



Bassai Dai

Bassai-dai means “to extract from a fortress” and suggest to breaking through the enemy's defences by shifting and finding the weak points. Bassai-dai is the second of two Bassai kata but is usually taught before Bassai-sho because of its similarity to the Heian kata. Originally called Passai, it was performed mainly in Tomari and Shuri. Bassai-dai is a shorin kata.

The major points are hip rotation, forcefulness, strong spirit and overflowing power; disadvantage must be changed to advantage. There are 42 movements, which should take about 60 seconds to perform.

Preparation

- attention stance
- bow
- state the name of the kata: "Bassai Dai"
- set by cupping the right fist in the left hand at the lower level in the centre of the body

1. Continue to look straight ahead (north). Begin to lean forward slightly. After a slight pause, pick the right knee up to the chest and bring the hands (fist still cupped) up to the chest head. Step forward with the right leg into crossed leg stance (left leg moving up behind the right) and execute a reinforced middle level inside block with the right hand. The left hand is open, supporting the inner right forearm with the tips of the fingers close to the base of the palm. The hips should finish in the half front facing position.
2. Look over your left shoulder to the south. Step out with the left leg into front stance in the direction that you are looking. Execute a middle level inside block with the left hand. The hips should finish the inside block in the half front facing position. Follow that technique with a middle level reverse inside block with the right hand. The hips should finish the reverse inside block in the reverse half front facing position (use of hip counter rotation method).
3. Look over your right shoulder to the north. Step with the right leg into front stance facing the north. Execute a middle level reverse outside block with the left hand. The hips should finish the outside block in the reverse half front facing position. Follow that action with a middle level inside block with the right hand (finishing with the hips in the half front facing position).
4. Look over the right shoulder to the east. Bring the right leg back to the left and pivot 90-degrees to your right (so that the shoulders are square to the east). Keep the knees bent with the back straight and perform a lower level scooping



block with the right hand. As you come up in height, step out with the right leg into front stance (stomp) and execute a middle level outside block with the right hand. The hips should finish the outside block in the half front facing position. Remaining in front stance, execute a middle level reverse inside block with the left hand. The hips should finish the inside block in the reverse half front facing position.

5. Look over the left shoulder to the north. Draw the left foot back into a natural stance (facing the north). Simultaneously pull the fists to the right hip as if setting for a back fist strike with the right hand (cup and saucer position, right hand on top of the left).
6. Continue looking north. Execute a middle level vertical knife hand sweeping block with the left hand (slowly). The hips remain square to the front.
7. Continue looking north. Perform a middle level straight punch with the right hand. Snap the hips on the punch. Set for inside block with the right hand under the left. Turn the feet to the left into a narrow and shallow front stance (heels on the same line). As you shift into the front stance, execute a middle level reverse inside block with the right hand to the north. Square the hips to the west on the inside block.
8. Execute a middle level straight punch with the left hand, returning to natural stance (and squaring the hips to the front). Set for inside block with the left hand underneath the right. Turn the feet to the left in a narrow and shallow front stance. Perform a middle level reverse inside block with the left hand to the north. Square the hips to the west on the inside block. Bring the right foot to the left, setting for a knife hand block with the right hand on top of the left. You should continue to look in the north direction for the entire movement.
9. Continue looking straight ahead (north). Step out with the right leg into back stance and execute a middle level knife hand block with the right hand. The hips should finish the knife hand block in the half front facing position.
10. Continue looking straight ahead (north). Step out with the left leg into back stance and execute a middle level knife hand block with the left hand. The hips should finish the knife hand block in the half front facing position.
11. Continue looking straight ahead (north). Step out with the right leg into back stance and execute a middle level knife hand block with the right hand. Immediately follow that by stepping back into back stance with the right leg and execute a middle level knife hand block with the left hand. The hips should finish the knife hand blocks in the half front facing position.
12. Continue looking to the north. Step out with the left leg into front stance. Move the right hand up from the solar plexus with the palm open and facing the body. As it passes the left hand, turn the right palm out to the front and pull it down towards the middle level. The left hand should move with the right after the right hand passes it. Both hands are open with the fingers together and the thumbs extended out. The left hand should move and finish beside the right with the fingers pointing at the base of the right hand and the thumb at the right



