

EMBUSEN ASSIGNMENT #1

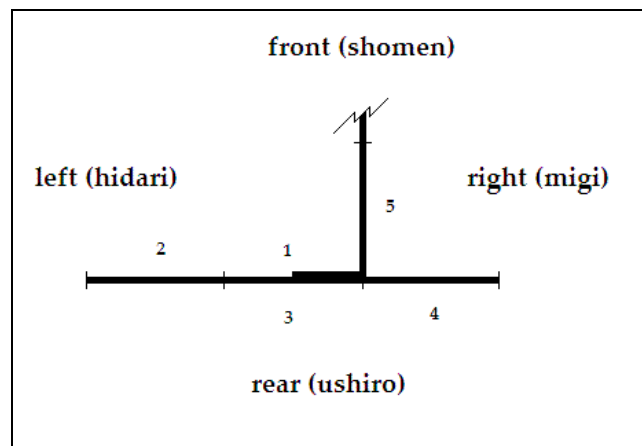
An *embusen* is a diagram of the pattern of moves in a *kata*. The finished product looks like a line drawing. For a better understanding, see the KARATE page of the dojo website at www.readingforkicks.org. There are many *embusen* displayed there.

This assignment has several requirements:

- Draw the *embusen* for your *kata*. Do not copy the *embusen* from the website. Some of them are incorrect.
- The beginning and ending stances (*heiko dachi* or *heisoku dachi*) must be indicated with a line thicker than the remainder of the diagram.
- Number the steps.
- The drawing must be to scale. The 'units' used will be stance-length. A ruler or graph paper might be helpful with this.
- *Kiai* points must be indicated.
- Print your name and rank at the top left of your finished diagram.
- This is not a test. It is an exercise intended to deepen your understanding of your *kata*. If you need assistance, get it. If someone does assist you, put their name underneath yours and estimate the amount of assistance they provided, i.e., 10%, 30%, etc. It is assumed that the youngest and/or the lowest-ranking students will need the most assistance.

EXAMPLE:

Here is the *embusen* for the first five moves of *Heian Shodan*. Notice that the *yoi* position is a thicker line, the steps are numbered, the steps are of equal length (where appropriate), and the directions are included.



Once your *embusen* is complete, answer the following questions:

- In the *embusen* you've drawn, does one finish on the same spot as one started? If not, why not?
- What is the total width and length (in units of stance-length) of your *embusen*?
- How many steps are there in your *kata*? (By 'steps' I mean actual steps, not actions. For example, *Heian Nidan* has three actions at the beginning, but only one step.)
- How many actions are there in your *kata*?
- Each *kata* can be thought of as containing several smaller *kata*. How many of these smaller *kata* does your *kata* contain? List them. How many steps are in each? How many actions?