

EMPI

Empi (formerly known as *Wanshu*, named after a Chinese diplomat) has 37 counts, making it the shortest of the *Sentei* kata. *Empi* translates as "Flying Swallow" or "Flight of the Swallow." It is a very dynamic kata, requiring speed and agility. It gets its name from the diving patterns of the swallow, a small bird known for its excellent swiftness and maneuverability. Hence, the kata is characterized by quick changes in direction, as well as many sinking and rising motions that mimic the swallow's flight. Just as the swallow catches flying insects in mid-flight, the *bunkai* of *Empi* focus on catching the opponent in mid-attack, unbalancing him and making him unable to make further attacks.

Empi offers several new variations on previously learned techniques, usually by changing their angle. These techniques include *gedan-zuki*, *age-zuki*, *tekubi-uchi* (similar to *soto-uke*), *teisho oshiage-uke* and *teisho-osae-uke*. *Empi* also allows for the practice of certain rare techniques that, although not unique, are not found in many other kata. These movements include dropping to one knee (*orishiki*), the reverse lean (in *hizakutsu*), and *kirikae-ashi*, an advanced form of footwork whereby the karateka switches the feet to counterattack. *Empi* is probably most noted for the spinning jump (*kaiten-tobi*) occurring at the end of the kata, making it attractive to younger karateka.

#	Technique	Translation	Stance	Target	Notes
1	gedan-barai	down block	ashi-orishiki (hiza-dachi)	gedan	
2	ryoken-koshi-kamae	both fists hip posture	hachiji-dachi	--	
3	gedan-barai	down block	ashi-zenkutsu	gedan	
4	mizu-nagare-no-kamae	water flowing posture	kiba-dachi	chudan	
5	gedan-barai	down block	zenkutsu-dachi	gedan	
6	age-zuki	rising punch	zenkutsu-dachi	jodan	
7	ken-kata-ue / gedan-zuki	fist above shoulder / downward punch	kosa-dachi	-- gedan	
8	gedan-barai	down block	hizakutsu (gyaku-zenkutsu)	gedan	
9	gedan-barai	down block	zenkutsu-dachi	gedan	
10	age-zuki	rising punch	zenkutsu-dachi	jodan	
11	ken-kata-ue / gedan-zuki	fist above shoulder / downward punch	kosa-dachi	-- gedan	
12	gedan-barai	down block	hizakutsu (gyaku-zenkutsu)	gedan	
13	gedan-barai	down block	zenkutsu-dachi	gedan	
14	sho-naname-mae-ue	palm diagonally in front and above	kiba-dachi	jodan	slow speed
15*	tekubi-uchi	wrist strike	ashi-dachi (tsuru-dachi)	jodan	
16	tate-shuto-uke	vertical knife-hand block	kiba-dachi	chudan	slow speed
17	tsuki (choku-zuki)	punch (straight punch)	kiba-dachi	chudan	

18	tsuki (choku-zuki)	punch (straight punch)	kiba-dachi	chudan	
19	gedan-barai	down block	zenkutsu-dachi	gedan	
20	age-zuki	rising punch	zenkutsu-dachi	jodan	
21	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
22	shuto-uke	knife-hand block	kokutsu-dachi	chudan	kirikae-ashi
23	gyaku-zuki	reverse punch	kokutsu-dachi	chudan	
24	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
25	gedan-barai	down block	zenkutsu-dachi	gedan	
26	age-zuki	rising punch	zenkutsu-dachi	jodan	
27	ken-kata-ue / gedan-zuki	fist above shoulder / downward punch	kosa-dachi	-- gedan	
28	gedan-barai	down block	hizakutsu (gyaku-zenkutsu)	gedan	
29	gedan-barai	down block	zenkutsu-dachi	gedan	
30	teisho-oshiage-uke	palm-heel pushing-rising block	zenkutsu-dachi	chudan	slow speed
31	teisho-oshiage-uke / teisho-osae-uke	palm-heel pushing-rising / palm-heel pressing block	zenkutsu-dachi	chudan chudan	slow speed
32	teisho-oshiage-uke / teisho-osae-uke	palm-heel pushing-rising / palm-heel pressing block	zenkutsu-dachi	chudan chudan	slow speed
33	teisho-oshiage-uke / teisho-osae-uke	palm-heel pushing-rising / palm-heel pressing block	zenkutsu-dachi	chudan chudan	slow speed
34	gedan-kamae	downward posture	kokutsu-dachi	gedan	yor-ashi
35	ryosho-tsukami-uke (koko-uke)	both palms grasping block (tiger-mouth block)	fudo-dachi	jodan gedan	yor-ashi
36*	shuto-uke	knife-hand block	kokutsu-dachi	chudan	kaiten-tobi
37	shuto-uke	knife-hand block	kokutsu-dachi	chudan	