

002-1303: Choku

Summary

This kata builds on Gekisai Dai Ich & Ni and introduces students to how they can work with space, working with either pulling back into cat stance or surging forward into shuffle stance.

It's the first introduction of suriashi-dachi.

Type	Pattern
Sub-Type	Kata
Introduced at	5th Kyu

Author's note on historical context

This kata clearly sits adjacent but separate from Gekisai Dai Ich & Ni, but the broader origins appear unclear.

I've heard it referred colloquially as a "demonstration" kata more than anything, and my leading theory is that it was used to promote the Goju schools around Okinawa (going by my lineage, probably devised by Yamaguchi Sensei.)

This was the story my Sensei told me circa 2014/15, and I have no evidence to back it up.

*Disregarding its source, I believe this kata has strong value as a bridge into Saifa (notably, remaining low as you move then popping up used in the opening sequence) but **not all schools will introduce it to students.***

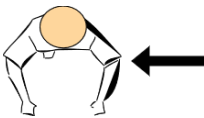
~ Bea Sensei, 04/09/2026

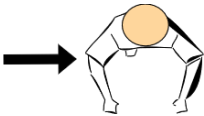
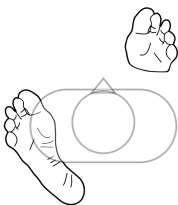
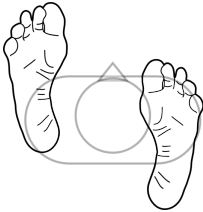
Video

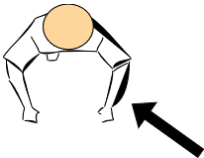
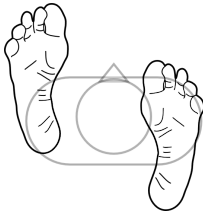
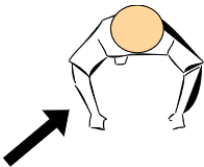
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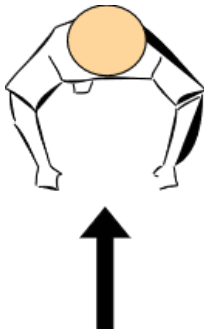
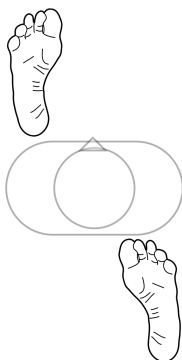
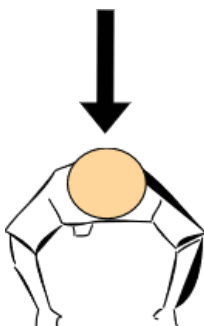
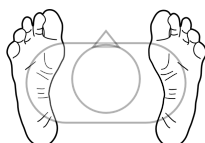
Pattern

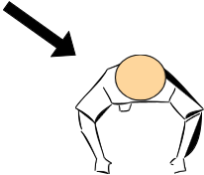
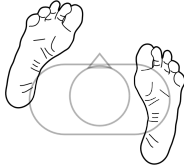
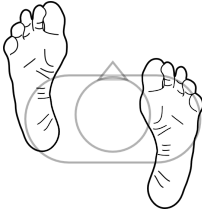
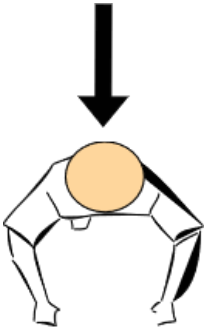
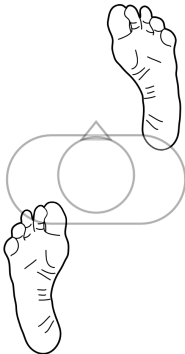
Sec	Cnt	Enbu-sen	Stance	Technique	
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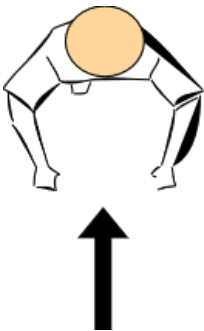
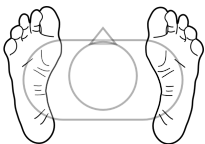
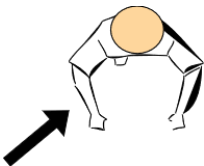
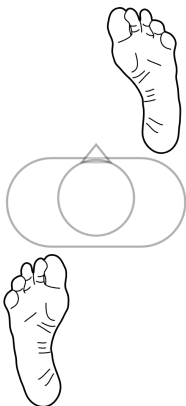
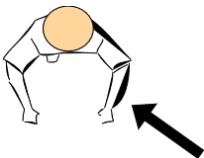
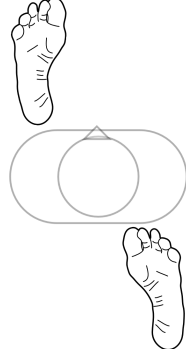
1	1		 L cat stance	Eyes: 12 O'Clock Rotating counter clockwise from yoi, sink into cat stance L Upper Block	
1	2		 R shuffle stance	Eyes: 12 O'Clock Back foot leading into suriashi-dachi R middle punch	
1	3		 L 90° lower stance	Eyes: 12 O'Clock Front foot pulls back L lower block	

