

# Suparunpai Kata

## 108 Meanings

### Legend

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

N (North) face front from starting position  
E (East) face right from starting position  
S (South) face back from starting position  
W (West) face left from starting position

Suparunpai is the Kancho Kata. The organizational leader performs this kata as the supreme kata. The literal translation of Suparunpai is 108. In Chinese/Japanese philosophy, 108 is the maximum number of evil spirits. On the last day of the year (or the day before the start of a new year) temples strike the gongs 108 times to dispel all of the evil spirits. Thus, 108 can be roughly translated as the “LAST” kata. In performing Suparunpai there can be many different rhythms and speeds. Use your own imagination.

Rhythm, speed, and inhale/exhale breathing descriptions are described in this document to help consistency within the GKK Ambler Dojo. They are teaching guidelines, not rigid rules. Suparunpai also contains several sequences that repeat multiple times. The sequences are numbered to facilitate learning.

Excerpt from GKK Kata.... The pronunciation, or name, of this kata translates as Su – one, Pa – one hundred, Ren – zero, and Pai – three, or 108. Suparunpai (also known as Pechurin) with 108 techniques is known as the supreme Kata of the Goju-Ryu system. Suparunpai requires great breath control and great skill in execution of its slow and fast, and hard and soft, movements. This Kata utilizes many techniques and contains a great number of applications. Suparunpai not only contains many of the techniques from earlier Kata but also introduces two kicks not found in any other Kaishu Kata.

0. Ready posture facing North. Kamaete.
  - RF steps into right sanchin stance
  - Both hands block yoko uke (similar to the beginning of Sanchin kata)
1. Stay in stance. {Repeats three times. **ONE**}
  - LH slowly pulls back to chamber like in Sanchin kata. Inhale.
  - LH slowly punches like in Sanchin kata. Exhale.
  - LH slowly retracts into yoko uke position like in Sanchin kata. Inhale then exhale as retraction completes.
2. LF steps into left sanchin dachi facing North. {**TWO**}
  - RH slowly pulls back to chamber like in Sanchin kata. Inhale.
  - RH slowly punches like in Sanchin kata. Exhale.
  - RH slowly retracts into yoko uke position like in Sanchin kata. Inhale then exhale as retraction completes.
3. RF steps into right sanchin dachi facing North. {**THREE**}
  - LH slowly pulls back to chamber like in Sanchin kata. Inhale.
  - LH slowly punches like in Sanchin kata. Exhale.
4. Stay in stance.
  - LH and RH both slowly pull back into center of body until back of hands touch (fingers up).
  - Slowly separate hands and push out to each side (palm out, fingers up) -exhale.
5. LF quickly steps forward into left sanchin dachi facing N. At the same time, quickly perform left mawashi uke. Inhale. {Repeats four times. **ONE - North**}
  - Both hands push out teisho ate to the front medium speed (LH chest, RH belt level) - exhale.

