EMPI 1/3

EMPI, THE FLYING SWALLOW KATA, CONSISTS OF 37 MOVES AND SHOULD TAKE THE KARATE-KA ONE MINUTE

YOI

LEFTHAND AT LEFT SIDE
RIGHT FIST AT LEFT PALM
(BACK OF FIST TO FRONT)

SASHO-UKEN-HIDARI-KOSHI



HEISOKU DACHI

1

DOWNWARD BLOCK
WITH RIGHT FIST
LEFT FIST IN FRONT OF
RIGHT CHEST, KAMAE
RIGHT KNEE SLIGHTLY
TOUCHING FLOOR
LOOK 45° TO RIGHT

MIGI KEN GEDAN BARAI
HIDARI KEN MIGI MUNE
MAE KAMAE



MIGI ASHI ORISHIKI

2

BOTH FISTS AT LEFT SIDE,
KAMAE
BACK OF LEFT FIST DOWN
BACK OF RIGHT FIST TO FRONT
KEEP LOOKING 45°.

RYO KEN
HIDARI KOSHI KAMAE



HACHIJI-DACHI

3

RIGHT DOWNWARD BLOCK

MIGI GEDAN BARAI

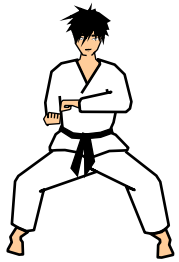


MIGI ASHI ZENKUTSU

4

LEFT ARM FLOWING
WATER POSITION
RIGHT FIST AT RIGHT SIDE
TURN HEAD TO FRONT

HIDARI ZENWAN
MIZU-NAGARE NO KAMAE
UKEN MIGI KOSHI

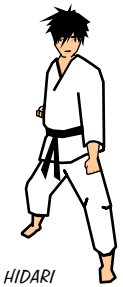


KIBA-DACHI

5

LEFT DOWNWARD
BLOCK

HIDARI GEDAN BARAI



HIDARI ZENKUTSU-DACHI

6

UPPER LEVEL RISING PUNCH
WITH RIGHT FIST
BODY TURNS SLIGHTLY
TO LEFT

MIGI JODAN AGE-ZUKI



HIDARI ZENKUTSU-DACHI

7

OPEN RIGHT HAND, MAKE FIST AND
PULL BACK STRONGLY
RIGHT FIST ABOVE LEFT SHOULDER
DOWNWARD PUNCH WITH LEFT FIST

UKEN-HIDARI-KATA-MAE-UE
SAKEN-GEDAN-ZUKI



SIDE VIEW



MIGI ASHI MAE KOSA DACHI

8

BRING LEFT FOOT
ONE STEP BACK
RIGHT DOWNWARD BLOCK
LEFT FIST AT LEFT SIDE

MIGI GEDAN BARAI
SAKEN HIDARI KOSHI



HIDARI HIZA KUTSU

9

LEFT DOWNWARD
BLOCK
ROTATE HIPS TO LEFT,
REVERSE DIRECTION

HIDARI GEDAN BARAI



HIDARI ZENKUTSU-DACHI

10

UPPER LEVEL
RISING PUNCH
WITH RIGHT FIST
TURN TORSO SLIGHTLY
TO LEFT

MIGI JODAN AGE-ZUKI



HIDARI ZENKUTSU-DACHI

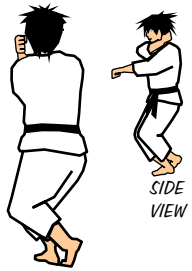
11

RIGHT FIST ABOVE
LEFT SHOULDER
DOWNWARD PUNCH
WITH LEFT FIST
JUMP ONE STEP FORWARD
LEFT FOOT BEHIND RIGHT HEEL

UKEN-HIDARI-KATA-MAE-UE
SAKEN-GEDAN-ZUKI



SIDE VIEW



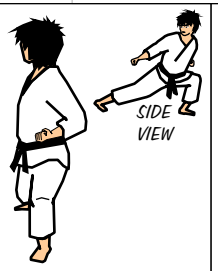
SIDE VIEW

MIGI ASHI MAE KOSA DACHI

12

RIGHT DOWNWARD
BLOCK
INCLINE TORSO
SLIGHTLY TO LEFT

MIGI GEDAN BARAI
SAKEN HIDARI KOSHI



SIDE VIEW

HIDARI HIZA KUTSU

13

