

Exploring the Essence of Karate: A Study on Kata Heian Godan

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Abstract: Where there are different branches of martial arts all over the world, karate art is moving ahead by becoming a separate identity among all these martial arts. Karate not only teaches fighting but it is also a means of changing the way of life. Teaches. There are two types of art in karate, first kata and second kumite. Kumite reflects the style of karate in which only fighting and defending oneself is required. So the same kata reflects the soul of karate which is the basic tool, without it karate is completely lacking. Gojo Ryo, Shotokan, Shito-Ryo and Wado-Ryo are prevalent in the branches of karate in the world, the method of doing all the cuts is also different, another where the importance of deep stance is seen in shotokan karate art, then the same shito ryo art short stance is performed. In some katas, such as the gojo rio art katas, hardness has been displayed more during the performance. However, Two Branches of karate art have firmly established their roots in countries like India and Japan, among them shotokan and shito-ryo are prominent. With all of these, a lot of changes are being seen during the performance of kata. Due to which the performance of karate-ka in international and world competitions is being seen and tested with nuances. The purpose of the related research paper is to understand the kata style of shotokan karate art and to provide information about those katas which are used along with kumite. Can act as a defense. In India, karate art is working as a business organization, while Japan has adopted it wholeheartedly, various connoisseurs of this art in India have either abandoned this art, or due to increasing commercialization in karate, they themselves profession has been changed. It is a disaster that there were Indians considered to be the father of another martial art, by whom it was promoted all over Asia, and on one side there is a mafia spread in karate, which is promoting this art from a commercial point of view. Let's see l wkf is also not untouched by this, world karate federation is also karate federation as well as federation of karate business which earns money from karate association of different countries whether it is belt upgradation or annual certification fees of karate association.

Keywords: Karate, Shotokan Karate, World Shotokan Association, Japan Karate Association

1. Introduction

In the first classes of karate, all karateka have to go through a simple phase of basic exercise regularly. This process is of 3 to 4 months, in which basic exercise, punches, kicks, blocks etc. Are included. After that those basic katas the training is started for which karate is known as – kata. This is the basic form of karate art where different steps of another kata tests the mental and physical efficiency of the person, then the same kata is considered the cornerstone of kumite. Basic in the cuts, first of all comes the series of cuts of hein, which is as follows –

Taikyoku Shodan-

- 1) Heian Shodan
- 2) Heian Nidan
- 3) Heian Sandan
- 4) Heian Yondan
- 5) Heian Godan

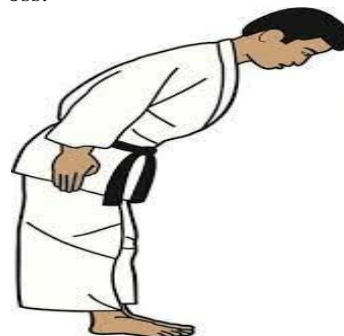
In all of these, taikyokushodan is known as the basic practice kata, which is done at the beginning of karate class. Only after this the series of heian kata begins.

Kata Heian Shodan:

OSS is done before starting the kata, this process can be done by standing in any direction, it would be appropriate that you start the kata by facing East. Do not tighten nor try to apply any kind of force during chudan punch and jodan block, shoto blocks. These processes are the beginning of the initial steps, it would be better to warm up before starting this method so that muscles and body can do heatup.

As a basic exercise, you can do jogging, hand rotation, wrist rotation, hip rotaion, knee rotaion, normal jumping, head rotation etc.

After this, standing on heikodachi / yaw dachi, take a long breath and do oss.



OSSU

After OSS come back to yaw position. See the Below Image:



