

Shisochin

To Defeat the Four Sides

Legend

RF right foot
LF left foot
RH right hand
LH left hand

North face front from starting position
East face right from starting position
South face back from starting position
West face left from starting position

The emphasis is on the four strong pushes (directional attacks) with hard breathing. The movements in the kata are crisp, but smooth overall. It is important to use proper hip movement in the turns. The themes for Shisochin are hip rotation, circular movement, and four strong pushes.

Excerpt from GKK Kata.... The name of this Kata translates as Shi – four, So – direction(s), Chin – to root, or root of, or battle. It is also translated as the “27 hands, or movements”; as "Four Gates", "Four Directions of Conflict", or “Subduing the Four Sides”. This is illustrated by the performance of the four Shotei, or palm heel strikes, done in four different directions in the Kata. The Chinese characteristics of Shisochin can be seen in the use of open hands and classic Chinese techniques such as the "angry tiger walking through the forest". This Kata demonstrates both long distance and close quarter combat techniques. Explosive movements (flowing out with power), joint locks and breaks are features of Shisochin Kata.

1. Ready posture. Kamaete.
2. RF steps forward into right Sanchin dachi, both hands go into double middle block position with hands open in nukite (thumbs up, fingers pointing up/out, preparation for thrust). Wrists should be at same angle as sanchin, rotated out about 45 degrees.
 - First three steps are strong like Sanchin Kata
 - Focus energy on fingertips. As we progress the focus should evolve from big muscles like the shoulder to small muscles like fingertips and knuckles.
 - LH pulls back into chamber (palm up), inhale. Slow and strong.
 - LH thrusts open hand to below solar plexus to rib cage (striking with finger tips), exhale. Slow and strong.
 - Don't bend wrist at end. Arm/wrist is straight and pointed slightly downward.
 - LH returns back to double middle block position. Inhale, exhale.
 - Don't make big circle. Rotate elbow just back into sanchin position.
3. LF steps forward into left Sanchin dachi, both hands remain in double middle block position with hands open in nukite (thumbs up, fingers pointing up/out, preparation for thrust).
 - RH pulls back into chamber (palm up), inhale. Slow and strong.
 - RH thrusts open hand to upper rib cage (striking with finger tips), exhale. Slow and strong.
 - RH returns back to double middle block position. Inhale, exhale.
4. RF steps forward into right Sanchin dachi, both hands go into double middle block position with hands open in nukite (thumbs up, fingers pointing up/out, preparation for thrust)
 - LH pulls back into chamber (palm up), inhale. Slow and strong.
 - LH thrusts open hand to upper rib cage (striking with finger tips), exhale. Slow and strong.
 - LH returns back to back to double middle block position. Inhale, exhale.
 - Finish technique distinctly before continuing.
5. Both hands scoop up in front of chest (palm up, hands touching together, fingers pointing forward).
 - Palms are parallel to floor, about neck level.
 - App: both hands grab lapel and head butt to opponent's chin.
6. Simultaneously, RF steps back into left Zenkutsu dachi AND close both hands into fists.

- As stance completes, both hands strike out to side (knuckles facing forward, fist in same plane as left knee).
7. RF steps forward ~30 degrees into a wide heiko dachi stance facing northeast (both feet pointing N, toe of LF aligned with heel of RF, feet apart similar to zen kutso dachi, hips and upper body face NE).
 - As the stance completes, RH blocks ura kake uke as LH blocks osae uke. RH ends up shoulder height, palm up, in line with right shoulder. LH ends belt height, palm down, in line with middle of body. Fluid, slow, and complete stance and block at the same time.
 - Right forearm moves slightly left as LH circles counterclockwise for a kake uke, after LH is in front of RH, RH pulls back into chamber open hand as the LH completes kake uke (application: right forearm guides attacker's arm to the left, LH circles until it makes contact with attacker's arm).
 - Twist hips into left zenkutsu dachi while doing a right forearm break or elbow strike, LH pulls into chamber with hand open (to mimic a grab). Final position is RH open with fingers pointing up, right forearm vertical, body facing northwest. This motion is fast and strong. (application: left hand grabs and pulls attacker's wrist into body, right forearm is breaking attacker's arm)
 - App: LH grabs opponent's left punching arm directing force diagonally, RF steps in diagonally to opponent's left side, right forearm presses against opponents left shoulder, LH pulls, RH presses forward, opponent falls back.
 - App: LH grabs opponent's left punching arm directing force diagonally, RF steps in diagonally to opponent's left side, LH rotates clockwise to expose elbow joint, right forearm presses against inside of elbow, LH twists opponent's arm behind opponent's back, right elbow strike to head.
 - App: LH grabs opponent's left punching arm, RF steps in diagonally to opponent's left side, RH goes toward opponent's right shoulder to strike ridge hand to right side of neck.
 8. LF moves to RF and then steps forward ~30 degrees into wide heiko dachi facing northwest.
 - As the stance completes, LH blocks ura kake uke as RH blocks osae uke. LH ends up shoulder height, palm up, in line with right shoulder. RH ends belt height, palm down, in line with middle of body. Fluid, slow, and complete stance and block at the same time.
 - Left forearm moves slightly right as RH circles clockwise for a kake uke, after the RH is in front of the LH, the LH pulls back into chamber (hand open, palm up) as RH completes clockwise kake uke
 - Twist hips into right zenkutsu dachi while doing a left forearm break or elbow strike, RH pulls back into chamber with hand open. Final position is LH open with fingers pointing up, left forearm is vertical, body facing northeast. This motion is fast and strong. (application: right hand grabs and pulls attacker's wrist into body, left forearm is breaking attacker's arm)
 9. LF slides to RF
 - twist hips with force to face front/north in heisoku dachi, right vertical closed hand elbow strike forward (aim chest high, palm towards face⁴), left elbow strike backward (heisoku dachi is feet together, buttocks pushed back, and knees slightly bent).
 10. Without moving hands, RF steps across body, slowly pivot hips into left zenkutsu dachi facing rear/south.
 - As you pivot hips, RH opens and sweeps down to hip (RH finishes by right hip) and LH opens and pushes out palm heel to front (arm parallel to floor, palm is shoulder height). Slow, strong move with body. Finish strike and stance at the same time. Push front knee slightly forward into lower than normal zenkutsu dachi. Exhale audible.
 - {#1 – STRIKE SOUTH}
 11. Without moving hands, LF steps across body, slowly pivot hips into right zenkutsu dachi facing front/north.
 - As you pivot hips, LH sweeps down to hip and RH retracts into chamber then pushes out palm heel to front (arm parallel to floor, palm is shoulder height). Slow, strong move with body. Front knee is slightly forward into lower than normal zenkutsu dachi. Exhale.
 - {#2 – STRIKE NORTH}

