

Advanced Kata of the Month:

Bassai Dai



shuhari
institute 

“Penetrate a Fortress (Major)” 拔塞大

While the history of Bassai's development in Okinawa remain elusive, the Shotokan version has clearly been styled as a showcase of power and strength. Its dominant theme is hip rotation and this is seen dramatically throughout the kata with many dynamic blocks and strikes. The techniques are straightforward, but further study is necessary to understand their practical applications. Variations of Bassai are practiced in many other styles of karate.