

Technical requirements for the five basic Heian kata in Karate-do

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Abstract

Karate-do first appeared in the form of kata, a movement skill performed by an athlete who performs the technical requirements of a kata against one or more imaginary opponents. These requirements include defensive and offensive techniques using the hand and foot.

The Shotokan school of karate-do has adopted 26 kata, divided into three sections: basic, advanced, and high-level kata. In this research, we examined the five basic Heian kata and analyzed them to extract the technical requirements and the percentage of each. This was intended to guide trainers in this discipline to understand these requirements.

so that their training programs can be planned in advance to achieve the stated objectives related to either teaching or developing kata skills for athletes.

Kata from the Shotokan school are distinguished by their ease of progression and difficulty. Thus, mastering the basic kata from the athletes' methods will provide them with a solid foundation and proper guidance for mastering the remaining complex kata, as well as developing the defensive and offensive techniques used in real combat.

Keywords: Karate do; the five basic Heian kata; Technical requirements.

1. INTRODUCTION

Modern sports training has pushed for keeping pace with emerging knowledge due to the increase in its scientific applications, both quantitatively and qualitatively. This has led to a diversity of assessment and evaluation criteria for physical, psychological, and even mental competition. Karate-do, which involves using only the empty hand during combat, is a Japanese sport that emerged in the late 19th century and subsequently spread throughout the world. ⁽¹⁾

Karate was first established by Gichin Funakoshi on the Japanese island of Okinawa, and later spread to Europe and America after the 2ed World War, where it further developed to suit a wider range of social strata by a large number of specialized teachers, led by Teruyuki Okazaki.

Karate began with kata alone, with kata being its cornerstone. Funakoshi stated that karate begins and ends with kata. ⁽²⁾

Kata skill is a regular movement coordination. Performance in it proceeds smoothly, requiring the performer to memorize and master it until reaching an automatic stage in performance and synchronization in individual and group performance, to achieve complete technical movement coordination. In kata movements, creativity is possible in some details approved by specialists, which do not affect the general structure of this system, based on the philosophy of this martial art, which believes in distinction and uniqueness.

Considering that the researcher belongs to the Algerian karate-do family, specifically the Shotokan school, which comprises 26 kata

-(1) الدجاوي حسين: مصطلحات الكراتي الفنية المستخدمة في مدرسة الشوطوكان، دار أطلس للنشر والانتاج الإعلامي، الأردن، 2017، ص 16.

1- زراط الدراجي، آيت لونيس مراد، بن حامد نور الدين، دراسة مقارنة بين لاعبين دوليين وللاعب جزائري في أزمنة أداء الكاتا unsu في رياضة الكراتي دو (أزمنة الأداء الكلي، الحركات البطيئة، الحركات السريعة والتوقيفات)، مجلة الأكاديمية للدراسات الاجتماعية والإنسانية، المجلد رقم 13، العدد رقم 01، جامعة حسيبة بن بوعلي الشلف، الجزائر، 2021، ص 291.

classified into three levels (basic, advanced, and high-level), the researcher deliberately highlighted the basic kata (the five heian) as the initial plan for an athlete practicing karate-do. In order for the trainer to program his training plan, whether for teaching or developing kata skills, he must understand the nature of the techniques that comprise the kata. This will help him achieve his goals by comprehensively teaching these techniques and then working to help athletes reach the highest levels of achievement in performing the kata skill.

This leads us to pose the following question:

- What is the nature of the basic kata techniques (the five heian)?

From this, we can derive the following sub-questions:

- the basic kata techniques (the five heian) offensive or defensive?
- Is the use of the feet or hands predominant in the basic kata (the five heian)?

2. Terminology and Concepts of the Study:

2.1. karate do: A Japanese word meaning empty hand, or fighting without a weapon.⁽³⁾

Karate Do is the art of exercising the mind and body to enhance our daily health, but when necessary, it is also an unarmed self-defense art.⁽⁴⁾

2.2. Kata in karate do: It is a series of predetermined, effective, offensive movements and maneuvers against one or more imaginary opponents, armed or unarmed.⁽⁵⁾

(3)- أحمد محمود إبراهيم. (2005). موسوعة محددات التدريب الرياضي النظرية والتطبيقية لتخطيط البرامج التدريبية برياضة الكراتي، دار منشأة المعارف، مصر، 2005، ص14.

