

An Analysis of the Basic Kata of the Shotokan Karate: Suggestion of the Heian Shodan Geri

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Received: July 22, 2019

Published: August 20, 2019

Volume: 01; **Issue:** 03

To Cite This Article:

Nelson Kautzner Marques Junior.
An Analysis of the Basic Kata of the Shotokan Karate: Suggestion of the Heian Shodan Geri. Peer Res Nest. 2019 - 1(3). PNEST.19.08.018.



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Abstract

The objective of the viewpoint was to suggest the elaboration of a basic kata with more use of the kick. The kick is little practiced during the basic kata of the Shotokan karate. Then, this is a problem because the karateka has less variation of attacks during the kumite. The Shotokan karate of the JKA and of the ITKF the attacks with more points are the mae geri (frontal kick), the mawashi geri (roundhouse kick), the gyaku zuki (reverse punch), the kizami zuki (thrust punch), and the oi zuki (lunge punch). The punch of the karateka during the kumite practiced more points, waza-ari (is a half point, attack almost perfect) and ippon (is a point, attack perfect). How to train the fighter uses more the kick? The karate coach needs to guide the fighter of use more kick during the kumite with the situational training and with the competition training. The researchers of the Shotokan karate need to elaborate a basic kata with an emphases in the kick. This basic kata is the heian shodan geri (is the 1st kata with emphases in the kick). In conclusion, the study about a new basic kata with an emphasis in the kick is important for improve the kick of the karate fighter of the shotokan style.

Keywords: Karate; Kata; Fight; Sports; Attack; Shotokan Style; Counter-Attack

Introduction

The Shotokan karate was elaborate by Funakoshi in the Okinawa island and this fight was presented for Japan in the years 20 [1,2]. The Shotokan karate has three contents to developing the practitioner that are the kihon, the kata, and the kumite [3]. The kihon the karateka practices the techniques of attack and of defense [4]. The kumite the fighter practices the situational training that is similar the fight and the competitive training (is the competitive fight) or the real training (is the real combat) [5]. The kata is a pedagogical and cultural actions of the karate for the fighter train several moments of a real fight [6]. Then the kata is an important exercise because improves the execution of the fight techniques and the coordinated work of the breath with the fight actions [7].

However, the basic kata is the heain of 1st to 5th and the tekki of 1st to 3rd [8]. But Marques Junior [9] detected that the basic kata of the Shotokan karate has more attacks with the hand. Then, the karate fighter had more probability of practice the best attack with the hand because the kata prepares the karate for the fight. This is a limitation of the Shotokan karate fight because the most of the attacks are with the punch and with little kick [10-12].

Then, how to end this limitation of the Shotokan karate fighter?

The karate literature does not have this information [13-15]. Therefore, the objective of the viewpoint was to suggest the elaboration of a basic kata with more use of the kick.

Attack and Defense used More During the Basic Kata and in the Kumite

Nakayama [14] informed that the evolution of the kata causes an improvement of the kumite. The kata prepares the karate fighter to achieving success in the kumite [8]. Then, the study of the basic kata is important for the karateka improves in the fight. Marques Junior [9] quantified the defenses and attacks most used during the basic kata and detected more punches and more defenses with the upper limb. Figure 1 shows the result.

Therefore, the kick is little practiced during the basic kata of the Shotokan karate. Then, this is a problem because the karateka has less variation of attacks during the kumite. The karateka uses more punch during the kumite [16,17], perhaps an of the reasons is the greater practice of the punch during the basic kata.

