A's wrists uncross your hands. Whichever hand was crossed on the inside drive it up, and the other down. Then continue to turn hands to throw D to the ground.

Set No 3

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (A) Grab A's (R) arm with your (L) hand, and step fwd and deliver a (R) straight punch (OZ) to A's mid-section.
- (D) While holding A's (R) arm, turn into A and use your (R) arm to apply downward pressure to the A's (R) arm/side. This will throw the A to the ground (Sumiatoshi).



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Set No 4

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).
- (D) Grab A's (L) shoulder/upper arm and pull fwd while delivering a rising kick (MzG) to A's (R) thigh.
- (D) As the A loses balance deliver a (R) elbow strike (EU) to the A's head. (D) Then as A is bent fwd drive same elbow (R) into A's back.

Set No 5

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).
- (A) With your (L) hand grab A's (R) upper arm, turn to face the same direction as A is facing and drive your (R) arm up under A's (R) upper arm. Then conduct the under-arm throw, or drop to one knee and conduct the v-turning swallow (Tusbamagaeshi) throw.

On completion of each bunkai the Defending student should push back from the Attacking student at least 3 paces and adopt the defensive position.

When your familiar and comfortable practicing these techniques on one side, start to develop proficiency on the other side.



Tekki Shodan

Set No 1

(A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.

(D) Adopt defensive posture (same as A but with hands slightly higher than A's).

(A) Grab D's chest with (R) hand.

(D) Grab A's (R) hand and step out to the left, away from A's (L) hand. Deliver a back hand/arm (R) strike to A's neck. Follow up with a (L) elbow strike (EU) to the A's head.

Set No 2

(A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.

(D) Adopt defensive posture (same as A but with hands slightly higher than A's).

(A) Grab D's chest with (R) hand.

(D) Grab D's (R) elbow and pull to (R) hip.

(D) Deliver an inside forearm (L) strike (naiwan) to the back of A's neck. Then reach around and grab chin with (L) hand. Pull A down to (L) side in downward sweeping motion (GB) and deliver a punch (KZ) to the side of the A's head.

Set No 3

(A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.

(D) Adopt defensive posture (same as A but with hands slightly higher than A's).

(A) Grabs D's chest with (R) hand.

(D) Step to the left and immediately strikes to A's neck with a (R) forearm strike.

(A) Blocks strike with (L) hand.

(D) Move (L) hand over A's (R) hand and below your (L) hand and push A's (L) arm to their chest (controlling the arm). Pull (R) hand back and deliver a back fist (UK) or upper cut to A's chin.

Set No 4

(A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.

(D) Adopt defensive posture (same as A but with hands slightly higher than A's).



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- (A) Grabs D's chest with (R) hand.
- (D) Grab A's (R) hand with your (L) hand and step to the left and immediately strikes to A's neck with a (R) forearm (gaiwan) strike.
- (A) Blocks strike with (L) hand.
- (D) Move (L) hand over A's (R) hand and below your (L) hand and push A's (L) arm to their chest (controlling the arm). Pull (R) hand back and deliver inside forearm strike to opposite side of A's neck. Use returning-wave kick (NG) to weakening A's posture during forearm strikes.

Set No 5

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).
- (A) Grab D's chest with (R) hand.
- (D) Grab D's (R) elbow and pull to (R) hip.
- (D) Deliver a (L) inside forearm strike to the back of A's neck.
- (A) Tries to pull away from D's strikes.
- (D) Continue to hold A's (R) elbow but switch from (L) inside (naiwan) forearm strikes to back of neck to (L) outside (gaiwan) forearm strikes to side of A's neck.

On completion of each bunkai the Defending student should push back from the Attacking student at least 3 paces and adopt the defensive position.

When your familiar and comfortable practicing these techniques on one side, start to develop proficiency on the other side.



Bassai Dai

Set No 1

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (D) Grab A's (L) wrist and bend in back and around (CW) whilst moving fwd and to the right of A. Apply Kotegaeshi to A (L) wrist.

Set No 2

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (A) Grab D's chest with (R) hand.
- (D) Deflect D grab with (L) hand and then switch control to (R) hand using an UU block.
- (D) Still controlling A's (R) arm with your (R) arm/hand (UU) turn using Tenkan and apply outside block (SU) to A (R) arm.

Set No 3

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (A) Steps fwd with double grab to the chest.
- (D) Bring both arms down on the outside of A's arms, then strike sides of A's head with both fists.
- (D) Grab back of A's head with (L) hand. Step fwd with (R) leg and drive (R) hand fwd through A's chin while pulling your (L) hand back towards (L) hip.

Set No 4

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (A) Leading with your (L) hand roll it over the A's (L) hand and deliver a double punch (YZ).



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- (A) Pulling (L) hand back grab A's (L) arm with both hands and pull A onto a knee strike (HG) to A's ribs.

Set No 5

- (A) Stands in aggressive posture with hands in front of them. (L) hand and foot forward.
- (D) Adopt defensive posture (same as A but with hands slightly higher than A's).

- (A) Steps through with (R) leg and attempt to deliver a (R) haymaker strike (MZ) to D's head.
- (D) Intercept (MZ) with your (L) forearm and strike straight punch to A's midsection (TZ).
- (D) Grabbing A's (R) arm turn into the D and bring your (R) up and under the A's (R) forearm. Pulling the A's (R) arm fwd and downward throw the A to the ground in front of you. The deliver a back fist (UK) to the downed A's head.

On completion of each bunkai the Defending student should push back from the Attacking student at least 3 paces and adopt the defensive position.

When your familiar and comfortable practicing these techniques on one side, start to develop proficiency on the other side.

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