



Naihanchi (Tekki Shodan)

Overview

Naihanchi is a Kata common to many styles of Karate and is a grading requirement for those moving to Brown and Black belt. It can be considered a 'foundation' Kata like Kata Sanchin and Tensho it has many fundamental movements which we drill in Kihon.

This document is a work in progress, Bunkai will be added at a later date.

Sources

Transcribed from <https://www.youtube.com/watch?v=TJwhqFesoE4>

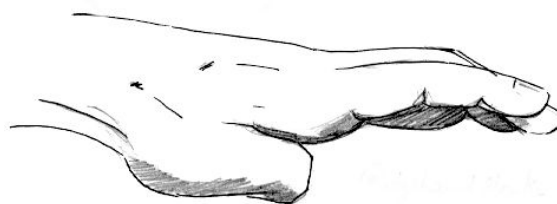
Recommended Bunkai overview is from Iain Abernathy at <https://www.youtube.com/watch?v=UHaivlqvNA4>

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Notable Techniques

The Stance Naihanchi Dachi is specific to this Kata, it is approximately the same depth as lower stance but with feet pointing forward, care should be taken to protect one's knees.

The technique Haito involves striking with the "ridge" of your hand by tucking your thumb under your palm and tensing fingers to create a solid striking area. The technique can be executed striking to the side of the head with either palm up or down.



The technique Tetsui is a hammer fist strike striking with the bottom of the hand.

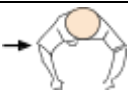
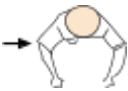
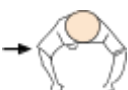
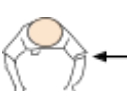



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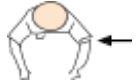
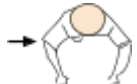
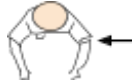



Kata Details

Notes on the “Opponent” Column. Arrows in the “Opponent” column indicate where you are relative to your opponent, this is the direction you are facing relative to the front of the Dojo.

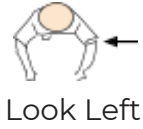
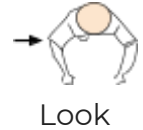
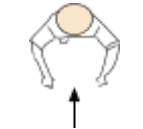
From Yoi

Bun kai	Opponent	Motion	Stance	Technique
1	 Look Right	Change Stance	Attention Stance	Bring both hands together left over right to cover the groin
Step Over	 Look Right	Left Foot Steps over right	Feet Crossed	
2 3	 Look Right	Right Foot Steps Right	Naihanchi Dachi	Right Haito with palm up. Left Elbow Strike
4 5 6	 Look Left			Drop hands to right hip in a ‘holding’ position as is used towards the end of Gekisai Ich Left Gedan Tetsui (Low Hammer Fist to the groin) Right Hook pulling the left hand to Hiki-te
		Right Roof Steps Over Left	Feet Crossed	
1	 Look Front	Left Foot Steps Left	Naihanchi Dachi	Right Middle Block Left Hand Up, Middle and Lower Block Left Hand Back Fist

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2	 Look Left	Left Foot Sweeps Up Lands In Original Position	Naihanchi Dachi	Left Outer Deflecting Block
3	 Look Right	Right Foot Sweeps Up and Lands in Original Position	Naihanchi Dachi	Left Inner Deflecting Block
4 5 6	 Look Left			Drop Hands to Left Hip in a 'holding' position. Double Punch to the Left Side with left arm up gaining maximum extension Kiai Left Haito with Palm Up, right hand moves to Hikite. Right Elbow Strike
7 1 2	 Look Right			Drop hands to the left Hip in a 'holding' position. Pause Right Gedan Tetsui (groin strike) Left Hook with Right Hand Moving to Hikite
Step Over		Left Foot Steps Over Right	Feet Crossed	
3 4 5	 Look Front	Right Foot Steps Right	Naihanchi Dachi	Left Middle Block Right Hand Up Middle and Lower Block Right Front Snap Strike with left hand moving under right elbow
6	 Look Right	Right Foot Sweeps In and Returns to Original Position	Naihanchi Dachi	Right Outer Deflecting Block

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7	 <p>Look Left</p>	Left Foot Sweeps and Returns to Original Position	Naihanchi Dachi	Right Inner Deflecting Block Going Across the Front of the Body
1 2	 <p>Look Right</p>			Both Hand Drop to Left Hip in Holding Position Right Double Punch to Side of the Body With Right Hand Up Kiai
3		Right Foot Steps to Left	Attention Stance	
	 <p>Look Front</p>			Naorte
				Rei