HeikoDachi / Yaw Position

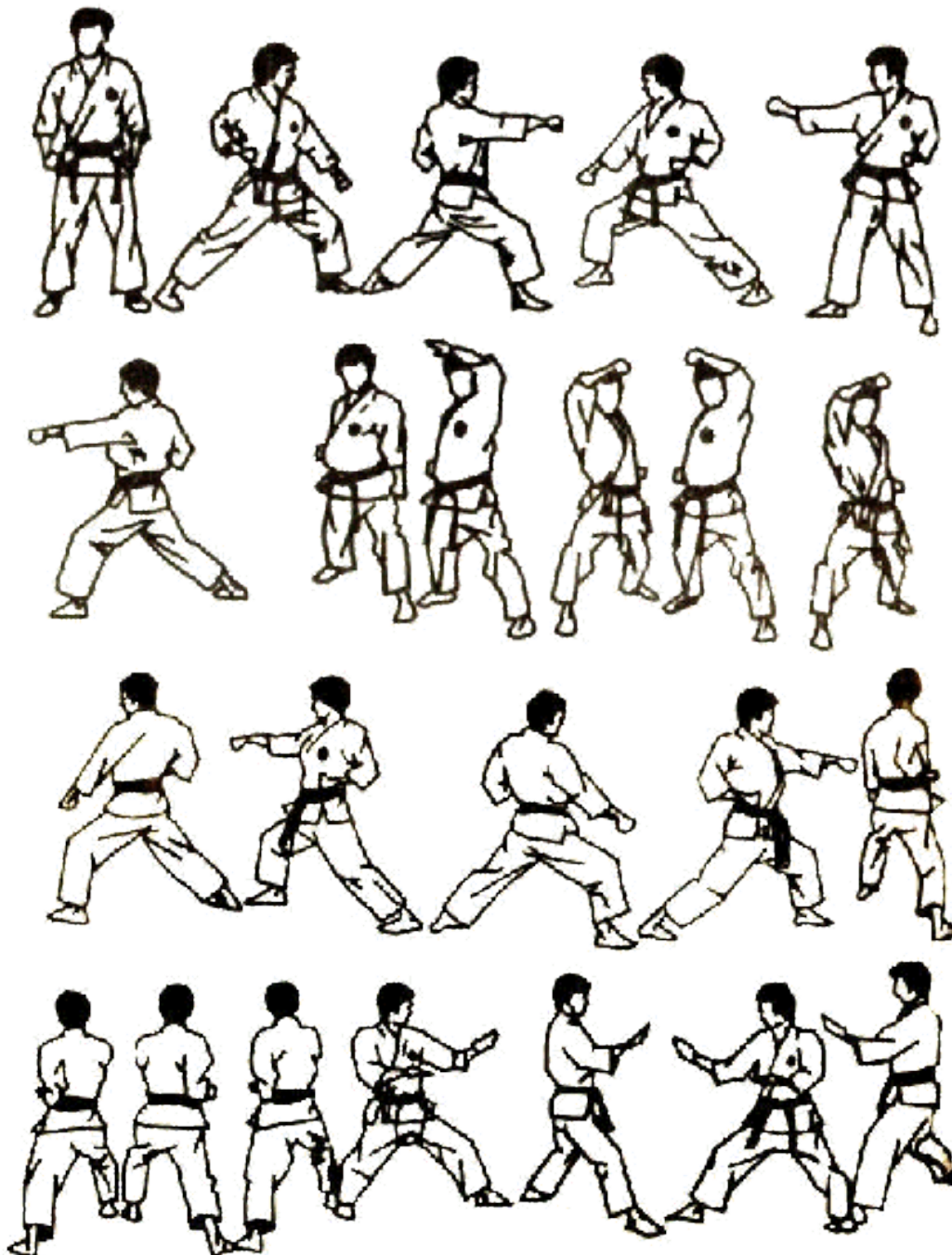
After this, start the kata. Initially, kata will start from the left side, which will have about 23 steps. While doing kata, breathing inhale and exhale is necessary in the right order. After gaidan block, chudanzuki punch in both directions, right and left. Moving up to 90 degrees, do gaidanbry and three jodan blocks. After this, again with gaidan blocks, do chudanzuki punch in two directions, left and right. After this, again moving up to 90 degrees, do three chudanzuki

punches. In the last step during the closing of the kata, block more shots of the left side and the right side. Then stand in the actual position of the kata and oss.

Images of Kata Heian Shodan

First Stanza Finished

It is very important to keep the mind calm while doing kata, so that concentration does not break while doing kata.



The First Kata of Heian Series: See the images and follow the steps

2. Objective

The research paper is related to karate, the purpose of which is not only to understand the branch of karate but also to

study the basic katas of karate. We can divide karate into two parts for convenience, so that even more about this art Curiosity can arise. For this reason, only the kata style of karate has been taken during the research article, as well as it has been done to tell that kumite is not possible without kata in karate, because kumite is not just fighting, but fighting yourself. We also have to defend, for which kata becomes a fundamental basis. In view of the generality of the related

field, only kata style has been shown in the research paper, so that everyone can increase their knowledge to some extent about it. For this related research paper Shotokan art of karate has been added to it, which is one of the most popular arts in the world, as well as taikeshodan has been added as the first kata of Shotokan art, so that series of kata can be added in relation to karate which is divided into more than 20 kata.

3. Research Methodology

The related research paper is being presented on the basis of experimental and observation, for which various karatekas have been seen performing, the purpose of the research paper has been limited only to the first kata, due to which the study of the first kata is in this research paper. Although an attempt has been made to include the kumite portion in some areas, it is limited to providing information.

4. Conclusion

Kata is mainly the soul of karate and the body is kumite, by which only a karate player can be considered fully knowledgeable of karate. Therefore, along with the knowledge of kata in karate, knowledge of kumite style is also necessary. According to it, it is mandatory for a good karateka to take training of kata along with kumite, but at the time of preparation for various karate championship, different karate-ka only and only take training of either kata or kumite and it goes on progressing with time. Commercialization of karate has been seen the most in the 21st century in the case of India, which has become a place of recovery for wkf, it is not so in the case of Japan, karate even today in Japan it is seen as a worshipable method which is very interesting.

Looking at the future, there is a need to give more emphasis on the subject of karate in India so that this art can be made stain free. Including, looking at the corruption prevailing in karate, India's own martial art kallariattu, and silambam is becoming a better alternative to it, which is a pure Indian art, whose basic requirement is Indian, neither of these arts there is no need of trade mark nor any foreign dress. India has always been considered the land of revolutionaries and heroes, due to which a spark is required to give birth to a new martial art in this country, in what form is that spark displayed? It remains to be seen but looking into the future, the time has come for the need to work for the study of other martial arts in India apart from karate style.

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