

Kururunfa

Forever Stops, Peacefulness, and Tearing

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

Kururunfa is performed like a folk dance. It is graceful, yet crisp and has strong focus. Perform sequences as units. Pause between sets.

Excerpt from GKK Kata.... The name of this Kata translates as Ku – long time, Ru – keep in place (or stop from moving), Run – immediately or suddenly, Fa – break or defeat. It is also said to translate as "Forever Stops, Peacefulness and Tearing". Another meaning, or translation, for Kururunfa would be to "hold position and suddenly break and destroy". Kururunfa is an advanced Kata brought back from China and features graceful evasive maneuvers, and very quick (sudden, abrupt) focused movements and techniques. This Kata illustrates ways to "stick to", or "stay with", your opponent as he attacks or escapes and suddenly, and devastatingly break through the opponents defenses with a counter attack. Kururunfa contains a wide variety of open-hand/hip coordination techniques that, depending on the circumstances, can either be interpreted as joint locks, blocks or strikes or any combination of the three. The use of the hips to aid some hand techniques enhances both the power and effect of the joint locking and breaking applications. Kururunfa also epitomizes both the "go" and "ju" aspects of Goju-Ryu in its utilization of both "hard" and "soft" techniques.

1. Ready posture facing North. Kamaete.
2. RF steps back SE (large step) and pull LF back into left neko ashi dachi facing NW.
 - At the same time, LH circles to kuri uke (winding block – circle LH clockwise towards forehead but finish by pushing slightly out with forearm/elbow. Hand open near forehead, fingers straight.)
 - At the same time, RH does a scooping block that goes under left elbow and pulls into solar plexus palm up (open hand).
 - Left elbow, right hand, and left knee should be close together (forming a blocking wall).
3. Without changing hand position, left kansetsu geri (when knee is in chamber before kick, the combination of elbow, hand, and knee should be close together as a blocking technique).
 - After the kick retracts, LF steps back SW (large step) and pulls RF back into right neoashi dachi facing NE.
 - At the same time, RH circles to kuri uke (winding block – circle RH counterclockwise towards forehead but finish by pushing slightly out with forearm/elbow. Hand open near forehead, fingers straight.)
 - At the same time, LH does a scooping block that goes under right elbow and pulls into solar plexus palm up (open hand).
4. Without changing hand position, right kansetsu geri.
 - After the kick retracts, RF sets into right sanchin dachi facing N. At the same time, RH blocks up sukui uke and LH blocks down osai uke.
 - Next, quickly pivot counterclockwise into left sanchin dachi facing W. At the same time, RH palm heel strike down, LH pulls back into chamber open hand.
 - Next slowly pivot back into right sanchin dachi facing N. At the same time, RH blocks up sukui uke and LH blocks down osai uke.
5. LF steps forward into left sanchin dachi facing N. At the same time, LH blocks up sukui uke and RH blocks down osai uke.
 - Next, quickly pivot counterclockwise into right sanchin dachi facing E. At the same time, LH palm heel strike down, RH pulls back into chamber open hand.

