BASSAI SHO

Another one of Yasutsune Itosu's "second editions," *Bassai Sho* is the smaller version of "Penetrating a Fortress," having fewer movements and a slightly smaller frame than its predecessor, *Bassai Dai*. Since there exist many different versions of *Bassai* kata, it is uncertain which one Itosu used as a model for *Bassai Sho.* It is entirely possible that *Bassai Sho* is simply one of the different versions of *Bassai* and was imported by Itosu. In either case, *Bassai Sho* is similar to *Bassai Dai* in its *embusen* and style of movement. While *Bassai Dai* is a very heavy kata that uses very large movements to demonstrate outer strength and power, the smaller techniques of *Bassai Sho* should exhibit an inner calm and energy.

Many of the kata's applications involve defenses against stick attacks. The kata uses many grasping (tiger-mouth) blocks to that effect. Although *Bassai Sho* contains standard techniques found in other kata, they are performed is a very unusual manner. For example, using the back of the hand for *awase-uke*, or performing double *tsukami-uke* vertically. New adaptations for previously learned techniques are prevalent in *Bassai Sho*. The kata has a total count of 27 and, although at one time the *kiai* points were on moves #17 and #25 (*Best Karate #9*), presently they are on moves #17 and #22.

#	Technique	Translation	Stance	Target	Notes
1	ryosho-koho-awase-uke & ryosho-juji-awase-uke	pressing block behind & combined backhand block	-- kosa-dachi	-- jodan	
2	ryosho-bo-uke & suihei-bo-dori	both palms stick block & horizontal stick grab	kokutsu-dachi	jodan --	suihei slow speed
3	haito-sukui-uke & gedan-barai	ridgehand scooping block & down block	heisoku-dachi	gedan gedan	
4	ryosho-bo-uke & suihei-bo-dori	both palms stick block & horizontal stick grab	kokutsu-dachi	jodan --	suihei slow speed
5	ryote-koshi-kamae	both hands on hip posture	heisoku-dachi	--	
6	haito-yoko-mawashi-uchi / yoko-geri-keage	sideways ridge-hand strike / side snap kick	ashi-dachi	jodan chudan	
7	tate-shuto-uke	vertical knife-hand block	kiba-dachi	chudan	slow speed
8	tsuki (choku-zuki)	punch (straight punch)	kiba-dachi	chudan	
9	tsuki (choku-zuki)	punch (straight punch)	kiba-dachi	chudan	
10	uchi-uke / gedan-uke (manji-uke)	inside block / down block (swirling block)	kokutsu-dachi	jodan gedan	
11	uchi-uke / gedan-uke (manji-uke)	inside block / down block (swirling block)	kokutsu-dachi	jodan gedan	
12	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
13	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
14	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
15	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
16	ryosho-tsukami-uke (bassai-uke)	both palms grasping block	ashi-zenkutsu	chudan	slow speed
17*	sokuto-kekomi / ryosho-tsukamiyose	sword-foot thrust kick / both palms grasping-pulling	ashi-dachi	gedan --	
18	ryoken-kakiwake-uke	both fists wedge block	kokutsu-dachi	chudan	

19	ryoken-ura-zuki	both fists inverted punch	kokutsu-dachi	jodan	yori-ashi
20	soto-uke / deashi-barai & ryoken-koshi-kamae & morote-sokumen-zuki	outside block / foot sweep & both fists on hip posture & double-hand punch to side	ashi-dachi ashi-dachi kiba-dachi	jodan -- chudan	
21	kentsui-uchi-mawashi-uchi	inside hammer-fist strike	kiba-dachi	chudan	
22*	oi-zuki	lunge punch	zenkutsu-dachi	chudan	
23	soto-uke / deashi-barai & ryoken-koshi-kamae & morote-sokumen-zuki	outside block / foot sweep & both fists on hip posture & double-hand punch to side	ashi-dachi ashi-dachi kiba-dachi	jodan -- chudan	
24	soto-uke / deashi-barai & ryoken-koshi-kamae & morote-sokumen-zuki	outside block / foot sweep & both fists on hip posture & double-hand punch to side	ashi-dachi ashi-dachi kiba-dachi	jodan -- chudan	
25	soto-uke / deashi-barai & ryoken-koshi-kamae & morote-sokumen-zuki	outside block / foot sweep & both fists on hip posture & double-hand punch to side	ashi-dachi ashi-dachi kiba-dachi	jodan -- chudan	
26	ryosho-tsukami-uke	both palms grasping block	neko-ashi-dachi	chudan	slow speed
27	ryosho-tsukami-uke	both palms grasping block	neko-ashi-dachi	chudan	slow speed