

Advanced Kata of the Month:

Gojushiho Dai



shuhari
institute 

“Fifty-Four Steps (minor)” 五十四方大

As the “Dai” in its name indicates, this is the minor sibling kata to Gojushiho Sho. It is also one of the most advanced kata of the Shotokan Style. Master Funakoshi called it Hotaku (knocking of a woodpecker) after the extended finger techniques resembling a bird’s head.