- RF quickly steps forward into right sanchin dachi facing N. At the same time, quickly perform right mawashi uke - inhale.
  - Both hands push out teisho ate to the front (RH chest, LH belt level) – medium, exhale.
  - Slow RH ura kake uke – inhale.
  - At end of block, RH kake uke (hand turns over and grabs), RH pulls into chamber, and simultaneously LH nukite diagonally in front of body (palm up, stomach height) – fast, exhale.
6. RF quickly steps across, pivot 180 degrees into left sanchin dachi facing S. At the same time, left mawashi uke. Inhale. **{TWO - South}**
- Both hands push out teisho ate to the front medium speed - exhale.
  - RF quickly steps forward into right sanchin dachi facing S. At the same time, quickly perform right mawashi uke - inhale.
  - Both hands push out teisho ate at medium speed -exhale.
  - Slow RH ura kake uke - inhale.
  - At end of block, RH kake uke, RH pulls into chamber, and simultaneously LH nukite diagonally in front of body (palm up, stomach height) – fast, exhale
7. RF moves slightly, pivot 90 degrees into left sanchin dachi facing E. At the same time, left mawashi uke. Inhale. **{THREE - East}**
- Both hands push out teisho ate to the front medium speed - exhale.
  - RF quickly steps forward into right sanchin dachi facing E. At the same time, quickly perform right mawashi uke - inhale.
  - Both hands push out teisho ate at medium speed - exhale.
  - Slow RH ura kake uke - inhale.
  - At end of block, RH kake uke, RH pulls into chamber, and simultaneously LH nukite diagonally in front of body (palm up, stomach height) – fast, exhale
8. RF quickly steps across, pivot 180 degrees into left sanchin dachi facing W. At the same time, left mawashi uke. Inhale. **{FOUR - West}**
- Both hands push out teisho ate to the front medium speed - exhale.
  - RF quickly steps forward into right sanchin dachi facing W. At the same time, quickly perform right mawashi uke - inhale.
  - Both hands push out teisho ate at medium speed - exhale.
  - Slow RH ura kake uke (palm up) - inhale.
  - At end of block, RH kake uke, RH pulls into chamber, and simultaneously LH nukite diagonally in front of body (palm up, stomach height) – fast, exhale
9. LF steps back slowly into right neko ashi dachi still facing W. At the same time, right mawashi uke at half speed. **{Repeats three times – ONE}**
- Both hands push out teisho ate at half speed (LH high, RH low).
10. RF takes large step forward W, pivot 180 degrees counterclockwise into left neko ashi dachi facing E. At the same time, left mawashi uke at half speed. **{TWO}**
- Both hands push out teisho ate at half speed (RH high, LH low).
11. LF take large step N, pivot 90 degrees clockwise into right neko ashi dachi facing S. At the same time, right mawashi uke at half speed. **{THREE}**
- Both hands push out teisho ate at half speed (LH high, RH low)
12. RF quickly steps across, pivot 180 degrees into left sanchin dachi facing N. At the same time, LH mawashi uke – fast. At end of mawashi uke, both hands pull into chamber in preparation for double punch (fists closed, RH knuckles up, LH knuckles down). **{Repeats four times – ONE - North}**
- Immediately double punch – fast/power (RH high, LH low).
  - RF steps forward into right sanchin dachi. RH does short gedan barai - fast (block stops so right arm is still across body).
  - LH chudan zuki over the right arm - fast (so arms are crossed).

13. RF quickly steps across, pivot 180 degrees into left sanchin dachi facing S. At the same time, LH mawashi uke – fast. At end of mawashi uke, both hands pull into chamber in preparation for double punch. **{TWO - South}**
  - Immediately double punch – fast/power (RH high, LH low).
  - RF steps forward into right sanchin dachi. RH does short gedan barai - fast (block stops so right arm is still across body).
  - LH chudan zuki over the right arm - fast (so arms are crossed).
14. RF quickly pivots 90 degrees into left sanchin dachi facing E. At the same time, LH mawashi uke. At end of mawashi uke, both hands pull into chamber in preparation for double punch. **{THREE - East}**
  - Immediately double punch – fast/power (RH high, LH low).
  - RF steps forward into right sanchin dachi. RH does short gedan barai - fast (block stops so right arm is still across body).
  - LH chudan zuki over the right arm - fast (so arms are crossed).
15. RF quickly steps across, pivot 180 degrees into left sanchin dachi facing W. At the same time, LH mawashi uke. At end of mawashi uke, both hands pull into chamber in preparation for double punch. **{FOUR - West}**
  - Immediately double punch – fast/power (RH high, LH low).
  - RF steps forward into right sanchin dachi. RH does short gedan barai - fast (block stops so right arm is still across body).
  - LH chudan zuki over the right arm - fast (so arms are crossed).
16. Eyes turn SW slowly, keep LF in place, RF steps back into 45 degree left shiko dachi facing W (LF pointed W, RF pointed N, hips facing NW, eyes facing SW). At the same time, left chudan uke with both fists in keikoken – slow (single knuckle fist). **{Repeats FOUR times – ONE}**
  - Keeping LH in place, RF starts to take a full diagonal step SW into shiko dachi - fast.
  - In the middle of the step (when RF is just across LF) punch right keikoken downward over left wrist – fast.
  - As you complete the step, both hands gedan barai - fast. The step ends in shiko dachi stance with RF pointing S, LF pointing E, hips facing SE, and eyes still looking SW.
17. Eyes turn toward NE - slowly, keeping both feet in place. At the same time, left chudan uke with both fists in keikoken - slowly. **{TWO}**
  - Keeping LH in place, RF starts to take a full diagonal step NE into shiko dachi - fast.
  - In the middle of the step (when RF is just across LF) punch right keikoken downward over left wrist - fast.
  - As you complete the step, both hands gedan barai - fast. The step ends in shiko dachi stance with RF pointing N, LF pointing W, hips facing NW and eyes still looking NE.
18. Eyes turn toward NW, RF steps back into 45 degree shiko dachi facing N (LF points N, RF points E, hips face NE). At the same time, left chudan uke with both fists in keikoken - slowly. **{THREE}**
  - Keeping LH in place, RF starts to take a full diagonal step NW into shiko dachi - fast.
  - In the middle of the step (when RF is just across LF) punch right keikoken downward over left wrist - fast.
  - As you complete the step, both hands gedan barai - fast. The step ends in shiko dachi stance with RF pointing W, LF pointing S, hips facing SW and eyes still looking NW.
19. Eyes turn toward SE - slowly, keeping both feet in place. At the same time, left chudan uke with both fists in keikoken - slowly. **{FOUR}**
  - Keeping LH in place, RF starts to take a full diagonal step SE into shiko dachi - fast.
  - In the middle of the step (when RF is just across LF) punch right keikoken downward over left wrist - fast.
  - As you complete the step, both hands gedan barai - fast. The step ends in shiko dachi stance with RF pointing E, LF pointing N, hips facing NE and eyes still looking SE.