(4) - Emmanuel Akerman. Karaté bunnkai katas, 3d @mphora, paris, France, 2007.

(5) - Vince Morris and Aidan Trimble. Karate kata and application, Ed Butter and Tanner, London, 1991, p326.

Kata is defined as the strictly codified theoretical combat expression of karate-do.⁽⁶⁾ (khaled. 2015, p49)

2.2.1. Kata Divisions in Karate-do ⁽⁷⁾

- **First:** Basic Kata : The Five Basic Heian Kata (Heian shodan, Heian nidan, Heian sandan, Heian yodan and Heian godan)

- **Second:** Advanced Kata :

- ❖ (Tekki Shodan, Tekki nidan and Tekki sandan).
- ❖ (Bass dai, Bassai sho).
- ❖ (Kanku dai, Kanku sho).

- **Third:** High-Level Kata : (Jion, Jiin, Jutte, Enpi, Hangetsu, Gankaku, Chinte, Sochin, NijuShiho, Mekyo, Gojushiho-Dai, Gojushiho-Sho, Unsu and wankan)

2.3. Technical requirements:

Technical requirements for kata:

By this we mean the defensive and offensive techniques, whether with the hand or the foot, that comprise the kata skill in karate-do. In this research, we have included both defensive techniques with the hand and the foot, and then offensive techniques with the hand and the foot.

3. The method

The method is the path a researcher follows to study a problem with the goal of uncovering the truth.⁽⁸⁾

(6) - Hamida Khaled. Détermination de modèles technico- tactiques pour les athlètes de haut niveau à travers l'observation simple et appareillée en karaté- do, université d'alger 3, algérie, 2015, p 49.

(7) - Habersetzer Ronald. Encyclopédie des arts martiaux de l'extrême orient, @mphora, paris, France, 2004, 147 - 225.

(8) - عبد الرحمان بدوي، مناهج البحث العلمي، وكالة المطبوعات، ط 3، الكويت، 1977، ص 5.

In our research, we followed a descriptive approach, conducting a thorough analysis of the techniques that comprise the five basic Heian kata, extracting from them defensive techniques using the hand and foot, as well as offensive techniques using the hand and foot.

4. Study Tools : we used the following tools :

- ❖ Computer.
- ❖ Videos of the Five Basic Heian Kata.
- ❖ Transcription Form of the Techniques That Make Up the Five Basic Heian Kata.

5. Statistical Processing:

The problem of the study prompted us to determine the appropriate statistical analysis method. Accordingly, after collecting data related to the frequency rates of defensive and offensive hand and foot techniques in the basic Kata (the five Heian), we calculated their percentages using the following equation:

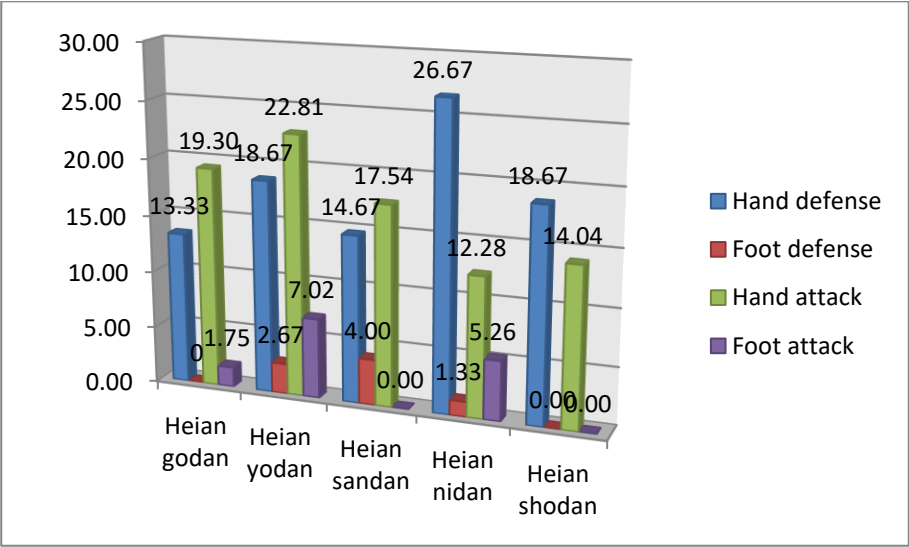
Frequency Rate = (Frequency of Technique x 100) /