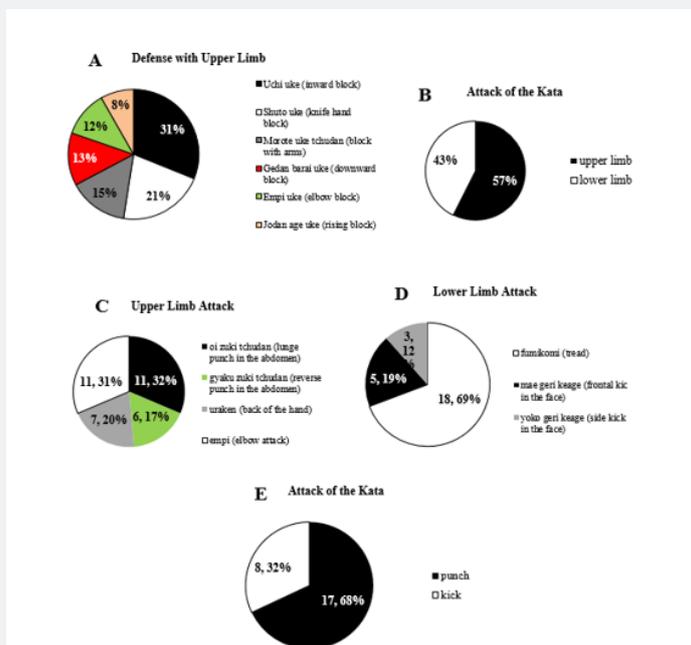


Figure 1: Actions most used of the basic kata: (A) defense, (B) upper and lower limb attack, (C) type of upper limb attack – total and percentage, (D) type of lower limb attack – total and percentage, (E) punch and kick.

The Shotokan karate of the JKA (Japan Karate Association) and of the ITKF (International Traditional Karate Federation) the attacks with more points are the mae geri (frontal kick), the mawashi geri (roundhouse kick), the gyaku zuki (reverse punch),

the kizami zuki (thrust punch), and the oi zuki (lunge punch) [18]. The punch of the karateka during the kumite practiced more points, waza-ari (is half point, attack almost perfect) and ippon (is a point, attack perfect) [19]. Figure 2 presents these results.

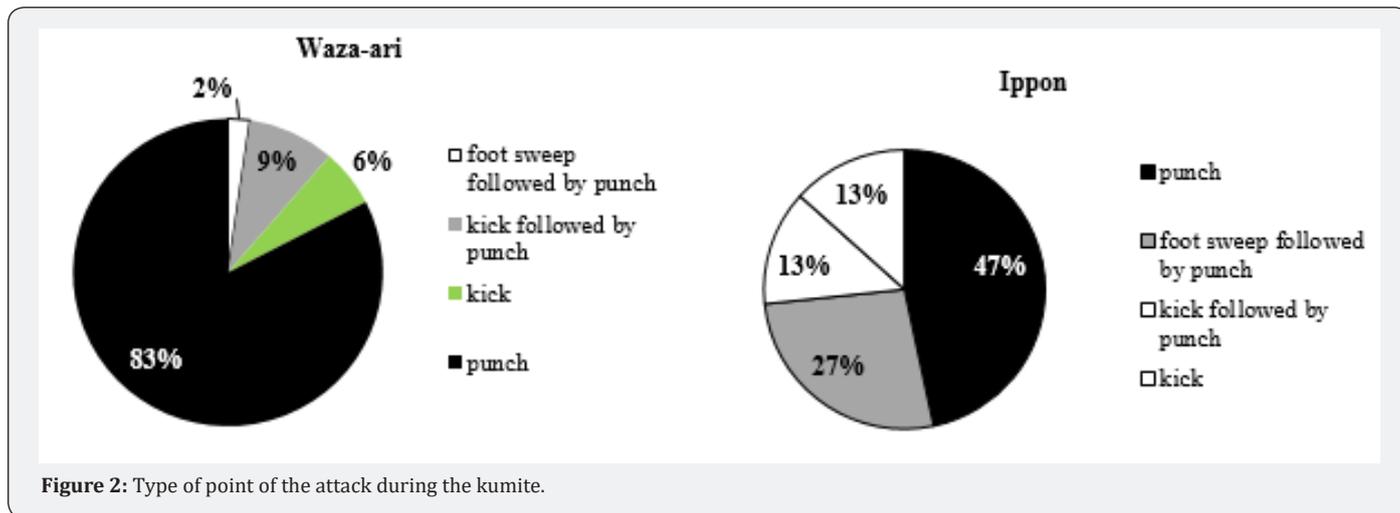


Figure 2: Type of point of the attack during the kumite.

