

## EMBUSEN ASSIGNMENT #3

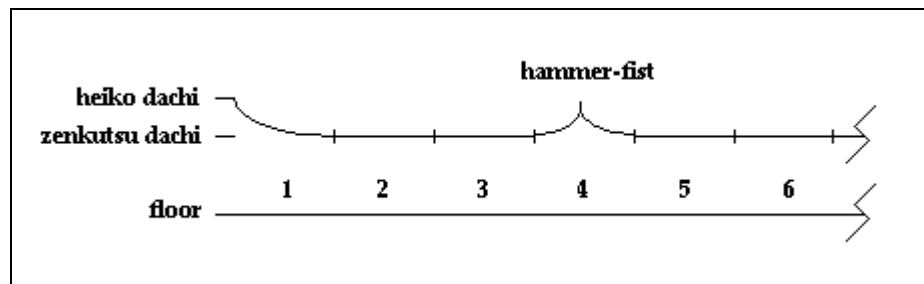
So far, we've seen *embusen* as line drawings and as box drawings. Both of those are types of maps; that is, they define a pattern (the *kata*) on a surface (the *dojo* floor). There is another type of *embusen* that is not a map and doesn't describe a floor pattern. Instead, it represents a side view of a *kata*. In this side view, what is recorded is the body center's height above the floor.

To complete this assignment, follow the steps below:

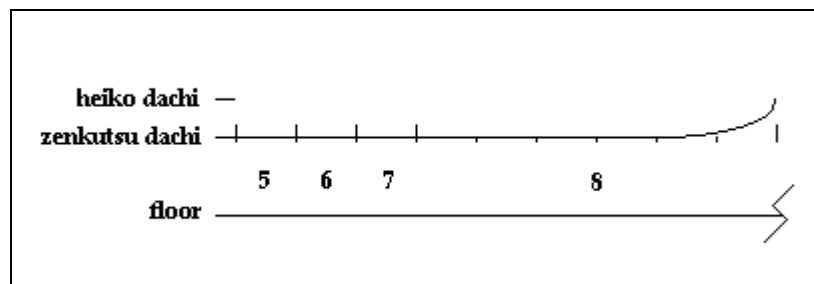
- From earlier assignment(s), find the number of actions in your *kata*.
- As a starting point, draw a straight line, then divide it into as many sections as there are steps in your *kata*. (This line may itself need to be divided into several sections unless you have a very long piece of paper.)
- Each section will not necessarily be of equal length. Slow movements (if any) will be defined by sections that are longer than the sections that define fast movements. As a rule, if a movement takes a count of three to complete, its corresponding section will be three times longer than the section corresponding to a movement that takes a count of one to complete.
- Number the steps.
- In each step, note your navel height above ground. (Some sections will start at a certain height, then either lower or raise to another height. In other sections, the height will remain constant.)
- *Kiai* points must be indicated.
- Print your name and rank at the top left of your finished diagram.

EXAMPLE:

Here is the *embusen* for the first six moves of *Heian Shodan*. The line represents the height of one's body center off the floor. Notice that height changes are not straight lines.



And here is the *embusen* for the forward advance in *Heian Sandan*:



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

- As mentioned above, height changes in the diagram are not straight lines. Why not? Why are the height changes represented by curves? And what is distinctive about those curves?