

Advanced Kata of the Month:

Meikyo



shuhari
institute 

“Bright Mirror” 明鏡

The first movements of this kata suggest the smoothing of water to make it as calm and even as a mirror. While less practiced than other kata in the Shotokan canon, Meikyo features subtle stance and direction changes that provide insight into proper transition. It features an awesome jump, too! The modern-day form of Meikyo we practice was styled by Anko Itosu. It's Okinawan name is Rohai.