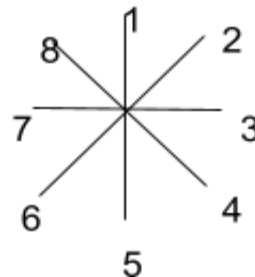




Shinmei Shorin-Ryu Karate
Passai Sho
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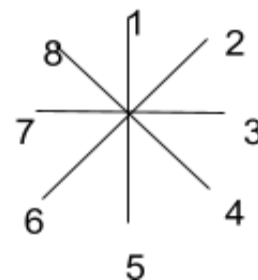
Watch the kata here: <https://www.youtube.com/watch?v=SgmupQe044>

Step-By-Step Instructions

1. Face direction 1 with heels touching, toes angled out, and hands at your sides on your legs.
2. *Rei* (bow) with hands running down toward the top of your knees. Gaze ahead, not down.
3. With your left hand, cup your right hand.
4. Step toward direction 1 with your left foot. Step toward direction 1 with your right foot. Your left foot will step behind your right foot in a hook stance.
5. Execute a reinforced middle block, with your thumb touching your forearm and your index finger touching the base of your wrist.
6. With your left foot, step into a horse stance facing direction 7. The hands come together facing down, left on top of right.
7. Still facing direction 7, raise your hands overhead.
8. Lower your elbows and separate your hands.
9. Execute a left spearhand toward direction 7 with your right hand (palm up) resting on your elbow.
10. With your right foot, step into a horse stance facing direction 1. Execute a right spearhand toward direction 1 with your left hand (palm up) resting on your elbow.
11. Execute a sweep with your left leg and a grab with your left hand.
12. Landing back in a horse stance, execute a right punch.
13. Execute a sweep with your right leg. Execute a left punch as you land back in a horse stance.
14. Step forward to direction 1 in a right front stance. Execute a right low block.
15. Step forward to direction 1 in a left front stance. Execute a left low block.



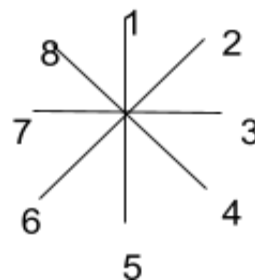
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16. Step forward to direction 1 in a right front stance. Execute a right low block.
17. Still facing direction 1, step back toward direction 5 in a left front stance. Execute a double block, elbows flared slightly out (commonly referred to as "the volleyball").
18. Execute a right kick toward direction 1.
19. From the kick, turn counterclockwise toward direction 5 in a left front stance. Execute a left shuto.
20. Execute a right inside crescent kick to your left hand. Turn counterclockwise toward direction 1, ending in a V-stance. Each hand comes back to a chamber position.
21. Execute a left sweep into a left front stance toward direction 1, then execute a double punch toward direction 1. Step back with the left foot and pull each hand back to a chamber position.
22. Execute a right sweep into a right front stance toward direction 1, then execute a double punch toward direction 1. Step back with the right foot and pull each hand back to a chamber position.
23. Execute a left sweep into a left front stance toward direction 1, then execute a double punch toward direction 1. Step back with the left foot toward direction 7 into a horse stance facing direction 1.
24. From horse stance, execute a right middle block, then a left middle block.
25. Look toward direction 7. Sweep your left foot out toward direction 8. Sweep your right hand across (palm up) before pulling back to your chest (palm down). Simultaneously, your left hand circles under (palm up) before sweeping out (palm down). When the posture is complete, the right hand should end up at chest height, with your left hand out at shoulder height.
26. Look toward direction 3. Sweep your right foot out toward direction 8. Sweep your left hand across (palm up) before pulling back to your chest (palm down). Simultaneously, your right hand circles under (palm up) before sweeping out (palm down). When the posture is complete, the left hand should end up at chest height, with your right hand out at shoulder height.
27. Look toward direction 1. Bring your right foot to your left foot, heels touching, toes angled out. Place your left palm on top of the back of your right hand, fingers angled up.



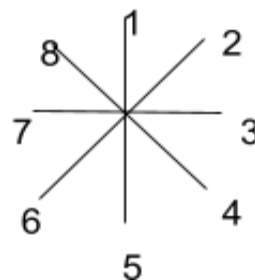
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28. With your hands still touching, turn your fingers downward and bring your hands to near your belt (*obi*) level.
29. *Rei* (bow) like in the beginning to finish.



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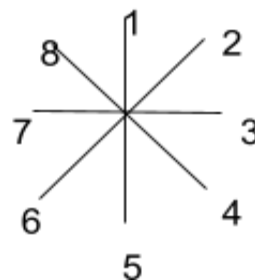


Bunkai (Application)

Kata Sequence	Description	Video
Reinforced middle block to hands and fingers facing down to hands and fingers facing up.	1. The attacker steps in with a left punch toward your face. 2. You cross them up, grabbing the punch with your left hand, and stepping offline into a hook stance and striking with an uppercut to their chin. 3. They throw a right punch toward your chest. 4. You step back with your left foot into the horse stance and grab their punch with your left hand and block it with your right arm. Execute a right shuto to their neck.	https://www.youtube.com/watch?v=FxCApl8Ygn8
From hands and fingers facing up - Two low spearhands	1. With fingers facing up and elbows flared out, the attacker executes a left punch. You block with the right hand and execute a left spearhand to their groin. 2. They walk around to your right and execute a right punch. You block with your left hand and execute a right spearhand to their groin.	https://www.youtube.com/watch?v=guzmB4h_o0A



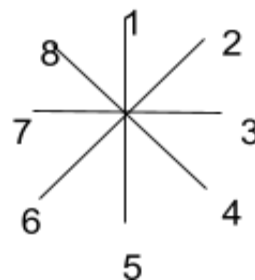
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Low block, "volleyball," kick	1. The attacker executes a left kick. You step back and execute a double low block (like Pinan Shodan). 2. As he sets his left foot down in a left front stance, he executes a grab. You grab his arms around the bicep/elbow area. 3. Pull him in and execute a right kick to the groin or knee.	https://www.youtube.com/watch?v=kL0myW2IqRU
From the kick, pivoting into the left shuto and crescent kick.	1. The attacker comes from behind with a left punch. You pivot from the kicking position and execute a left shuto/grab on to his arm. 2. You grab onto his arm with your right hand (so both hands are controlling it), then you execute the right crescent kick into his left knee. 3. Step your right foot down in front of his left foot and continue pivoting counterclockwise to direction 1. This will trip him.	https://www.youtube.com/watch?v=AbzTm5NygS0
Leg check into front stance, double punch, pull back to chamber position	1. Attacker executes a right kick. With your left leg, check his kick. 2. As he steps down, he throws a right punch toward your midsection. Execute a	https://www.youtube.com/watch?v=wpIYOp05fRQ



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	double-punch - 1 punch checks his punch and strikes higher on his midsection, and the other punch strikes underneath his punching hand. 3. He grabs both your wrists. Step back and twist your hands out of his.	
From the last double punch, stepping back into a middle block	1. Attacker executes a right punch to your midsection. Step back with your left foot into an armbar - wrap your right hand underneath his punch, with your left hand on top.	https://www.youtube.com/watch?v=tvIV52098-g
From the first set of open hands at the end to the second set before you finish the kata	1. Attacker executes a left punch from direction 3. 2. Step your right foot on top of his left foot. Grab the punching hand with your left hand and pull back to your waist. Strike with the edge of your right hand.	https://www.youtube.com/watch?v=3TiRmGNHdpc