

Shinmei Shorin-Ryu Karate
Naihanchi Shodan
Last Modified: 2/8/2025

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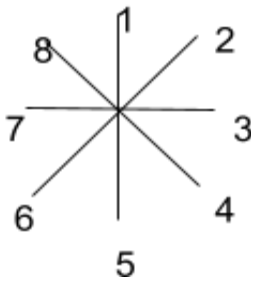
Step-By-Step Instructions

Bunkai (Application)

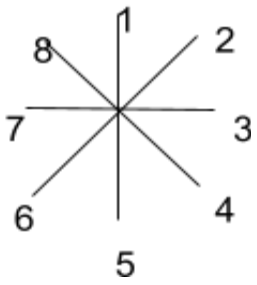
Watch the kata here: https://www.youtube.com/watch?v=esnFcZGVsY4

Step-By-Step Instructions

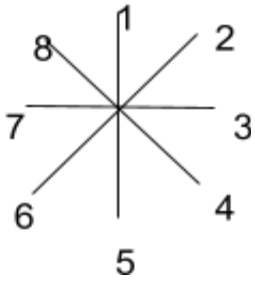
1. Face direction 1 with heels touching, toes angled out, and hands at your sides on your legs.
2. *Rei* (bow) with hands running down toward the top of your knees. Gaze ahead, not down.
3. Grab your right hand with your left hand.
4. Step out with your right foot into a *Naihanchi dachi* (the only stance used in this kata).
5. Look to direction 3. Step across with your left foot, then step out with your right foot.
6. Execute a right open-hand block.
7. Strike your right hand with a left elbow.
8. Pull your hands back to your right side in a *te uke* chamber position. Look to direction 7.
9. Execute a left low block, then a right low hook punch.
10. Step across with your right foot, then step out with your left foot. Look to direction 1.
11. Execute a right middle block, then a simultaneous left middle block and right low block.
12. Execute a left back knuckle strike.
13. Looking to direction 7, execute a left foot sweep. Set the left foot down, then strike with a left hammerfist while your right fist is at your chest, palm down.
14. Looking to direction 1, execute a right foot sweep. Set the right foot down, then



strike with a left hammerfist while your right hand comes back into a chamber position.
15. Bring both hands to your right waist in a te uke position, looking to direction 7, then execute a double punch (palms down) to direction 7 (right fist at your chest, left fist out). *Kiai.*
16. Execute a left open-hand block.
17. Strike your left hand with a right elbow.
18. Pull your hands back to your left side in a *te uke* chamber position. Look to direction 3.
19. Execute a right low block, then a left low hook punch.
20. Step across with your left foot, then step out with your right foot. Look to direction 1.
21. Execute a left middle block, then a simultaneous right middle block and left low block.
22. Execute a right back knuckle strike.
23. Looking to direction 3, execute a right foot sweep. Set the right foot down, then strike with a right hammerfist while your left fist is at your chest, palm down.
24. Looking to direction 1, execute a left foot sweep. Set the left foot down, then strike with a right hammerfist while your left hand comes back into a chamber position.
25. Bring both hands to your left waist in a te uke position, looking to direction 3, then execute a double punch (palms down) to direction 3 (left fist at your chest, right fist out). *Kiai.*
26. 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.
27. With your hands still touching, turn your fingers downward and bring your hands to near your belt (*obi*) level.
28. *Rei* (bow) like in the beginning to finish.



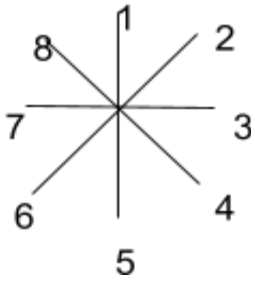
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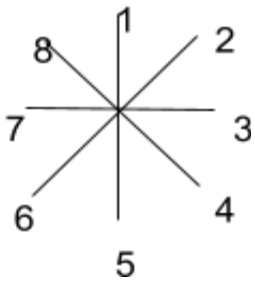
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Kata Sequence	Description	Video
From ready stance into the first Naihanchi dachi, hands pointed down	1. Attacker executes a right kick. You push against their right thigh. 2. Strike to the groin with your right hand.	https://www.youtube.com/watch?v=wflGHLPs19g
Step across, opening elbow	1. The attacker executes a left punch toward your head. You step across with your left foot and grab the punch with your left hand. 2. Step behind his left leg with your right leg (kiba dachi). Strike with the ridge hand to the throat. 3. Reach behind his head with your left hand, and throw a left elbow.	https://www.youtube.com/watch?v=HOTy5tOoNM0
Chamber on the right hip, left low block, right low hook punch.	1. Attacker steps in from direction 2 with a left punch. 2. Your left hand grabs the punch. Push against their elbow with your right hand.	https://www.youtube.com/watch?v=_GIc1oAMyIg
Middle block, middle/low block, back	1. The attacker executes a left punch toward your head. You open them up by executing a	https://www.youtube.com/watch?v=yU1SMp0yeZA



knuckle strike	right middle block. 2. The attacker executes a right block toward your body. You wrap your right arm underneath with your left arm over top. 3. Push your left arm on top of his right arm, then strike with the right back knuckle to the face.	
Right foot sweep, then left foot sweep, into a right hammerfist.	1. From the right back knuckle position, the attacker grabs your lapel with his right hand. 2. You grab their right shoulder with your right hand, and with your left hand at about chest level. Execute a right foot sweep to their knee. 3. When you land back in a Naihanchi dachi, execute a right elbow.	https://www.youtube.com/watch?v=YxQMBO2NFzA
Ending simultaneous punches at chest and shoulder level	1. From your left side (direction 7), the attacker throws a left punch toward your body. You grab with the right hand. 2. As he throws a right punch toward your body, you execute a simultaneous block/punch to his midsection.	https://www.youtube.com/watch?v=GU8U-SLi3mo



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