

Sanders, Terry B. **An Analysis of Shorei Ryu Karate Kata**
Gombate Press 1988 Deming, NM.

The kata of Shorei Ryu that were analyzed are:

Pinan Ichi
Pinan Ni
Pinan San
Pinan Shi
Pinan Go
Wansu
Anaku
Sanchin
Seipei
Rohai
Gopei Sho
Seiunchin
Basai Dai
Geki Sai Ichi
Karurunha
Naihanchi Ichi
Naihanchi Ni
Naihanchi San
Empi Sho
Kankusho
Dan Enn Sho.

Kata represent "pictures" of the past. Within many of them are techniques that are battle-proven. My ronbun has shown the thinking of the kata designers of yesteryear - kicks are mostly used to get withing striking range where arm techniques are used to dispatch the enemies. Analytical methodology - simply count all of the blocks, strikes, thrusts and kicks. Then add the results and determine the percentages of each. Accordingly, within these kata there were 318 [42%] blocks, 396 [53%] strikes and thrusts and 42 [5%] kicks for a total of 756 techniques.

Often authorities compare Tae Kwon Do to Shorei Ryu and other Okinawa inspired styles by saying, "TKD is about 75% kicks and 25% punches and strikes while our style is about 50-50% kicks and strikes." Perhaps the characterization of TKD is correct, it is certainly off the mark for Shorei Ryu kata.