

Empi

(also called ENPI)

Belt Level: High Green

Empi Facts:

- Empi comes from the Okinawan martial art of Tomari-te, where it first appeared in 1683.
- It is believed to have been influenced by Chinese boxing and was originally called Wansu.
- Funakoshi Gichin changed the name to Empi when he moved to the Japanese mainland in the 1920's.
- Funakoshi changed the names of many of the Kata, in an effort to make the Okinawan art more palatable to the then nationalistic Japanese.

Page two(2) contains a diagram of the Kata. Each technique is separated by double lines and you a web video of the Kata is located on our site here: www.quanlikan.com/members/videos

These are pretty good diagrams... They miss the essential small accessory moves that turn this Kata back into the fighting Kata it originated from, however I have no intention of putting such moves on the web due to an uncontrolled audience and no desire to be and active participant in destroying public safety.

Sensei Notes:

- 1.) Do not do this (or in fact any) Kata fast ... it is not a race
- 2.) If it (and was) self defense and you MUST expect that such techniques take (reasonable) time and you must take in to account some time for the opponent to react.
- 3.) The jump done at the end is for tournaments and in practicing Quan Li Kan we've found that there is no need for **any** jumping in ENPI

Special Thanks:

- 1.) To Dieter Fisher (7th Dan QUAN LI K'an)
 1. For his considerable help interpreting this Kata
 2. Without such we may never have gotten it right!
- 2.) To Adam Patterson for capturing the video capture posted on the website

Link to the originally posted Kata Empi diagram:

<http://www.shotokankarate.ca/enpi%20kata.htm>

http://www.karate-psv-hattingen.de/images/Kata/Empi_g.jpg

(Note: The second link is for reference only as the page no longer exists)

One final note: Claims that Empi resembles a swallow or is Chinese in origin (which is far different than being influenced) or that the techniques are simply striking techniques (ex: elbow) miss the point of this Kata completely and miss the rich consistency of the flavor of the techniques in this Kata which feel (from force and obvious intent) Okinawan...

Kata Nr. 15 : Stellung mit rechten Arm in linke Handfläche, dabei rechten Fuß in linke Kniekehle

Achtung:
Techniken 5-8, 9-12 und 25-28 sind genau gleich!
Der gesamte Bewegungsablauf wird aus drei verschiedenen Blickrichtungen dargestellt. Bitte genau studieren!

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Empi
(Höher MANJIJI)
燕 能

- 1) DO NOT JUMP - JUMPING IS FOR TOURNAMENTS
- 2) EMPI emphasizes the use of the knee to turn the opponent AND the twice hitting to cause a KO
- 3) REMEMBER what you are trying to do - (not just move air)

Zeichenerklärung

- = starkes KIHE, wie Sekunde Pause
- ▬ = nach dem KIHE gleich weiter
- ▲ = langsamer Bewegung zum vollen KIHE
- ▼ = langsames Aufspannen vom vollen KIHE
- - - - -> = Zwischenzeit, keine eigene Technik
- X = zwei Sekunden Pause
- = KIAI → vollständige Bewegung
- ⇒ = Bewegung im nächsten Moment

I did not create this great Document the original is at http://www.karate-psv-hattingen.de/images/Kata/Empi_g.jpg