



Jion

The meaning of Jion (sometimes spelled Gion) is not clear. This shorei kata may be named after a Chinese monk who visited Okinawa; there are also temples by this name in Japan and China. And, there is a well-known Buddhist saint named Jion. The name of this kata has not been changed. Jion was originally practiced in Tomari. A version of this kata is also practiced in Wado-ryu karate.

In keeping with the Buddhist connotations of the name, the kata should be practiced calmly, precisely and strongly. This kata is demonstrated by Tanaka Sensei in the Best Karate series.

The main points are calm, forceful movements, with a fierce fighting

Preparation

- attention stance
 - bow
 - state the name of the kata: "Jion"
 - bring the heels and toes together and cup the right fist in the left hand in front of the chin (top of hands even with the chin) with the elbows pointing out to the sides of the body at a 45-degree angle
1. Continue to look to the north. Step back with the left leg into front stance. Execute a simultaneously middle level inside block with the right hand and a lower level downward block with the left hand.
 2. Look over the left shoulder to the northwest (45-degree angle to the front). Step forward with the left leg into front stance to the northwest (45-degree angle to the front) and execute a middle level wedge block, reducing speed as you move forward.
 3. Continue to look straight ahead to the northwest. Execute a middle level front snap kick with the right leg. Recover by stepping forward with the right leg into front stance. Execute a middle level straight punch with the right hand (from the wedge block position), a middle level reverse punch with the left hand and a middle level straight punch with the right hand.
 4. Look over the right shoulder to the northeast. Step with the right leg into front stance to the northeast and execute a middle level wedge block, reducing speed as you move forward.
 5. Continue to look straight ahead to the northeast. Execute a middle level front snap kick with the left leg. Recover by stepping forward with the left leg into front stance. Execute a middle level straight punch with the left hand (from the



- wedge block position), a middle level reverse punch with the right hand and a middle level straight punch with the left hand.
6. Look over the left shoulder to the north. Step across with the left leg into front stance facing the north and execute an upper level rising block with the left hand. Prior to performing the rising block the left hand, be sure to set by performing an openhanded rising block with the right hand first. Execute a middle level reverse punch with the right hand.
 7. Continue to look straight ahead to the north. As a setting action, execute an upper level openhanded rising block with the left hand. Step forward with the right leg into front stance and execute an upper level rising block with the right hand. Execute a middle level reverse punch with the left hand.
 8. Continue to look straight ahead. As a setting action, execute an upper level openhanded rising block with the right hand. Step forward with the left leg into front stance and execute an upper level rising block with the left hand. Step forward with the right leg into front stance and execute a middle level lunge punch with the right hand. Kiai on the lunge punch.
 9. Look over the right shoulder to the east. Execute a 270-degree turn to the east (pivoting counterclockwise to the left) and step out with the left leg into back stance facing the east. Simultaneously execute an upper level inside block with the right hand to the rear (elbow bent 90-degrees and even with the shoulder) and a lower level downward block with the left hand to the front.
 10. Look to the south. Pushing off the right foot, slide to the left into horse stance and execute a middle level hook punch with the right hand.
 11. Look over the right shoulder to the west. Shift into back stance facing the west and execute a simultaneous upper level inside block with the left hand to the rear and a lower level downward block with the right hand to the front.
 12. Look to the south. Pushing off the left foot, slide to the right into horse stance and execute a middle level hook punch with the left hand.
 13. Continue looking to the south. Step forward (to the south) with the left leg into front stance and execute a lower level downward block with the left hand.
 14. Continue to look to the south. Step forward (to the south) with the right leg into horse stance and execute a middle level palm heel strike with the right hand. Hand and foot move together.
 15. Continue to look to the south. Step forward (to the south) with the left leg into horse stance and execute a middle level palm heel strike with the left hand. Hand and foot move together.
 16. Continue to look to the south. Step forward (to the south) with the right leg into horse stance and execute a middle level palm heel strike with the right hand. Hand and foot move together.
 17. Look over the left shoulder to the west. Step with the left leg into back stance facing the west (pivoting 270-degrees on the right leg to the left). Execute a simultaneous upper level inside block with the right hand to the upper level and a lower level downward block with the left hand to the front.