LEFT DOWNWARD BLOCK
KEEPING FEET IN PLACE
REVERSE DIRECTION OF
UPPER BODY

HIDARI GEDAN BARAI



HIDARI ZENKUTSU-DACHI

14

MOVE LEFT HAND DIAGONALLY
TO LEFT FRONT KAMAE
RIGHT FIST AT RIGHT SIDE
RAISING TORSO, SHIFT WEIGHT
TO RIGHT LEG
PERFORM SLOWLY

SASHO-HIDARI-NANAMAE-UE



KIBA-DACHI

15

SWING RIGHT FIST WIDELY
BACK OF FIST TO FRONT
STRIKE LEFT HAND WITH
RIGHT WRIST
TURN HEAD TO FRONT
KNEE 45° TO LEFT SIDE

MIGI TEKUBI-SASHO-UCHI



HIDARI ASHI-DACHI

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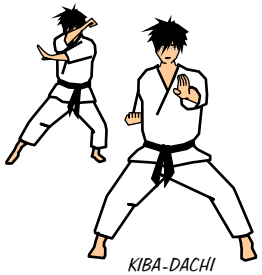
EMPI 2/3



16

MIDDLE LEVEL BLOCK WITH
LEFT VERTICAL SWORD HAND
RIGHT FIST AT RIGHT SIDE
SWING LEFT HAND FROM RIGHT
ARMPIT, KEEP RIGHT FIST.

HIDARI TATE SHUTO CHUDAN UKE
U KEN MIGI KOSHI

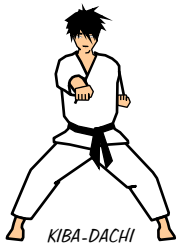


KIBA-DACHI

17

MIDDLE LEVEL
STRAIGHT PUNCH
WITH RIGHT FIST.

U KEN CHUDAN ZUKI
SAKEN HIDARI KOSHI



KIBA-DACHI

18

MIDDLE LEVEL
STRAIGHT PUNCH
WITH LEFT FIST

SAKEN CHUDAN ZUKI
UKEN MIGI-KOSHI



KIBA-DACHI

19

LEFT DOWNWARD
BLOCK

HIDARI GEDAN BARAI



HIDARI ZENKUTSU-DACHI

20

RIGHT UPPER LEVEL
RISING PUNCH
TURN TORSO SLIGHTLY
TO LEFT

MIGI JODAN AGE-ZUKI



HIDARI ZENKUTSU-DACHI

21

MIDDLE LEVEL BLOCK
WITH RIGHT
SWORD HAND
TURN HIPS FAST

MIGI SHUTO CHUDAN-UKE



HIDARI KOKUTSU- DACHI

22

MIDDLE LEVEL BLOCK
WITH LEFT SWORD HAND
REVERSE POSITION OF
FEET
TURN HIPS FAST

HIDARI SHUTO CHUDAN-UKE



MIGI KOKUTSU-DACHI

23

MIDDLE LEVEL PUNCH
WITH RIGHT FIST

UKEN CHUDAN ZUKI
SAKEN HIDARI KOSHI



MIGI KOKUTSU-DACHI

24

MIDDLE LEVEL BLOCK
WITH RIGHT SWORD
HAND.

MIGI SHUTO CHUDAN UKE



HIDARI KOKUTSU- DACHI

25

LEFT DOWNWARD
BLOCK
WITH RIGHT LEG AS PIVOT,
ROTATE HIPS TO LEFT,
REVERSE DIRECTION

HIDARI GEDAN BARAI



HIDARI ZENKUTSU-DACHI

26

UPPER LEVEL RISING
PUNCH WITH
RIGHT FIST
TURN TORSO SLIGHTLY
TO LEFT

MIGI JODAN AGE-ZUKI



HIDARI ZENKUTSU-DACHI

OPEN RIGHT HAND,
MAKE FIST AND
PULL BACK STRONGLY
RIGHT FIST ABOVE LEFT SHOULDER
DOWNWARD PUNCH WITH LEFT FIST
JUMP ONE STEP FORWARD
CROSS LEFT FOOT
BEHIND RIGHT HEEL