Offensive actions during the female [20] and the male [21] kumite are the attack, anticipate and defend and counter-attack (Note: the most used defense was the gedan barai uke during the kick). However, the karateka of the shotokan style did not practice the dodge and the counter-attack [12]. Then, this is a limitation of the karateka because this action is more efficient during the boxing fight. Figure 3 shows this result.

The offensive and defensive action the karate fighter practiced more during the kata and during the fight three types of stance: zenkutsu dachi (front stance), kokutsu dachi (back stance), and kiba dachi (hours stance) [8]. Then, this stance the karateka needs to train more these stances. However, the karate coach knew the problems of the basic kata and the motive of the karate fighter uses more the punch.

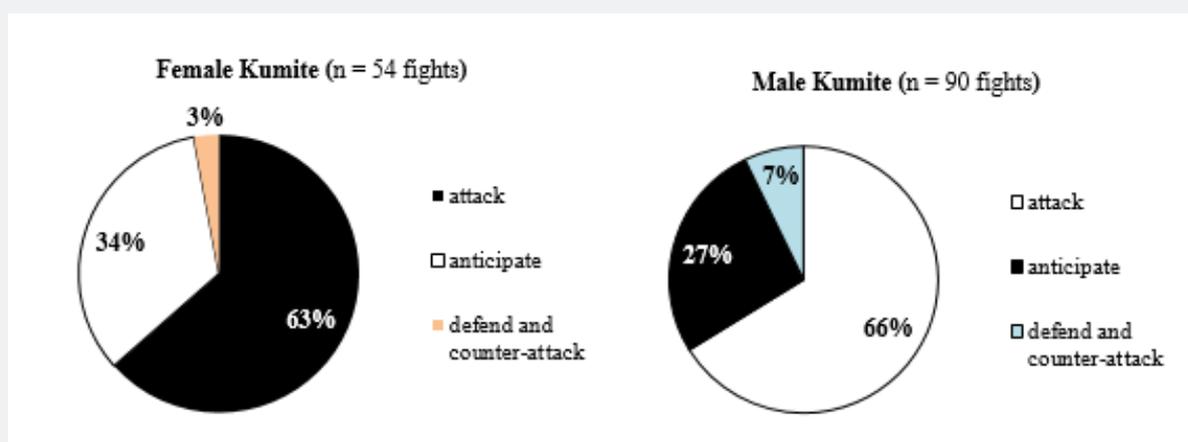


Figure 3: Offensive action during the kumite.

How to train the fighter uses more the kick?

The karate coach needs to guide the fighter of use more kick during the kumite with the situational training and with the competition training. But the basic kata use more punch and this exercise is more important for the evolution of the karateka in the fight.

How to resolve this problem of the kata?

The researchers of the Shotokan karate need to elaborate a basic kata with emphases in the kick. This basic kata or heian shodan geri (is the 1st kata with emphases in the kick) needs to be with the kicks with and without jump (mae geri, mae tobi geri – front kick with jump, mawashi geri, mawashi tobi geri - roundhouse kick with jump and others) and the elaboration of the kata the researcher needs to use the offensive actions of the kumite (attack, anticipate, defend and counter-attack, dodge and counter-attack) with the stances most practiced during the kumite and during the basic kata (zenkutsu dachi, kokutsu dachi, and kiba dachi).

Then, this is a new field of study for the karate researchers.

Conclusion

The karate fighter of the Shotokan style has limitation during the combat because this karateka uses more punch during the kumite. An of the motives this is because the basic kata has more attacks with the hand, then the punch is very executed. Therefore, the researchers need to elaborate a basic kata with an emphasis in the kick, the heian shodan geri. In conclusion, the study about a new basic kata with an emphasis in the kick is important for improve the kick of the karate fighter of the Shotokan style.

Acknowledgment

The author thanks the Peer Nest invitation to write an article.

Conflict of Interests

Author declares that there is no conflict of interest.

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Heian Shodan (Shotokan). The Pinan (平手) or Heian kata are a series of five empty hand forms taught in many karate styles. The Pinan kata originated in Okinawa and were adapted by Anko Itosu from older kata such as Kusanku and Channan into forms suitable for teaching karate to young students. The Pinan kata were introduced into the school systems on Okinawa in the early 1900s, and were subsequently adopted by many teachers and schools. Kata.