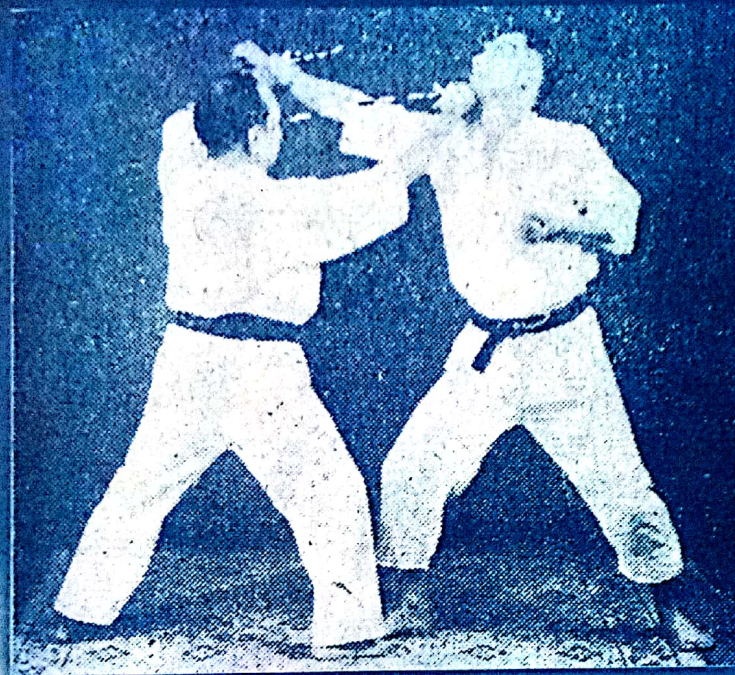


Hidden Karate

The True Bunkai For The Heian Katas and Naihanchi



Shinshiro Higaki

CHAMP

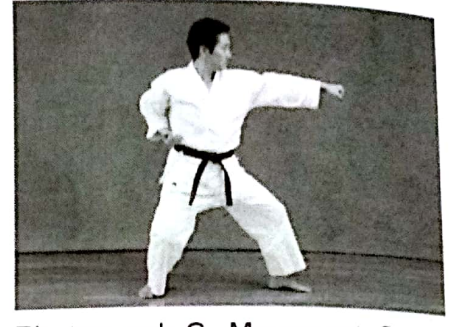
Explanation for Movements 1 - 3 (Inside Block & Upper Block, Lower Punch, Hammer Fist)



Photograph 1 Movement 1



Photograph 2 Movement 2



Photograph 3 Movement 3



Photograph 4

Questions about the First Movement

This move is commonly explained as an inside block against an opponent's right straight punch.

(Photograph 4)

If, however, it is possible to block a right straight punch, is the right upper block necessary? It is commonly explained as a preparation for the lower punch, but I do not believe this is a satisfactory explanation.

Oral Instruction : The Names of Techniques have been Disguised

Oral Instruction : The Front Hand is the Attacking Hand

According to these two points the leading inside block is really not a block, but an attack. It is either an upper punch or a back fist. The upper block can be assumed to be a block against an upper punch.

Oral Instruction : Immobilize the Opponent before Striking

Reenacting the movements according to these oral instructions it appears that the standard movements have been reversed. In other words, one blocks the opponent's left straight punch with a right upper block, and the left inside block is really an upper punch. (Photographs 5 and 6)