27

UKEN-HIDARI-KATA-MAE-UE
SAKEN-GEDAN-ZUKI



MIGI ASHI MAE KOSA DACHI

28

BRING LEFT FOOT
ONE STEP BACK
RIGHT DOWNWARD BLOCK
LEFT FIST AT LEFT SIDE

MIGI GEDAN BARAI
SAKEN HIDARI KOSHI



HIDARI HIZA KUTSU

29

LEFT DOWNWARD BLOCK
RIGHT FIST AT RIGHT SIDE
WITH FEET IN PLACE
TURN UPPER BODY IN
OPPOSITE DIRECTION

HIDARI GEDAN BARAI



HIDARI ZENKUTSU-DACHI

30

MIDDLE LEVEL UPWARD PRESSING
BLOCK WITH RIGHT PALM HEEL
LEFT FIST AT LEFT SIDE
GRADUALLY APPLY POWER
BEND WRIST FULLY

MIGI TEISHO CHUDAN
OSHI-AGE-UKE
SAKEN HIDARI KOSHI



HIDARI ZENKUTSU-DACHI

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EMPI 3/3



31

MIDDLE LEVEL UPWARD PRESSING
BLOCK WITH RIGHT PALM HEEL
LOWER LEVEL PRESSING BLOCK
WITH LEFT PALM HEEL
BEND LEFT WRIST FULLY

MIGI TEISHO CHUDAN OSHI-AGE-UKE
HIDARI TEISHO CHUDAN-OSHIAGE-UKE





MIGI ZENKUTSU-DACHI

32

MIDDLE LEVEL UPWARD PRESSING
BLOCK WITH LEFT PALM HEEL
LOWER LEVEL PRESSING BLOCK
WITH RIGHT PALM HEEL

MIGI TEISHO CHUDAN OSHI-AGE-UKE
HIDARI TEISHO CHUDAN-OSHIAGE-UKE



HIDARI ZENKUTSU-DACHI

33

MIDDLE LEVEL UPWARD PRESSING
BLOCK WITH RIGHT PALM HEEL
LOWER LEVEL PRESSING BLOCK
WITH LEFT PALM HEEL

MIGI TEISHO CHUDAN OSHI-AGE-UKE
HIDARI TEISHO CHUDAN-OSHIAGE-UKE



MIGI ZENKUTSU-DACHI

34

RIGHT FIST LOWER
LEVEL KAMAE
LEFT FIST AT LEFT SIDE
TWISTING RIGHT HAND
BRING IT DOWN FROM
LEFT SHOULDER

UKEN GEDAN-GAMAE
SAKEN HIDARI KOSHI



YORI ASHI GIMI-NI DACHI /
HIDARI KOKUTSU- DACHI

35

LOWER LEVEL THRUST
WITH RIGHT HAND
UPPER LEVEL GRASPING
BLOCK WITH LEFT HAND
INCLINE TORSO SLIGHTLY
FORWARD.

USHO-GEDAN-SASHO-JODAN-
TSUKAMI-UKE



YORI-ASHI MIGI-ASHI
MAE-FUDO-DACHI

36

MIDDLE LEVEL BLOCK WITH
RIGHT SWORD HAND

JUMP HIGH, TURNING
TO LEFT, BRINGING HANDS ABOVE HEAD.
LAND IN BACK STANCE

MIGI SHUTO CHUDAN UKE









KIAI
BEFORE
LANDING

HIDARI KOKUTSU- DACHI

37

MIDDLE LEVEL BLOCK
WITH LEFT SWORD HAND

HIDARI SHUTO CHUDAN UKE



MIGI KOKUTSU-DACHI

WITHDRAW LEFT FOOT
TO RETURN TO POSITION OF YOI

SASHO-UKEN-HIDARI-KOSHI

NAORE



HEISOKU-DACHI



MUSUBI-DACHI

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