

Advanced Kata of the Month:

Jion



shuhari
institute 

“Mercy of the Temple” 慈恩

Jion is one of a family of three kata (including Jutte and Jiin) that share similar yoi positions, embusen, and techniques. The kata is straightforward with techniques that are seen in the Heian and Tekki kata - all performed in either zenkutsu or kiba dachi. Jion provides an advanced platform to solidify basic karate principles.