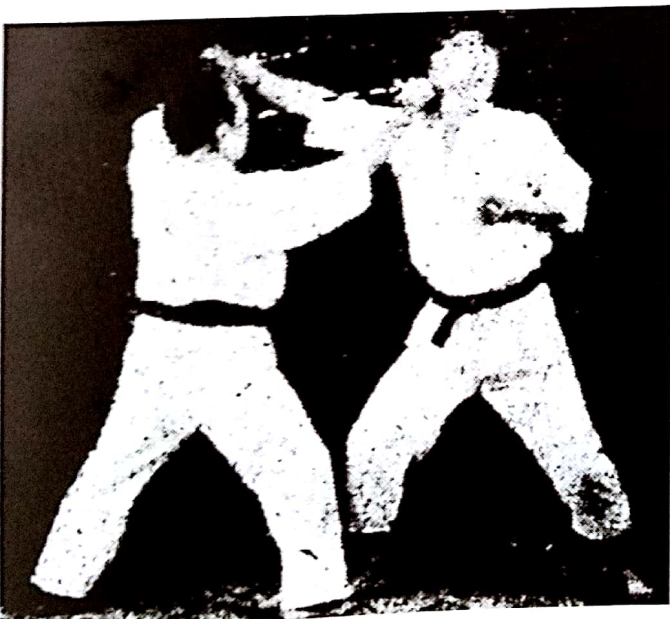
Photograph 5



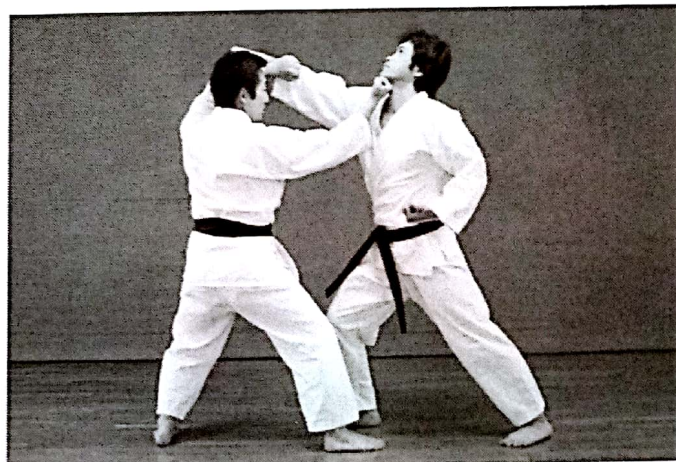
Photograph 6 Back View

When I first heard this explanation from Sensei Kubota, it was a huge revelation. It was a further surprise when I was shown this photograph 7 of Master Funakoshi from his book *Karate do Kyohan*, published in 1935. His partner in the photograph is Master Hironori Otsuka, the founder of Wado Ryu.

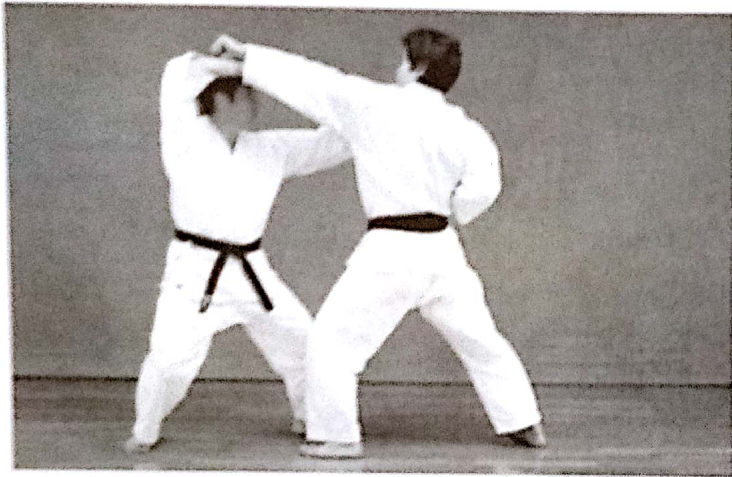
This photograph, however, appears in the *yakusoku kumite* section, and is not shown as the explanation for *Heian Nidan*. For someone who knows *bunkai*, it is easy to see that this is "that part of that kata." For those who do not know *bunkai*, I believe it would be difficult to connect it to the kata. It is likely that there are other techniques like this that are thought of as *yakusoku kumite* techniques, but not as the *bunkai* for kata.



Photograph 7
Master Gichin Funakoshi (left) and Master Hironori Otsuka (right)



Photograph 8 Movement 4



Photograph 9



Photograph 10



Movement 1

Right Back Stance

Left Inside Block & Right Upper Block

Block the opponent's left upper straight punch with a right upper block. The left inside block is an upper punch (back fist is okay). (Photograph 9)

Movement 2

Pull Left Hand to the Ear and Twist the Opponent's Arm Clockwise and Down

Following movement 1, grab and twist the opponent's arm clockwise and down to mid level. This will take the opponent off balance and he will not be able to launch a counter attack. Pull the left hand back to the ear in preparation for the fist attack. (Photograph 10)

Movement 3

Left Side Hammer Fist

Strike the opponent's head with a side hammer fist. (Photograph 11)



Photograph 12



Photograph 13



Movement 1

Right Back Stance

Left Inside Block & Right Upper Block

Block the opponent's left upper straight punch with a right upper block. The left inside block is an upper punch. (A back fist is okay)

(Photograph 12)

