



## Enpi

Enpi (pronounced Empi) means flight of the swallow.

This shorin kata was practiced mainly in Tomari (until the Meiji Restoration, when it spread to Shuri and Naha); it was formerly known as Wansu or Wanshu (after a Chinese martial artist on Okinawa). Yasutsune Itosu made significant revisions to the original kata. The name was changed by Gichin Funakoshi.

The main points high and low body position and light, quick movements (speed). There are 37 movements, which should take about 60 seconds to perform.

### Preparation

- attention stance
  - bow
  - state the name of the kata: "Empi"
  - bring the toes together and bring the fists to the left hip, the right hand in vertical fist position covered by the left hand in knife hand position (fingers straight and pointing to the front)
1. Look to the northeast. Step with the left leg directly to the west and drop the right knee within one inch of the ground (feet are on the same line, shoulders are square to the west). As you drop the right knee, execute a lower level downward block with the right arm to the northeast. The left forearm should be resting against the solar plexus.
  2. Look to the north. Sharply stand up, facing the north, assuming a natural stance. As you stand up, bring the fists to the left hip in the cup and saucer position with the right fist on top of the left.
  3. Look over the right shoulder to the east. Step with the right leg into front stance facing the west. Execute a lower level downward block with the right hand to the west (no set, straight from the left hip).
  4. Look to the north. Shift into horse stance facing the north. Execute a middle level hook punch with the left hand.
  5. Continue to look to the north. Step out with the left leg into front stance and execute a lower level downward block with the left hand. Execute an upper level rising punch with the right hand. Open the right hand, so that the fingers are together and the palm is facing down. Raise the right knee to the chest as if performing a knee strike. Step forward with the right leg into a low crossed leg stance and execute a lower level straight punch with the left hand (shoulders and hips should be square to the north) while setting with the right hand on top



- as if performing a downward block. Step out with the left leg into a long, low front stance to the south (continuing to look over the right shoulder to the north). Execute a lower level downward block with the right hand to the south, while continuing to lean to the south (lean at the waist so that the back and back leg are in line with each other). Look over the left shoulder to the south. Shorten the front stance slightly (so that it is now at the normal length) by shifting the front foot back and execute a lower level downward block to the south with the left hand.
6. Continue to look to the south. Execute an upper level rising punch with the right hand. Open the right hand, so that the fingers are together and the palm is facing down. Raise the right knee to the chest as if performing a knee strike. Step forward with the right leg into a low crossed leg stance and execute a lower level straight punch with the left hand (shoulders and hips should be square to the south) while setting with the right hand on top as if performing a downward block. Step out with the left leg into a long, low front stance to the north (continuing to look over the right shoulder to the south). Execute a lower level downward block with the right hand to the south, while continuing to lean to the north (lean at the waist so that the back and back leg are in line with each other). Look over the left shoulder to the north. Shorten the front stance slightly (to normal length) and execute a lower level downward block to the north with the left hand.
  7. Continue to look to the north. Slowly lift the left knee to the chest and describe an arc at the upper level with the left hand. Slowly step out into horse stance with the left leg making a circular motion with the leg (stance facing the north). The left elbow should finish at a 90-degree angle even with the shoulder. The hand should be in knife hand position with the palm facing the body. For the entire movement, the eyes should follow the movement of the left hand.
  8. Continue to look at the extended left palm. Bring the right foot behind the left knee and execute an elbow smash to the palm (keeping the fist pointing to the ceiling). Kiai on the elbow strike.
  9. Look to the north. Step out with the right leg into horse stance facing the north. As you step out, slowly execute a middle level sweeping vertical knife hand block with the left hand, pulling the right hand to the right hip. Execute a middle level straight punch with the right hand followed by a middle level straight punch with the left hand (double action).
  10. Look over the left shoulder to the west. Step out with the left leg into front stance (to the west) and execute a lower level downward block. Execute an upper level rising punch with the right hand. Step forward with the right leg into back stance and execute a middle level knife hand block with the right hand. Draw the right foot back to the left and step out with the left leg into back stance. Execute a middle level knife hand block with the left hand as you step out. Remaining in back stance execute a middle level reverse punch with the right hand (to the west). Step forward with the right leg into back stance and



- execute a middle level knife hand block with the right hand. Look over the left shoulder to the east. Step out (180-degree turn) with the left leg into front stance to the east and execute a lower level downward block with the left hand.
11. Continue to look to the east. Execute an upper level rising punch with the right hand. Open the right hand, so that the fingers are together and the palm is facing down. Raise the right knee to the chest as if performing a knee strike. Step forward with the right leg into a low crossed leg stance and execute a lower level straight punch with the left hand (shoulders and hips should be square to the east) while setting with the right hand on top as if performing a downward block. Step out with the left leg into a long, low front stance to the west (continuing to look over the right shoulder to the east). Execute a lower level downward block with the right hand to the east, while continuing to lean to the west (lean at the waist so that the back and the back leg are in line with one another). Look over the left shoulder to the west. Shorten the front stance slightly (to normal length) and execute a lower level downward block to the west with the left hand.
  12. Look over the right shoulder to the northwest (45-degrees to the front). Slowly execute an upward palm heel block with the right hand to the middle level (to the northwest).
  13. Look over the right shoulder to the north. Bring the right foot to the left, squaring the hips and shoulders to the north. As you step, execute a middle level upward palm block with the left hand and a downward palm block with the right hand to the lower level. Step forward with the right leg into front stance (to the north). As you step forward, simultaneously execute a middle level upward palm block with the right hand and a downward palm block with the left hand to the lower level. Start these movements quickly and decelerate throughout the motion.
  14. Continue to look to the north. Step forward with the left leg into front stance (to the north). As you step forward, slowly execute a middle level upward palm block with the left hand and a downward palm block with the right hand to the lower level. Start these movements quickly and decelerate throughout the motion.
  15. Continue to look to the north. Step forward with the right leg into front stance (to the north). As you step forward, slowly execute a middle level upward palm block with the right hand and a downward palm block with the left hand to the lower level. Start these movements quickly and decelerate throughout the motion.
  16. Continue to look to the north. Slide forward into back stance (with the right leg forward) and execute a lower level downward block with the right hand, pulling the left hand to the hip.
  17. Continue to look to the north. Shift forward into horse stance and execute a lower level palm heel block with the right hand and bring the left hand to the upper level in a position similar to that of a rising block. The right hand is open



- with the fingers together, the thumb sticking out, and the back of the hand facing the head.
18. Look over the left shoulder to the south. Pivot 180-degrees and execute a 180-degree jump to the south, all on the left leg. As you jump bring both knees to the chest, look over the left shoulder to the north and set for knife hand block with the right hand on top. Land in back stance (left leg back), with the feet landing simultaneously. As you land, execute a middle level knife block with the right hand and kiai.
  19. Continuing to look to the north, step back with the right leg into back stance and execute a middle level knife hand block with the left hand to the north.
  20. Continue to look to the north. Draw the right foot back to the left, assuming an attention stance. The fists are in the initial position described in the preparation section.

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