18. Continue to look to the west. Bring the right leg to the left into attention stance (stance facing the north, head facing the west) and execute an upper level augmented block with the left hand to the west. The right fist is supporting the left forearm.
19. Look over the right shoulder to the east. Step out with the right leg into back stance facing the east. Execute a simultaneous upper level inside block with the left hand to the rear and a lower level downward block with the right hand to the front.
20. Continue to look to the east. Bring the left leg to the right into attention stance (stance facing the north, head facing the east) and execute an upper level augmented block with the right hand to the east. The left fist is supporting the right forearm.
21. Look to the north. Remaining in attention stance, slowly cross the hands in front of the body, making a wide circular motion and bring both of them to the lower level at the sides of the body while decelerating (pointing 45-degrees to the floor). The knuckles should be facing out to the sides rather than forward.
22. Continue to look to the north. Raise the right leg to the chest while pulling the fists to the hips and drive forward, stepping into crossed leg stance with the left leg moving up behind the right. Execute a lower level X-block to the north (directly in the centre of the body) with the right arm inside the left.
23. Continue to look to the north. Step back with the left leg into front stance and execute a crossed arm low block as described above. This time however, move quickly.
24. Continue to look to the north. Step forward into front stance with the left leg and execute a double inside block. Set by bringing the left hand to the inside of the right.
25. Continue to look to the north. Step forward with the right leg into front stance. Execute a high bottom fist strike (outside in motion, knuckles pointing down), setting as if performing a downward block with the left hand. Extend the left hand as if performing a bottom fist strike and draw the right hand back as if performing outside block and execute a close punch with the right hand to the upper level. The left fist finishes underneath the right elbow. Please note that this movement is different than that performed by most JKA derived organizations.
26. Look over the right shoulder to the east. Perform a 270-degree turn, pivoting on the right leg to the left and stepping with the left leg. Step out with the left leg into front stance and execute a middle level inside block with the left hand.
27. Continue to look to the east. Step forward with the right leg into front stance and execute a middle level lunge punch with the right hand.
28. Look over the right shoulder to the west. Step with the right leg into front stance (pivoting on the left leg, stepping to the right) facing the west. Execute a middle level inside block with the right hand.



29. Continue to look straight ahead to the west. Step forward with the left leg into front stance and execute a middle level lunge punch with the left hand.
30. Look over the left shoulder to the south. Step with the left leg into front stance (to the south) and execute a lower level downward block with the left hand.
31. Continue to look to the south. Pick the right knee up to the chest and extend the right arm nearly straight up with the fist pointing to the ceiling. Step/stomp down with the right leg into horse stance (stance facing the west, head facing the south) and execute a middle level falling block with the right arm. The arm finishes in a position so that it is parallel to the ground with the fist in a vertical position that is pointing in the same direction as the knees. Do not raise the knee until you have pivoted the hips square to the south first.
32. Continue to look to the south. Pick the left knee up to the chest and extend the left arm above the body. Step/stomp down with the left leg into horse stance (stance facing the east, head facing the south) and execute a middle level falling block with the left arm.
33. Continue to look to the south. Pick the right knee up to the chest and extend the right arm above the body. Step/stomp down with the right leg into horse stance (stance facing the west, head facing the south) and execute a middle level falling block with the right arm.
34. Look over the right shoulder to the west. Step 270-degrees to the left with the left leg into attention stance. Set with the right hand at the upper level extended to the west (as if grabbing something) and bring the left hand to the left hip. Simultaneously step out with the left leg into horse stance and execute a middle level straight punch with the left hand, bringing the right fist back in front of the right side of the chest (elbow pointing to the east at shoulder level, arm slightly angled down, palm down). Step and punch slowly.
35. Look over the right shoulder to the east. Shift 180-degrees into horse stance, head facing the east. Slowly extend the left hand as if grabbing something at the upper level to the east and bring the right fist to the right hip. Pushing off of the left foot, slide to the right in horse stance and execute a middle level straight punch to the east with the right fist, bringing the left fist back directly in front of the left side of the chest (elbow pointing to the west at shoulder level, arm slightly angled down, palm down). The second motion (slide and punch) is performed quickly. Kiai on the punch.
36. Look to the north. Bring the right leg back to the left into attention stance, with the right fist covered by the left hand in front of the chin.

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