

Advanced Kata of the Month:

Unsu



shuhari
institute 

“Cloud Hands” 雲手

Unsu is widely considered to be the most challenging-to-perform kata in the Shotokan style. The double mawashi geri performed from the ground, the heito-kick-block sequence, and the 360° mid-air jump are very acrobatic, making it a competition favorite for elite kata practitioners. The kata uses a total of six different stances and dynamic tai sabaki footwork throughout. Once one has a handle on the outside physical movements, it's timing through the dramatic transitions is yet another challenge. Its name may reference the open hand movements resembling a parting of clouds.