

EMBUSEN ASSIGNMENT #4

So far, we've seen *embusen* as (1) line drawings, (2) box drawings, and (3) side views of a *kata*. For this assignment, we're going to diverge from drawing patterns and compose a list. The list will be comprised of the particular body actions used when executing each move of your *kata*.

To complete this assignment, follow the steps below:

- Determine the number of moves contained in your *kata* (draw from previous assignments, but take care to note that those assignments required you to enumerate the number of steps; this assignment requires that you note the number of moves – which might be a larger number. For example, the first step of *Heian Nidan* contains three moves).
- Include the beginning and ending stances (*heiko dachi* or *heisoku dachi*).
- Number the moves.
- For each move, identify the body action (or body actions) used to make power. (Remember, the six body actions used to make power in *Shotokan* are: (1) vibration, (2) rotation (either direct or indirect), (3) shifting, (4) rising, (5) lowering, and (6) expansion/contraction.)
- *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 are the body actions used for the first move of *Heian Shodan*:

- Direct rotation (the hips rotate left).
- Indirect rotation (*geden barai* always uses indirect rotation).
- Lowering (one drops from *heiko dachi* into *zenkutsu dachi*).
- Expansion/Contraction (the limbs expand while the core contracts).

(OBSERVATION: *Heian Shodan* is our 'simplest' *kata* – yet look at how many body actions are used in just the first move.)

Once your list is complete, answer the following questions:

- Is there any move in your *kata* where only one body action is being used?
- Which three moves of your *kata* use the greatest number of body actions?
- What does the number of body actions used in a particular move imply about that move's complexity and/or simplicity?
- What insight(s) did the completion of this assignment provide?