Total Number of Repetitions

6. Results and discussion :

Technical requirements	He ian shodan	H eian nidan	H eian sandan	H eian yodan	H eian godan	total	
Hand defense	14	20	11	14	10	69	75
Foot defense	0	01	03	02	00	06	
Hand attack	8	07	10	13	11	8	57
Foot attack	0	03	00	04	01	0	
Total	22	31	24	33	22	132	

- Technical requirements table for the five basic Heian Kata



- Graphical representation of the technical requirements for the five basic Heian kata

6.1- Kata (Heian Shodan):

From the results obtained from analyzing the techniques that make up the kata, we find that the largest percentage of defensive hand techniques, which amounted to **18.67%** of the total defensive movements of the five basic Heian kata, is absent from the defensive foot techniques. Then we obtain the percentage of attacking with the hand, which amounted to **14.04%** of the total offensive hand techniques in the five basic Heian kata, in which the defensive foot techniques are absent.

6.2- Kata (Heian Nidan):

From the results obtained from analyzing the techniques that comprise the kata, we find that the largest percentage is hand defense techniques, which amounted to **26.67%** of the total defense movements of the five basic Heian kata. Then, we find that foot defense techniques accounted for **1.33%** of the total number of defense movements of the five basic Heian kata. We then obtain that hand attacking techniques accounted for **12.28%** of the total attacking

techniques of the five basic Heian kata, and foot attacking techniques accounted for **5.26%** of the total number of attacking movements of the five basic Heian kata.

6.3- Kata (Heian Sandan):

From the results obtained from analyzing the techniques that comprise the kata, we find that the percentage of hand defense techniques reached **14.67%** of the total defense movements of the five basic Heian kata. Then, the percentage of foot defense techniques reached **4.00%** of the total number of defense movements of the five basic Heian kata. Then, we obtain the percentage of hand attacks, which reached **17.54%** of the total hand attack techniques of the total number of attack movements of the five basic Heian kata, with no foot attack techniques.

6.4- Kata (Heian Yudan):

From the results obtained from analyzing techniques that comprise the kata, we find that hand defense techniques account for **18.67%** of the total defense movements of the five basic Heian kata. Then, we find that foot defense techniques account for **22.81%** of the total attack techniques of the five basic Heian kata, and foot attack techniques account for **7.02%** of the total attack movements of the five basic Heian kata.

6.5- Kata (Heian Gudan):

From the results obtained from analyzing the techniques that comprise the kata, we find that the percentage of defensive hand techniques reached **13.33%** of the total defensive movements of the five basic Heian kata. The percentage of defensive foot techniques then becomes zero. We then obtain that the percentage of offensive hand techniques reached **19.30%** of the total offensive techniques of the five basic Heian kata, and the percentage of offensive foot techniques reached **1.75%** of the total number of offensive movements of the five basic Heian kata.

7. Discussion of results:

Through the analytical results obtained through analyzing the basic kata techniques (the five heian), we note that they consist of 69 defensive hand techniques and 6 foot techniques, for a total of 75 defensive moves. Also, 49 offensive hand techniques and 8 foot techniques, for a total of 57 offensive moves.

This demonstrates that the basic kata (the five heian) are a combination of defensive and offensive techniques using the athletes' hands and feet. This is something that coaches must consider when programming their educational and advanced training plans to develop kata skills in their athletes, achieving their desired goals of achieving the highest level of athletic achievement in kata skill.

8. CONCLUSION:

Through our analytical study of the basic kata (the five heian), we conclude that they are, in their entirety, a combination of defensive techniques using the hands, as well as offensive techniques using the hands and feet.