- forearm. Keep both wrists straight for the entire action. The hips should finish in the reverse half front facing position.
13. Continue looking to the north. Pick the right knee up between the arms (holding their previous position). Pivot to the left 90-degrees on the left foot and execute a lower level side thrust kick to the north with the right leg. As you perform the kick, pull the hands to the right hip. Kiai on the thrust kick. Look over the left shoulder to the south and set for knife hand block with the left hand on top. Step back with the right leg into back stance and execute a middle level knife hand block with the left hand. The hips should finish the knife hand block in the half front facing position.
 14. Continue looking to the south. Step forward with the right leg into back stance and execute a middle level knife hand block with the right hand. The hips should finish the knife hand block in the half front facing position.
 15. Continue looking to the south. Draw the right foot back to the left assuming an attention stance. As you draw the foot back, bring both hands to the lower level, thumbs and index fingers touching. Pick the right knee up to the chest and simultaneously bring both arms up as if performing a double rising block. The knuckles should be touching each other. Bring the hands apart quickly as if tearing a paper. Step forward with the right leg into front stance and execute a middle level scissor punch. Slide forward in front stance and execute a middle level straight punch with the right hand. The hips should be in the full front facing position for the entire action. (Please note that this action is described differently than that performed by either the JKA or SKIF derived organizations)
 16. Look over the left shoulder to the north. Step across with the left leg into front stance to the north and execute a lower level spear hand strike (palm facing up) to the lower level with the right hand. The left hand comes up beside the face (as if setting for a knife hand block). Square the hips to the front on the spear hand strike (use of hip rotation method).
 17. Continue looking to the north. Slowly bring the left foot back to the right assuming an attention stance position (shoulders are square to the east). Execute an upper level inside block with the right hand (to the rear) and a lower level downward block with the left hand (to the front), moving the hand and foot together. The hips should finish square to the east.
 18. Continue looking to the north. Pick the right knee up to the chest and pivot on the left leg 180-degrees counterclockwise to the right, recovering by assuming a horse stance with the right leg stepping to the north. As you pivot, set for downward block with the right hand on top of the left, and as you stomp down into the horse stance simultaneously execute a lower level downward block with the right hand to the north.
 19. Look over your left shoulder (to the south). Set for backhand block by bringing your left hand under your right armpit and pointing your right hand in the direction you are looking. Both hands are in knife hand position. Perform a



- middle level sweeping backhand block with the left hand (slowly). Pull the right fist to the right hip as you perform the block.
20. Continuing to look to the south, execute a middle level crescent kick with the right leg (making contact with the extended left hand - hand does not move from previous position). On the recovery portion of the kick, step down with the right leg into horse stance and execute a middle level elbow smash with the right elbow (pulling the left hand to the right elbow). The elbow strike finishes in front of the body. Hips should finish square to the east in the horse stance.
 21. Execute a lower downward block with the right hand (the left fist finishes beside the right elbow, no setting action). Execute a lower level downward block with the left hand (the right fist finishes beside the left elbow, no setting action). Immediately following the completion of the previous motion, execute another lower level downward block with the right hand (the left fist finishes beside the right elbow, no setting action).
 22. Look over the right shoulder to the south. Step out with the right leg into a narrow front stance (to the south, heels on the same line), set in the cup and saucer position on the left hip (right hand on top of the left), and execute a mountain punch (right hand low, left hand high). Hips finish facing to the side.
 23. Continuing to look to the south, draw the right foot back to the left, assuming attention stance (hips and shoulders facing south). The fists are on the right hip in the cup and saucer position with the left hand on top. Sharply raise the left knee to the chest and step/stomp forward with the left leg into a narrow (no width) front stance executing a mountain punch (left hand low, right hand high). Hips finish facing to the side.
 24. Continuing to look to the south, draw the left foot back to the right, assuming attention stance (hips and shoulders facing the south). The fists are on the left hip in the cup and saucer position (right hand on top of the left). Sharply raise the right knee to the chest and step/stomp forward with the right leg into a narrow front stance executing a mountain punch (right hand low, left hand high). Hips finish facing to the side.
 25. Look over the left shoulder to the north. Pivoting on the right foot, bring the left foot around into a narrow front stance (head facing the north, stance facing the west) as you move the right arm straight up to the ceiling. Execute a lower level scooping block with the right hand. As the hand reaches the middle level, bend the elbow to the left shoulder and then sharply execute a back fist strike (finishing with the fist pointing straight ahead). The hips finish square to the west.
 26. Continue looking to the north. Shift into a front stance facing the east (right leg forward, narrow), raising the left arm straight up to the ceiling. Execute a lower scooping block with the left hand, sharply turning into a back fist as in the previous movement. The hips finish square to the east.
 27. Look to the northeast. Bring the left leg to the right, setting for knife hand block with the right hand on top. Step out with the right leg into back stance to the



- northeast and execute a middle level knife hand block with the right hand. The hips finish the knife hand block in the half front facing position.
28. Keeping the hands in knife hand block position, look over the left shoulder to the northwest. Shift the right foot over to the southeast, assuming a back stance with the right leg serving as the front leg of the stance (continue to look towards the northwest). The hips remain in the half front facing position.
 29. Continue looking to the northwest. Bring the right foot to the left, setting for knife hand block with the left hand on top. Step out with the left leg into back stance and execute a middle level knife hand block with the left hand. Kiai on the knife hand block. The hips should finish the knife hand block in the half front facing position.
 30. Look over the right shoulder to the north. Bring the left foot back to the right, assuming attention stance. Cup the right fist in the left hand at the lower level.

- assume attention stance by bringing your right leg to your left
- bow
- step out with your right leg into natural stance