

Sanshin no Kata

Ninjutsu Taijutsu

体術

Fundamental Practice Level

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Sanshin no Kata

The Sanshin no kata teach the student the fundamental basic movements or the “mechanics” utilized in Budo Taijutsu. These 5 kata, combined with the Kihon happo, form the foundation for all future training.

The Sanshin no kata are the first step in your understanding of taijutsu. Within the Sanshin no kata are many skills that will be translated into your unarmed and weapon skill development. From proper body positioning, to basic striking skill, and even Kyojitsu tenkan no ho, the Sanshin no kata will be the bedrock in your fundamental training and should never be overlooked!

What is often called "sanshin no kata," is actually only one exercise in a series. The series includes:

Sanshin no kata

Shoshin gokei

Gogyo no kata

Goshin no kata

Shoshin gokei are the five forms named "sanshin no kata." Chi, Sui, Ka, Fu, and Ku no kata. All meant to be done solo in the air, vs an imaginary opponent.

Gogyo no kata are the same five forms done against an attacker. Each movement can change considerably with the multiple variables including , type of attack given, speed, timing and the even the size of your opponent.

Goshin no kata is the continuous, non-stop repetition of one of the five forms endlessly in solo fashion. Through this type of practice each form will become naturally and spontaneously shift or changes to one of the other forms, it is in fact a form of moving meditation, bringing you closer to Mushin, or a glimpse of Satori.

“The good point of this kata (Sanshin no kata) is to move naturally and not make the kata intentionally. Every movement is very simple and flows from one form to another.”

- Hatsumi Sensei.

Sanshin No Kata/Shoshin Gokei

Chi no kata (Earth)-(Sanshitanken)

Uke steps back to Hidari ichimonji kamae leans forward, steps through with the right leg, while executing a midgi ura kitanken. Chi no kata, properly done teaches the student the fundamentals of striking in a linear method. The knee, hip, shoulder and arm, line up in a straight fashion, very similar to a fencer's lunge position.

Sui no kata (Water)-(Omote kitenken)

Uke steps back to Hidari Ichimonji no kamae and performs hidari uke nagashi, steps forward and through with the right leg, while executing midgi omote kitanken. Sui no kata, introduces the student to uke nagashi, naname(angling), and finally strikes using the omote kitenken striking method.

Ka no Kata (Fire) – (Ura Kitenken)

Uke steps back to Hidari ichimonji no kamae hidari uke nagashi, steps forward and through with the right leg while executing a midgi ura kitanken. Ka no kata, reinforces the uke nagashi, naname principles and adds the inner striking method of ura kitenken.

Fu no Kata (Wind)-(Boshiken)

Uke steps back to Hidari ichimonji no kamae and performs hidari gedan uke nagashi, steps forward and through with the right leg, while executing midgi boshiken. Fu no kata, introduces the lower gate (gedan) uke nagashi, and the first kyusho strike with the boshiken.

Ku no kata (Void) –(Happaken)

Uke steps back to Hidari ichimonji no kamae and performs hidari gedan uke nagashi, while throwing right hand up and out in a happaken toward opponent, then perform midgi sokuyakuken. Ku no kata, introduces the sokuyakuken, and works the principles of multiple strikes and knock down power in your movements.

“When training, try to attain a three year olds feeling of innocence and large heartedness.” – Maasaki Hatsumi



The Sanshin no kata, will be used in later lessons as a method to begin to instruct your various weapon practices. The katana, yari, bisento, naginata as well as shuriken can all be practiced utilizing these basic forms. So attention to the fundamental practice, henka practice and an understanding of the strategies of each kata are essential for your future development.