- Next slowly pivot back into left sanchin dachi facing N. At the same time, LH blocks up sukui uke and RH blocks down osai uke.
6. RF steps forward into right sanchin dachi facing N. At the same time, RH blocks up sukui uke and LH blocks down osai uke.
 - Next, quickly pivot counterclockwise into left sanchin dachi facing W. At the same time, RH palm heel strike down, LH pulls back into chamber open hand.
 - Next slowly pivot back into right sanchin dachi facing N. At the same time, RH blocks up sukui uke and LH blocks down osai uke.
 7. RF steps back SE (large step) and pulls LF back into left neko achi dachi facing NW.
 - At the same time, LH ura kake uke and RH circles up counterclockwise and blocks down protecting solar plexus area (open hand, fingers up, thumb next to solar plexus).
 8. LF takes long sliding step straight ahead into left sanchin dachi facing NW.
 - At the same time, RH circles up/out and then down/in to perform clearing block.
 - At the same time, LH ura zuke upper cut (Note: you shouldn't need to manually retract LH back into chamber since the LH should automatically go into chamber if you keep the hand stationary as the LF steps forward).
 9. RF mae geri (kicking NW).
 - After kick retracts, RF steps forward NW into shiko dachi (eyes looking NW, body faces SW, feet in NW-SE line).
 - At the same time, right vertical hiji ate.
 - At the same time, LH open, blocking down protecting solar plexus (open hand, fingers up, thumb next to solar plexus). **KIAI.**
 10. RF steps back NE (long step) and drags LF into left neko ashi dachi facing NW.
 - At the same time, both hands pull back into left ninoji position (LH open, palm down near solar plexus. RH open, palm up, a head span below LH).
 - Vic's interpretation: think of RH sukui uke scooping up kick and LH trapping foot. Then, both hands pull back as you step back to pull attacker off balance.
 11. LF steps back SW (large step) and pulls RF back into right neko achi dachi facing NE.
 - At the same time, RH ura kake uke and LH circles up clockwise and blocks down protecting solar plexus area (open hand, fingers up, thumb next to solar plexus).
 12. RF takes long sliding step straight ahead into right sanchin dachi facing NE.
 - At the same time, LH circles up/out and then down/in to perform clearing block.
 - At the same time, RH ura zuke upper cut (Note: you shouldn't need to manually retract RH back into chamber since the RH should automatically go into chamber if you keep the hand stationary as the RF steps forward).
 13. LF mae geri (kicking NE).
 - After kick retracts, LF steps forward NE into shiko dachi (eyes looking NE, body faces SE, feet in NE-SW line).
 - At the same time, left vertical hiji ate.
 - At the same time, RH open, blocking down protecting solar plexus (open hand, fingers up, thumb next to solar plexus). **KIAI.**
 14. LF steps back towards SW (long step) and drags RF into right neko ashi dachi facing NE.
 - At the same time, both hands pull back into left ninoji position (RH open, palm down near solar plexus. LH open, palm up, a head span below LH).
 15. Staying in neko ashi dachi, pivot left to face N, perform right mawachi uke, then teisho ate.
 16. Pivot left into left sanchin dachi facing W and perform left ura shuto uke.
 17. RF steps across in front of LF, pivot 180 degrees into left sanchin dachi facing E.
 - At the same time, RH reaches out in front of body then pulls back into elbow strike to rear.

- At the same time, LH closes, rises up, and then down so it ends below solar plexus level.
 - Vic's interpretation: think of Seipai arm-break application. LH grabs attacker's wrist, RH circles under attacker's elbow to lock it into place, right armpit traps attacker's arm, left forearm strikes down to break attacker's arm.
18. RF steps forward into sanchin dachi facing E and perform right ura shuto uke.
 19. LF steps across in front of RF, pivot 180 degrees into right sanchin dachi facing W.
 - At the same time, LH reaches out in front of body then pulls back into elbow strike to rear.
 - At the same time, RH closes, rises up, and then down so it ends below solar plexus level.
 20. LF steps into shiko dachi stance facing N (feet in E-W line). Both hands move into ninoji position with both palms facing down (RH at chest level, LF ~8" below, both wrists at vertical centerline).
 21. Slowly straighten legs to stand up and slowly extend arms until they are both pointing straight out to the sides (arms parallel to floor, LH pointing W, RH pointing E, palms down).
 - Vic's note: each hand is performing slow shuto strike
 22. Slowly bend both elbows to 90 degrees so fingers pointing straight up, palms facing in.
 23. Slowly both hands reach behind head, back to back.
 24. Quickly close both hands, pull them around head and down tight on chest (elbows close together, fists close together, knuckles out, fist just below neck level). At the same time, quickly drop into shiko dachi stance and snap the head back.
 - Without changing stance, look straight ahead, both hands block down into juji uke with RH on top (open hand X-block).
 - Sweep both hands out to side, palm down.
 25. RF steps forward into zen kutsu dachi stance, both hands raise up into juji uke (x-block) with LH in front.
 - Quickly turn both palms in and drop elbows toward each other.
 26. Pivot counterclockwise 180 degrees on RF into musubi dachi facing S (keeping hands in same position).
 - Quickly squat down and pull both hands directly overhead and then down to floor as if performing a throw (close hands).
 27. RF steps into low zen kutsu dachi and performs right ashitori (RH sweeps across the front and ends under left arm, LH strikes out gedan palm heel).
 - App: RH grabs opponent's left kick, LH either strikes groin (if opponent is smaller and in close) or strikes knee for a take down (if opponent is taller and too far to strike groin).
 28. LF steps into low zen kutsu dachi and performs left ashitori (LH sweeps across the front and ends under right arm, RH strikes out gedan palm heel).
 29. RF steps forward toward S, pivot counterclockwise 180 degrees on RF into left nekoashi dachi facing N.
 - Right mawashi uke (RH up, LF down), then teisho ate (push out) with RH up, LH down.
 30. Osame.