Movement 2

Pull the Left Hand Across to the Ear While Twisting and Pulling the Opponent's Arm Down to Mid Level

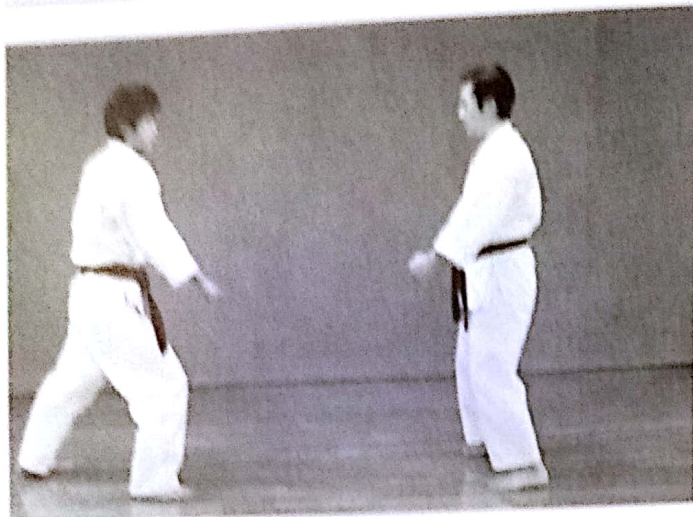
Following movement 1, grab the opponent's left hand with your right hand, twisting it down to mid level in a clockwise direction. Pull the left hand across to the ear in preparation for the next attack. (Photograph 13)

Movement 3

Left Side Hammer Fist

Strike the opponent's head or neck with a side hammer fist. (Photograph 14)

Bunkai Application: Throw



Photograph 15



Photograph 16



Photograph 17



I will introduce a method of breaking the opponent's balance and throwing him.

Movement 1

Right Back Stance

Left Inside Block & Right Upper Block

Block the opponent's left upper straight punch with a right upper block. The left inside block is actually an upper punch or back fist.

(Photograph 16)

Movement 2

Pull the Left Hand to the Right Ear, Twist the Opponent's Left Hand Using Your Right Hand In a Clockwise Direction to the Lower Level

Following movement 1, grab the opponent's hand and twist it downward in a clockwise direction. The opponent will be taken off balance and they will not be able to launch any further attack.

(Photograph 17)

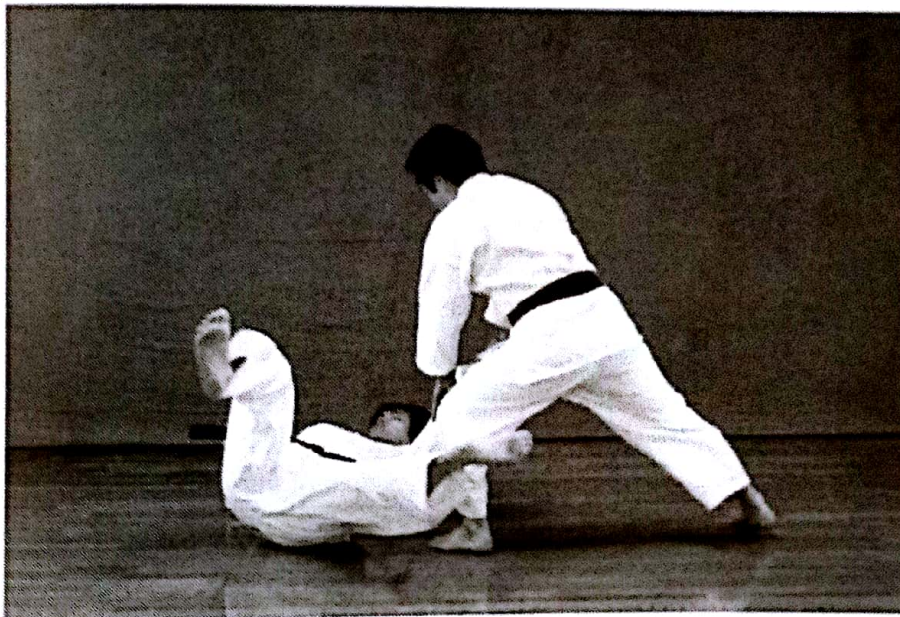
Movement 3

Right Side Hammer Fist

Once the opponent has been taken off balance, it is possible to throw him by striking the left arm with a hammer fist. (Photographs 18, 19, and 20)



Photograph 19



Photograph 20