Thus, the proportion of techniques using the hands outweighs the proportion using the feet. From this, we can say that athletes' mastery of the five heian provides them with a solid foundation for receiving and mastering other advanced kata, as well as high-level kata, which are characterized by their multiplicity and complexity of techniques, in addition to leg positions and changing directions in many different directions.

9. RECOMMENDATIONS:

- ❖ In kata, a coach should begin by teaching athletes the basic kata (the five heian) because they combine defensive and offensive techniques using the hands and feet.
- ❖ Basic kata (the five heian) are characterized by their progression from simple to complex.
- ❖ An athlete's mastery of the basic kata (the five heian) paves the way for mastering advanced kata, as well as higher-level kata,

which are characterized by greater complexity and a variety of techniques used, as well as a variety of leg positions and various changes of direction.

❖ It is essential for the coach to give kata no less importance than formal combat, as the founders of various karate schools consider kata to be the foundation upon which karate-do is built, considering kata to be a mock fight against imaginary opponents.

❖ Kata is a means of learning and mastering various defensive and offensive techniques using the hands and feet, combined with various leg positions, and changing body positions in various directions.

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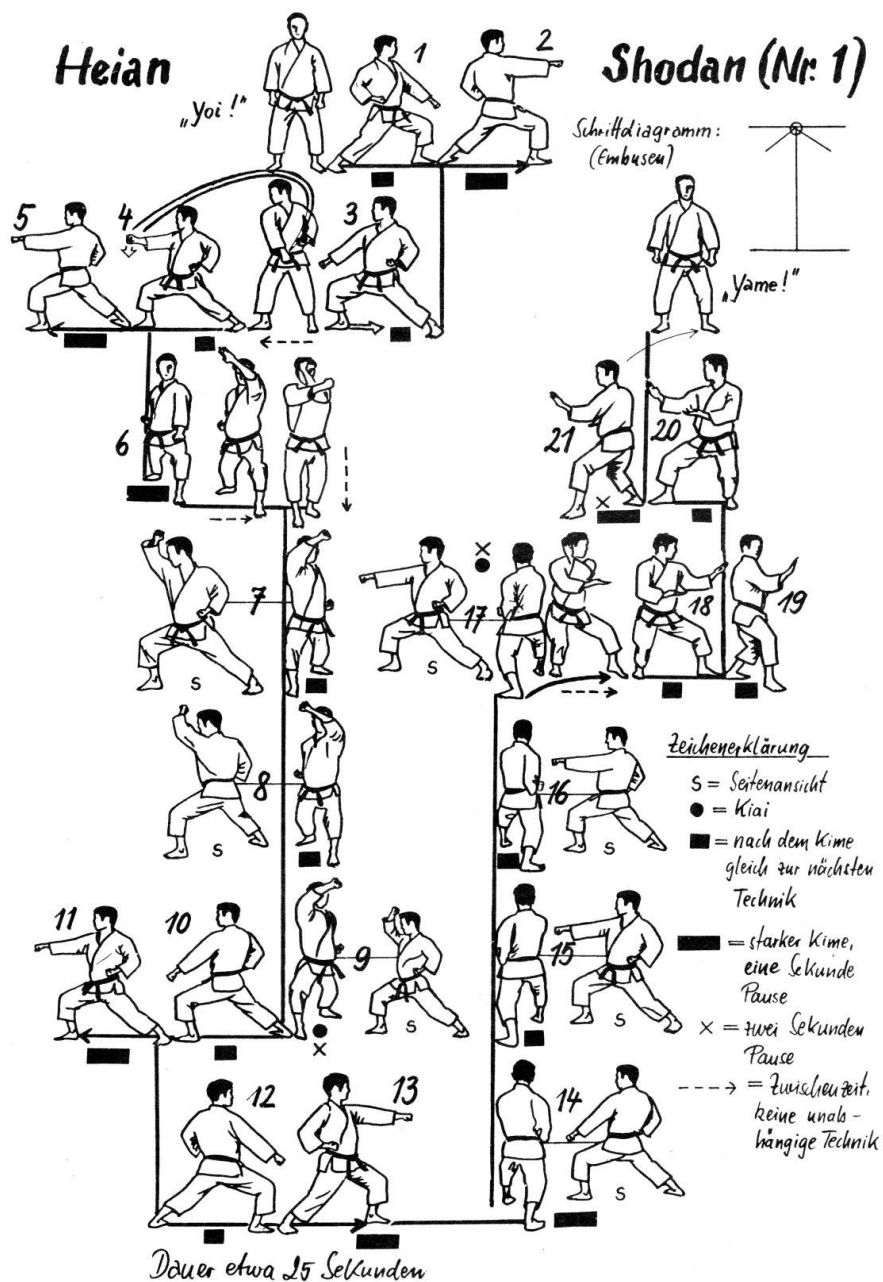
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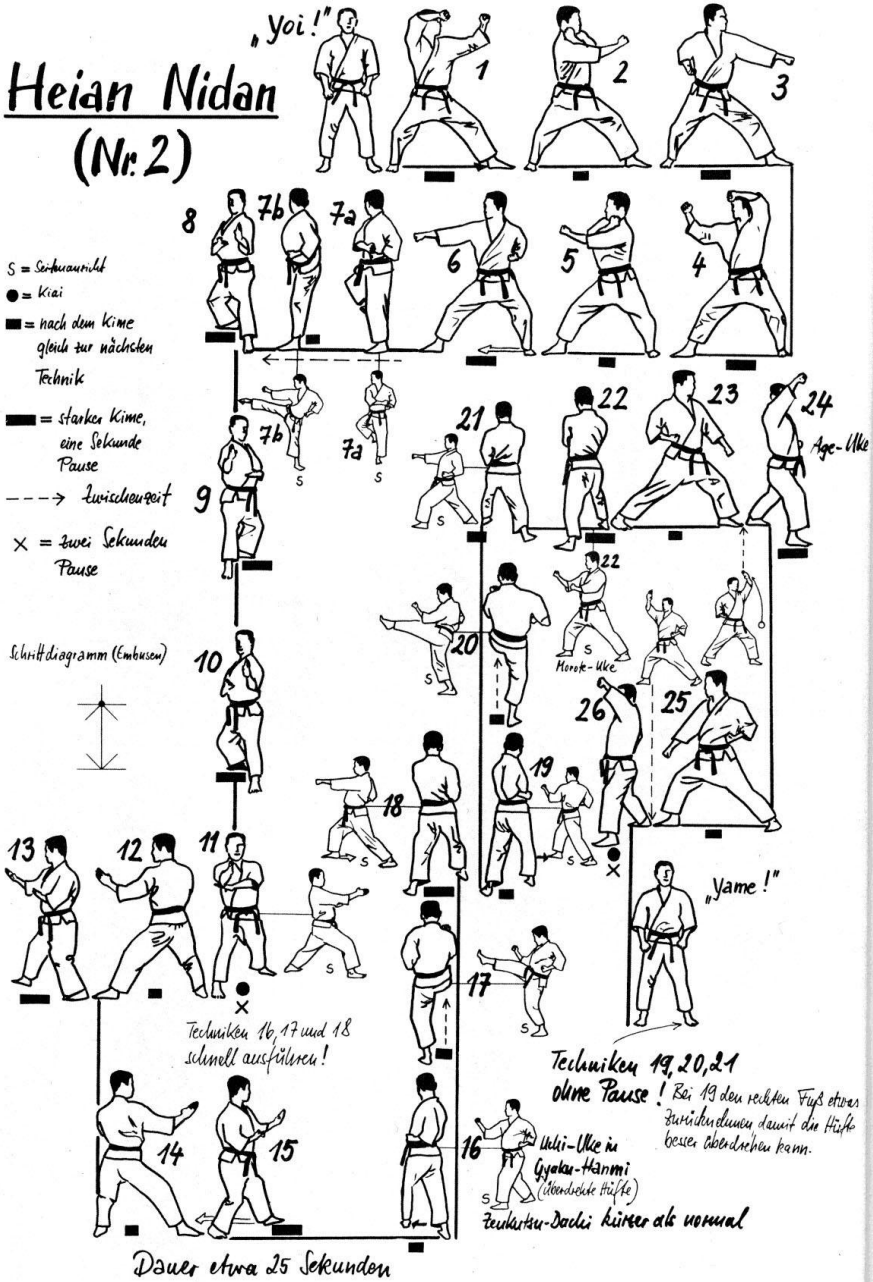
Journal article:

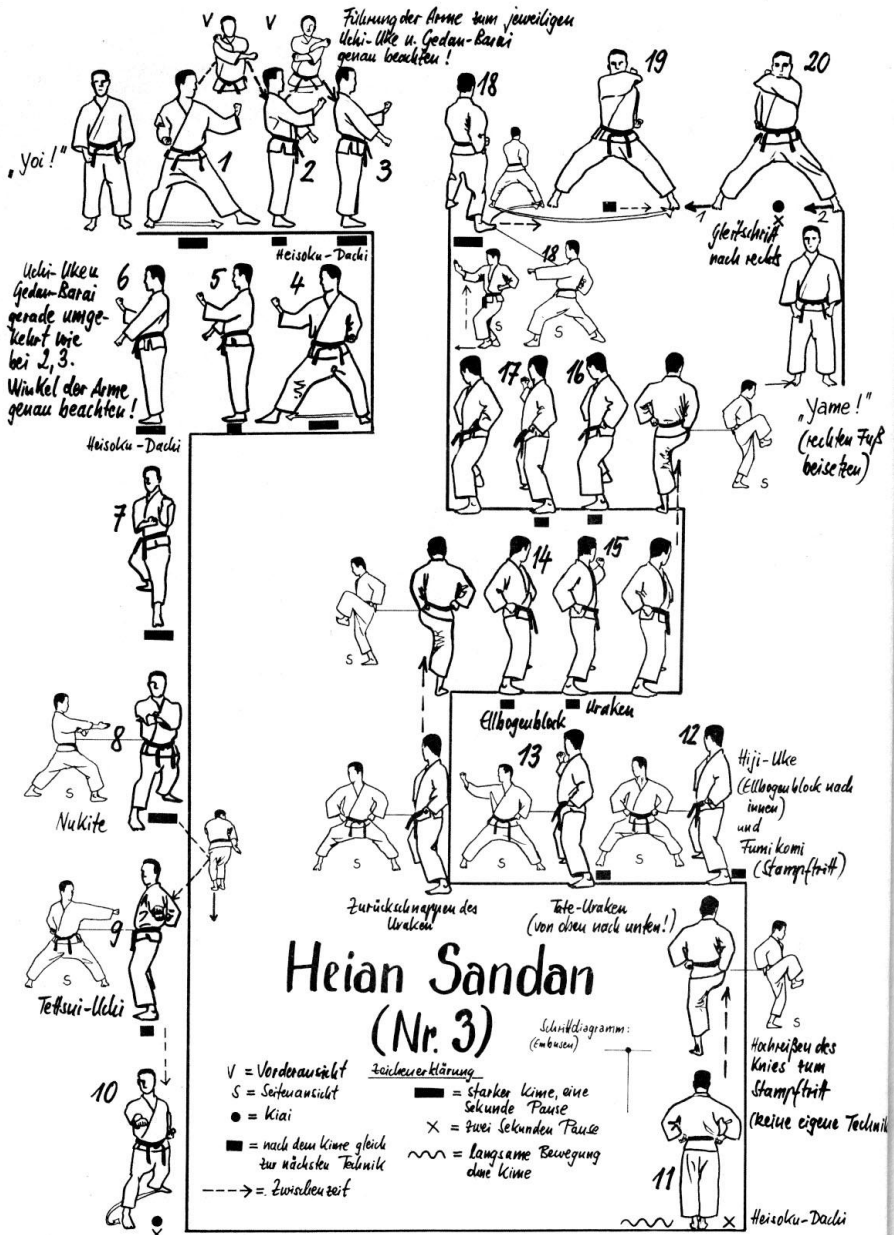
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11. ATTACHED DOCUMENTS:



Heian Nidan (Nr. 2)





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Dauer etwa 25 Sekunden