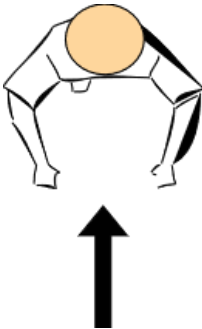
2	1		 R cat stance	Eyes: 12 O'clock R foot pulls from lower into cat stance R upper block	
2	2		 L shuffle stance	Eyes: 12 O'Clock Back foot leading into suriashi-dachi L middle punch	
2	3		 R 90° lower stance	Eyes: 12 O'Clock Front foot pulls back R lower block	

3	1		 L short stance	Eyes: 12 O'Clock L foot moves up into short stance facing 45deg to left of shrine L middle block	
3	2		 L shuffle stance	Eyes: 12 O'Clock Front foot leading shuffle into suriashi-dachi L open-hand strike¹ to throat 1 - This can be completed as either a taito-ate (heel palm) or keko-ate (ball of your palm) depending on the application.	
4	1		 R short stance	Eyes: 12 O'Clock L foot pulls back into short stance facing 45deg to right of shrine R middle block	

4	2	 R shuffle stance	Eyes: 12 O'Clock Front foot leading shuffle into suriashi-dachi R open-hand strike to throat	
4	3		 L 3qtr stance	L front kick , land forward in 3qtr stance L front elbow strike, L backfist
4	4			L lower block, R reverse middle punch
4	5		 Shoulder-width stance facing L of shrine	Eyes: 3 O'Clock R foot sweeps, lands in shoulder width stance facing L of shrine, eyes looking to the rear <u>R outward shuto tsuki (knife hand strike)</u> Ki-ai on bold/underline

5	1		 L short stance	Eyes: 12 O'Clock R foot pulls back into short stance facing to the R of the shrine L middle block	
5	2		 L shuffle stance	Eyes: 12 O'Clock Front foot leading shuffle into suriashi-dachi L open-hand strike to throat	
5	3		 R 3qtr stance	R front kick , land forward in 3qtr stance R front elbow strike, R backfist	
5	4			R lower block, L reverse middle punch	

5	5		 Shoulder-width stance facing R of shrine	Eyes: 9 O'Clock L foot sweeps, lands in shoulder width stance facing R of shrine, eyes looking to the rear <u>L outward shuto tsuki (knife hand strike)</u> Ki-ai on bold/underline	
6	1		 R deep lunging stance	Eyes: 12 O'Clock From shuto tsuki in previous count, L hand parries across into L moroto tsuki (rotating double fist strike)	
6	2		 L deep lunging stance	Eyes: 12 O'Clock R hand parries across into R mawashi uke	

6	3		 L cat stance	Eyes: 12 O'Clock R foot pulls up into cat stance as hands return to open handed hikite (fingers pointing down.) While sinking into cat stance, hands push out into R mawashi uke	
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Applications & Bunkai

Steps 1.1 to 1.3

Receiving attack: Facing opponent, R upper strike

- Step into L cat stance on the opponents R (outside), using Jodan Uke to push offline & up,
- Surge forward with suriashi dachi through your opponent's stance to disrupt,
- Use gedan uke / barai to get opponent on ground.

Commentary: Similar can be done for steps 2.1 to 2.3 on opposite side.

Steps 3.1 to 3.2

Receiving attack: Facing opponent, haymaker.

- Chudan uke is used to move self and keep strike aside.
- Slide arm down blocked arm into the keko-ate / taito-ate at the throat.

Commentary: Steps 3.1 to 3.2 and 4.1 to 4.2 work on the inside of the guard, and are done relatively quickly back-to-back. Steps 5.1 to 5.2 are done on the outside of the guard.

Steps 4.3 to 4.4

Opponent has L foot in front.

- Front kick at hip to knock opponent forward,
- As opponent bends, elbow at their chin then back-fist to get your arm behind their head.
- Gedan barai to side of head / neck, final strike at side of neck.

Commentary: This is incomplete & needs work.