

SEIPAI

In Seipai there are many moves that can be interpreted differently. Do not be bound by a single application, but use your imagination and find many applications for each move. This kata emphasizes changing speeds, both fast and slow. Make several sequences into a unit. Combine techniques to form the applications. The theme for Seipai is the variation of techniques.

1. Ready posture facing North
2. LF slowly steps back into 90 degree shiko dachi (body faces W, head faces N).
 - At the same time, LH circles clockwise, up/forward -then-down/middle (e.g., grabbing and pulling in), stopping at solar plexus (fingers pointing up, thumb facing in).
 - At the same time, RH pulls back to left chest/shoulder (hand in shuto position, thumb near shoulder blade, arm bending at elbow), then straighten elbow to strike shuto so fingers point slightly down.?
 - Stance and hands finish movement at the same time.
3. LF forward into left sanchin dachi facing N, hands clasp together in front of body, rotate hands counterclockwise and out until RH on top with RH punching towards NW
4. RF forward into right sanchin dachi facing N, hands remain clasped, rotate hands clockwise until LH on top, LH punching towards
5. RF slides forward into 45 degree shiko dachi (RF points N, LF point W), keeping hands clasped, right elbow strike up (elbow at shoulder height, hands clasped in front of solar plexus, RH on top). Right elbow and eyes pointing NE.
6. LF steps forward into (kokutsu dachi)
 - Slide left hand down right onto low block
 - At the same time, RH draws back to right shoulder, palm down,
7. Without changing stance, LH slowly blocks (LH circles counterclockwise palm up until fingers point up 45 degrees)
 - Pivot hips quickly to left zen kutsu dachi body/head facing N.
 - At same time, LH pulls back into chamber (palm up), RH shuto uchi with speed.
8. RF mae geri (N) with speed (hands don't move, they stay in position).
 - After kick, RF steps back into shiko dachi (stance faces E, eyes face N). As the stance finishes, box block and pull across body
 - LH riken with speed.
9. Pivot clockwise on LF into RF neko dachi facing S. At the same time, LH goes under right elbow (fist closed, knuckles out) Right in middle block
 - Slowly do a low block then a middle block, grab
10. Pivot clockwise on RF to face NW in RF sanchin dachi.?
 - At the same time LH circles counterclockwise 360 degrees (above and then under shoulder) then pulls back into chamber
 - At the same time, RH closes into fist, right forearm circles down to just below chest level.

11. Pivot/spin on LF counterclockwise into RF sanchin dachi facing SE.
 - At the same time, LF opens and circles counterclockwise face high then pulls into chamber open hand, palm up.
 - At the same time, RH circles clockwise up-then-down (rotate shoulder), into finger tip strike to groin (fingers stay straight, don't bend).
12. LF takes sliding step toward SE corner into natural stance.
 - At the same time, both hands circle clockwise until RH strikes chin level with palm heel push and LF does low block
13. RF steps 180 degrees toward SE corner into shiko dachi (eyes look SE, body faces NE).
 - At the same time, hands form RH on top near heart, LH underneath, both forearms parallel to floor, vertically separated by about a head's length.
14. RF quickly sweeps up to left knee, pull both hands to chamber, return to very low shiko dachi stance, double strike down towards floor with both fists, KIAI.
15. RF quickly steps back 180 degrees towards NW corner into shiko dachi (eyes look SE, body faces SW), LH gedan, RH in closed chamber.
16. The next four steps mirror the last four. RF takes sliding step towards SW corner (eyes look SW, body faces SE)
 - At the same time, both hands circle clockwise until LH strikes chin level with palm heel push and RF does low block.
17. LF steps 180 degrees toward SW corner into shiko dachi (eyes look SW, body faces NW).
 - At the same time, hands form open hand, LH on top near right chest, RH underneath, both forearms parallel to floor, vertically separated by about a head's length.
18. LF quickly sweeps up to right knee, pull both hands to chamber, return to very low shiko dachi stance, double strike down towards floor with both fists KIAI.
19. LF quickly steps back 180 degrees towards NE corner into shiko dachi (eyes look SW, body faces SE), RH gedan, LH in closed chamber.
20. RF crosses in front of left, plants, pivot on RF, and pull LF into left neko dachi facing N
 - At same time, both arms circle together counterclockwise into RH hook and LH middle block. (looks like U block)
21. RF takes long sliding step in front of left, LF drags behind right into cross step stance facing N
 - At same time, both arms circle together counterclockwise into LH hook and RH middle

22. Without stepping, pivot counterclockwise 270 degrees into left sanchin dachi and block left roundhouse, Finish stance and block at the same time.

- Pivot hips clockwise so body is facing S but eyes look E, LH low block
- Without moving, LH riken, fast.
- Pivot back so body faces E, RH middle block, LH back to chamber.
- Keeping hands in position, RF mae geri,
- RF steps back 180 degrees into shiko dachi (body faces S, eyes look E), LH low upper cut RH is in middle of chest with fingers up.

23. Keeping RF planted, move LF partially up into right sanchin dachi and block right knife hand block and grab, Finish stance and block at the same time.

- Pivot hips counterclockwise so body is facing S but eyes look W, RH low block closed fist,
- Without moving, RH riken, fast.
- Pivot back so body faces W, LH middle block, RH back to chamber.
- Keeping hands in position, LF mae geri, fast.
- LF steps back 180 degrees into shiko dachi (body faces S, eyes look W), RH low uppercut, LH is in middle of chest with fingers up.

24. LF steps S (directly S of right foot), pivot 90 degrees to face N, drag right foot into right neko dachi, both hands in ninoji (open handed box block) position with right hand on top. Eyes look N and straight ahead (don't look down).

25. RF steps back into left neko dachi, hands grab, rotate clockwise, and strongly pull into body.

26. Without changing stance, both hands circle outward, RH tetsui into left palm with power (envision opponent on back and striking the sides of the head with your hands).