Under the teaching of Sensei:

**Gekisai Dai Ichi**

6th Kyu Green
1 Stripe

Lineage of Gekisai from the masters to you:

1940
Chojun Miyagi

1945
Gogen Yamaguchi

1967
Jack Griffin

1968
Will Thomas

1970
Ray Sanford
Gekisai Konji: 撃碎第一

Gekisai dai ichi was introduced by Chujun Miyagi as training kata into the Goju Ryu curriculum in 1940 for school children and adolescents. The preservation and promotion of Okinawan Karate had been a concern to many senior karate masters for some years and led to a number of initiatives in the 1930's. Miyagi was a member of the “Okinawan Prefectural Karate do Promotion Society.” This desire to promote Karate resulted in the development of the Hookiyu Kata meaning 'Unified Forms' at the official request of Gen Hayakawa the governor of Okinawa. With Soshin Nagamine and Chojun Miyagi creating the Fukyu Kata or examination forms. Sochin Nagamine of Matsubyashi Shorin Ryu created the form Fukyu Kata Ichi and Chujun Miyagi created Fukyu Kata Ni. Miyagi adopted Fukyu Kata Ni as Gekisai Dai Ichi and went on to develop Gekisai Dai Ni with its Naha Te influence.

The component kanji

撃

Geki means to fight, attack or strike.

碎

Sai means to smash or break.

Gekisai translates as 'to Pulverize', though the kata is commonly transliterated as 'to Attack and Smash'. The name reflects the period in history when they were created i.e. WW2 and its inference was 'attack and smash the enemy.'
A student learns how to defend and attack with basic techniques on the first five katas. The student is now challenged with new stances, combinations, bunkai, and singular techniques.

Gekisai Dai Ichi has a pattern and rhythm that is very different from the first five katas of the American Goju Ryu system. In fact every kata can be utilized as its own fighting style. Try to apply the techniques of Gekisai di ichi to your kumite. This is where kata starts to really get exciting. As a student’s kata and kumite becomes stronger so does the student’s ability to focus in all facets of their life.

- Make sure you have completely stretched first.
- Keep your eyes on target as your body height changes.
- Make your stance is set before you perform the next technique
- Are you emphasizing the dynamic changes in speed?
- Is your back straight/vertical when in horse stance?
- Make sure you fully deliver each technique before going to the next one.
- Imagine all the ways kata helps you with kumite.

Once you are comfortable with the pattern and movement of Gekisai dai ni it is time to take it to the next level.

- Practice Gekisai dai ichi techniques on a Bag, Makiwara, or Win chun dummy.
- Check each movement for correct placement
- Strengthen your stances by always implementing them into your kumite
- Watch renowned Goju practitioners perform or talk about the kata.

The Style does not make the student. The student makes the style.
The Techniques of Gekisai Dai Ichi

Can you find more techniques than are listed here?

**Combos:**

Combos assist with understanding bunkai, stringing techniques together, and applying kata to kumite.

A. Age uke rising block in sanchin dachi forward / to seiken tsuki punch forward in zenkutsu dachi / back to shiko dachi with gedan uke emphasized to attacker on left or on right.

B. Chudan uke block in sanchin dachi forward / to mae geri kick landing on kicking leg with empi uchi to Uraken tate back fist to gedan uke forward to seiken tsuki punch, kiai!

C. Tesho chudan uke palm block with simultaneous tesho gedan palm block while performing ashi barai foot sweep (if upper tesho is left hand then the sweeping foot will be the right) / turning 180 degrees with sweeping foot forward into shuto uchi

D. Mawashi Uki while sliding back into zenkutsu dachi/

**Techniques of Gekisai Dai Ichi**

**Punches (zuki) & Strikes (uchi)**

- Seiken zuki - Punch
- Empi uchi - Elbow strike
- Uraken tate - Vertical back fist
- Shuto Uchi - Knife hand strike
- Awase zuki - U punch
- Ushiro empi uchi-elbow strike

**Blocks (uke)**

- Age uke - Rising Block
- Tesho chudan uke - Center chest palm block
- Geidan uke - Lower block
- Chudan uke - center chest block
- Tesho gedan uke - lower palm block
- Shuto uke - Knife hand block
- Juji uke - X block

**Kicks (Geri)**

- Fumikomi - foot stomp
- mae geri - front kick
- ashi brai - foot sweep

**Stances (dachi)**

- Masuba dachi - attention stance
- Heiko dachi - shoulder width stance
- Shiko dachi - horse stance
- Zenkutsu dachi - forward leaning stance
- Sanchin dachi - inner gripping stance