12. Without moving hands, LF moves up to RF then steps west into left zenkutsu dachi facing west.
 - At the same time, RH sweeps down to hip, LH retracts into chamber then pushes out palm heel to front (arm parallel to floor, palm is shoulder height). Slow, strong move with body. Front knee is slightly forward into lower than normal zenkutsu dachi. Exhale.
 - (#3 – STRIKE WEST)
13. Without moving hands, LF steps across, slowly pivot hips into right zenkutsu dachi facing right/east.
 - As you pivot hips, LH sweeps down to hip and RH retracts into chamber then pushes out palm heel to front (arm parallel to floor, palm is shoulder height). Slow, strong move with body. Front knee is slightly forward into lower than normal zenkutsu dachi. Exhale.
 - (#4 – STRIKE EAST)
14. LF steps forward into left sanchin dachi (facing east), LH kake uke.
 - As soon as block completes and without moving hands, RF mae geri (don't pause between block and kick).
 - As the kick is completed, RF steps into right zenkutsu dachi and right vertical open hand elbow strike (hiji ate), LH pulls back to front of solar plexus (open hand, fingers up). **KIAI**.
15. RF steps across, pivot 180 degrees into left sanchin dachi facing west, left kake uke.
16. RF steps to right side Sanchin dachi, right kake uke.
 - Without moving hands, LF mae geri.
 - As the kick is completed, LF steps into left zenkutsu dachi and left vertical open hand elbow strike (hiji ate), RH pulls back to front of solar plexus (open hand, fingers up). **KIAI**.
17. LF moves to RF, then circles back (south) as body rotates clockwise 90 degrees into right zenkutsu dachi facing front/north.
 - Right vertical elbow strike, left hand open (fingers up) at solar plexus. Fast/strong.
18. LF pulls in slightly forward, pivot counterclockwise 180 degrees into left neko ashi dachi facing rear/south.
 - Move both hands into double open hand Sanchin position (double middle block with hands in nukite position, fingers lined up with forearm)
19. RF steps into right zenkutsu dachi, both elbows strike empi uchi (vertical strike) shoulder height, fists closed facing rear, palms down.
 - Note: step forward so your hands end up in chamber (don't pull or drop hands back into chamber) then strike empi uchi.
20. LF steps 30 degrees towards southeast into zenkutsu dachi¹ facing southeast.
 - As the stance completes, LH blocks ura kake uke as RH blocks osae uke. LH ends up shoulder height, palm up, in line with right shoulder. RH ends belt height, palm down, in line with middle of body. Fluid, slow, and complete stance and block at the same time.
 - Left forearm moves slightly right as RH circles clockwise for a kake uke, after the RH is in front of the LH, the LH pulls back into chamber (hand open, palm up) as RH completes kake uke.
 - Twist hips into right zenkutsu dachi while doing a left forearm break², RH pulls back into chamber with fist closed³. Final position is LH is open with fingers pointing up, left forearm is vertical, body facing northeast. This motion is fast and strong.
21. RF pulls back to LF then continues forward 30 degrees into zenkutsu dachi¹ facing southwest.
 - As the stance completes, RH blocks ura kake uke as LH blocks osae uke. RH ends up shoulder height, palm up, in line with right shoulder. LH ends belt height, palm down, in line with middle of body. Fluid, slow, and complete stance and block at the same time.
 - Right forearm moves slightly left as LH circles counterclockwise for a kake uke, after LH is in front of RH, RH pulls back into chamber open hand as the LH completes kake uke.
 - Twist hips into left zenkutsu dachi while doing a right forearm break², LH pulls into with fist closed³. Final position is RH is open with fingers pointing up, right forearm vertical, body facing northwest. This motion is fast and strong.
22. Without moving hands, RF moves to LF.

- Twist hips with force to face south in heisoku dachi, perform left vertical closed hand elbow strike forward and right elbow strike backward (left elbow aimed chest high, knuckles up).
23. Without moving hands, RF moves forward into right zenkutsu dachi facing south.
- Placing weight on right foot, pivot 180 degrees counterclockwise to face front/north, pull LF into left nekoashi dachi.
 - At the same time, block right ura kake uke and left osae mae uke (vertical up/down blocks). RH is palm up and in front of right shoulder. LH is palm down and in front of groin.
24. Step back into osame. FINISH.