

Advanced Kata of the Month:

Gojushiho Dai



shuhari
institute 

“Fifty-Four Steps (major)” 五十四方小

This companion to Gojushiho Dai is one of the more advanced kata of Shotokan and is popular in competition. It features many sharp turns with dramatic whipping actions of the arms. Smooth and continuous transition between its many steps and complex body mechanics is the key to a good performance.