

# JION

*Jion* is believed to be named after the *Jion-ji*, a Buddhist temple in China. Since there are many *Jion-ji* temples in existence, it is uncertain which one the kata refers to. The actual translation of *Jion* means "Love and Goodness." Although the kata's creator is unknown, credit is usually given to Sokon Matsumura, who is presumed to have learned this kata during his travels to China. *Jion* is the simplest of the *Sentei* kata and is comprised mostly of pieces from *Heian* and *Tekki* kata. It has 47 counts and contains some of the most basic movements that Shotokan has to offer. Being a simple kata, there are no fancy moves to hide behind. If a student possesses poor basics, then the performance of *Jion* will be weak. For this reason, it is an excellent kata to judge one's overall technique. The idea when performing the kata is to be like a Buddha, with a strong yet humble spirit. The simplicity of its movements demonstrates one's humility, yet each technique should be performed with explosive power and unwavering stability. Instructors have been known to group *Jion* along with *Jiin* and *Jitte*, since each start with the same hand-over-fist salutation and have very similar movements.

#	Technique	Translation	Stance	Target	Notes
1	uchi-uke / gedan-uke	inside block / down block	zenkutsu-dachi	chudan gedan	
2	ryoken-kakiwake-uke	both fists wedge block	zenkutsu-dachi	chudan	slow speed
3	mae-geri	front kick	ashi-dachi	chudan	
4	oi-zuki	lunge punch	zenkutsu-dachi	chudan	
5	gyaku-zuki	reverse punch	zenkutsu-dachi	chudan	
6	tsuki	punch	zenkutsu-dachi	chudan	
7	ryoken-kakiwake-uke	both fists wedge block	zenkutsu-dachi	chudan	slow speed
8	mae-geri	front kick	ashi-dachi	chudan	
9	oi-zuki	lunge punch	zenkutsu-dachi	chudan	
10	gyaku-zuki	reverse punch	zenkutsu-dachi	chudan	
11	tsuki	punch	zenkutsu-dachi	chudan	
12	age-uke	rising block	zenkutsu-dachi	jodan	
13	gyaku-zuki	reverse punch	zenkutsu-dachi	chudan	
14	age-uke	rising block	zenkutsu-dachi	jodan	
15	gyaku-zuki	reverse punch	zenkutsu-dachi	chudan	
16	age-uke	rising block	zenkutsu-dachi	jodan	
17*	oi-zuki	lunge punch	zenkutsu-dachi	chudan	
18	uchi-uke / gedan-uke (manji-uke)	inside block / down block (swirling block)	kokutsu-dachi	jodan gedan	
19	kagi-zuki	hook punch	kiba-dachi	chudan	yori-ashi
20	uchi-uke / gedan-uke (manji-uke)	inside block / down block (swirling block)	kokutsu-dachi	jodan gedan	
21	kagi-zuki	hook punch	kiba-dachi	chudan	yori-ashi
22	gedan-barai	down block	zenkutsu-dachi	gedan	
23	teisho-yoko-uke	sideways palm-heel block	kiba-dachi	chudan	
24	teisho-yoko-uke	sideways palm-heel block	kiba-dachi	chudan	
25	teisho-yoko-uke	sideways palm-heel block	kiba-dachi	chudan	

26	uchi-uke / gedan-uke (manji-uke)	inside block / down block (swirling block)	kokutsu-dachi	jodan gedan	
27	morote-uke	double-hand block	heisoku-dachi	jodan	
28	uchi-uke / gedan-uke (manji-uke)	inside block / down block (swirling block)	kokutsu-dachi	jodan gedan	
29	morote-uke	double-hand block	heisoku-dachi	jodan	
30	ryoken-kakiwake-uke	both fists wedge block	heisoku-dachi	gedan	slow speed
31	ryoken-kosa-uke (juji-uke)	both fists cross block (X-block)	kosa-dachi	gedan	
32	ryoken-kakiwake-uke	both fists wedge block	zenkutsu-dachi	gedan	
33	ryoken-kakiwake-uke	both fists wedge block	zenkutsu-dachi	chudan	
34	ryoken-kosa-uke (juji-uke)	both fists cross block (X-block)	zenkutsu-dachi	jodan	
35	tate-uraken-uchi	vertical back-fist strike	zenkutsu-dachi	jodan	
36	tsuki-uke / haiwan-uchi-nagashi-uke	punch-block / back-arm inside flowing block	zenkutsu-dachi	chudan jodan	
37	tate-uraken-uchi / zenwan-mune-suhei-kamae	vertical back-fist strike / forearm chest posture	zenkutsu-dachi	jodan --	ura-zuki variation
38	uchi-uke	inside block	zenkutsu-dachi	chudan	
39	oi-zuki	lunge punch	zenkutsu-dachi	chudan	
40	uchi-uke	inside block	zenkutsu-dachi	chudan	
41	oi-zuki	lunge punch	zenkutsu-dachi	chudan	
42	gedan-barai	down block	zenkutsu-dachi	gedan	
43	zenwan-uchi-otoshi / fumikomi	forearm falling strike / stomp kick	kiba-dachi	chudan	
44	zenwan-uchi-otoshi / fumikomi	forearm falling strike / stomp kick	kiba-dachi	chudan	
45	zenwan-uchi-otoshi / fumikomi	forearm falling strike / stomp kick	kiba-dachi	chudan	
46	sokumen-zuki (yumi-zuki)	punch to side (bow punch)	kiba-dachi	chudan	yor-ashi slow speed
47*	sokumen-zuki (yumi-zuki)	punch to side (bow punch)	kiba-dachi	chudan	yor-ashi slow variation