20. Look N, RF moves slightly into left sanchin dachi stance facing N. At the same time, LH kake uke, RH remains stationary in gedan barai position.
  - LH then blocks downward into open hand palm heel block. RH remains stationary.
21. RF steps into right sanchin dachi facing N. At the same time, RH kake uke. LH remains stationary in palm heel block.
  - Without pausing, LF steps into left sanchin dachi facing N. At the same time, LF kake uke (RH goes into chamber open hand).
  - As soon as kake uke finishes, RF mae geri to N.
  - Land into 45 degree shiko dachi facing N (RF points N, LF points W).
  - As you land, right horizontal elbow strike into left palm (right forearm parallel to floor) - power.
  - RH vertical riken - fast.
  - LH pushes out (open hand, fingers up), RH retracts into chamber – fast (closed hand). **KIAI**
22. RF steps across, pivot 180 degrees counterclockwise into left sanchin dachi facing S.
  - As you pivot, LH push oshi uki and RH osae uke.
23. RF steps into right sanchin dachi facing S. **{ONE}**
  - While stepping, RH sukui uke and LH osae uke.
  - At the end of the sukui uke, RH turns over into hiki uke (pull in block).
24. SF steps into left sanchin dachi facing S. **{TWO}**
  - While stepping, LH sukui uke and RH osae uke.
  - At the end of the sukui uke, LH turns over into hiki uke.
25. RF steps into right sanchin dachi facing S. **{THREE}**
  - While stepping, RH sukui uke and LH osae uke.
  - At the end of the sukui uke, RH turns over into hiki uke.
26. RF steps across, pivot 180 degrees counter clockwise into left sanchin dachi facing N. At the same time LH ura shuto uke (RH goes into chamber open hand, palm up).
27. RF does crescent kick into left hand while spinning body counter clockwise 360 degrees.
  - Finish in left sanchin dachi facing N with LH kake uke (RH open hand, palm down).
28. LF mae geri, before LF sets down RF does jumping mae geri (double kick).
  - Land in RF 45 degree shiko dachi facing N (RF points N, LF points W, hips point NW, eyes face N). At the same time, right horizontal elbow strike into left palm.
  - RH riken.
29. RF steps across, pivot 180 degrees counterclockwise into left sanchin dachi facing S.
  - As you pivot, LH push oshi uki and RH osae uke.
30. RF steps S, LF immediately steps into 45 degree shiko dachi facing S (LF points S, RF points W, hips face SW) and simultaneously LH kake uke.
  - As soon as the kake uke finishes, RH nukite S and LH press block across (LH slaps right arm similar to the end of Seisan).
31. LF steps across right, pivot 180 degrees clockwise into 45 degree shiko dachi facing N (RF points N, LF points W, hips point NW, head faces N)
  - As the turn completes, perform double wrist blocks similar to the last step in Sanseiru (RH high, LH low).
32. RF steps back to LF and finish with osame.