

SOCHIN

Sochin is most commonly interpreted as "Strength and Calm" or "Energetic Calm." The translations of "Preserve the Peace," or even "Peacekeeper," are also sometimes used. *Sochin* is a very bold and sturdy kata, marked by a commanding physical and spiritual strength. It is generally considered as a Seisho Aragaki kata. Of the three Aragaki kata practiced in Shotokan, *Sochin* is by far the most grounded. This is due primarily to the fact that the kata relies heavily on the use of *fudo-dachi*, or "immovable stance," to such a degree that the stance became nicknamed *sochin-dachi*. Also known as "rooted stance," *fudo-dachi* is probably the most stable of stances and is very tough on the thigh muscles. As such, *Sochin* is often practiced to train the legs. Although not the flashiest of kata, it is one of the most popular among Shotokan enthusiasts, especially at tournaments. The kata contains several slow, powerful techniques that must be executed with unwavering confidence and with proper muscle contraction and expansion. The student must project an imposing presence, instilling awe and trepidation in the enemy, allowing the karateka to utterly overwhelm the opponent with superior technique and an indomitable spirit.

The most notable technique in *Sochin* (aside from the *fudo-dachi*) is the *muso-kamae* (incomparable posture), *Sochin's* trademark. One of the more graceful and intriguing kata techniques, *muso-kamae* is a combination of rising block and down block, and when performed correctly, it is truly awesome. Other techniques of interest include *kizami-mae-geri*, *yoko-nukite*, *naiwan-hineri-uke*, and *jodan-mikazuki-geri*, all of which are exclusive to *Sochin*. Interestingly enough, Gichin Funakoshi tried to change the kata's name from *Sochin* to *Hakko* (Eight Storms). However, this name never caught on and was eventually abandoned. The revised JKA version of *Sochin* has 41 counts, with the *kiai* on #30 and #41 (*Best Karate #10* 40 counts, *kiai* on #28 and #40).

#	Technique	Translation	Stance	Target	Notes
1	age-uke / gedan-uke (muso-kamae)	rising block / down block (incomparable posture)	fudo-dachi (sochin-dachi)	jodan gedan	slow speed
2	tate-shuto-uke	vertical knife-hand block	fudo-dachi (sochin-dachi)	chudan	slow speed
3	tsuki	punch	fudo-dachi (sochin-dachi)	chudan	
4	gyaku-zuki	reverse punch	fudo-dachi (sochin-dachi)	chudan	
5	uchi-uke / gedan-uke (manji-uke)	inside block / down block (swirling block)	kokutsu-dachi	jodan gedan	
6	age-uke / gedan-uke (muso-kamae)	rising block / down block (incomparable posture)	fudo-dachi (sochin-dachi)	jodan gedan	
7	tate-shuto-uke	vertical knife-hand block	fudo-dachi (sochin-dachi)	chudan	slow speed
8	tsuki	punch	fudo-dachi (sochin-dachi)	chudan	
9	gyaku-zuki	reverse punch	fudo-dachi (sochin-dachi)	chudan	
10	uchi-uke / gedan-uke (manji-uke)	inside block / down block (swirling block)	kokutsu-dachi	jodan gedan	

11	age-uke / gedan-uke (muso-kamae)	rising block / down block (incomparable posture)	fudo-dachi (sochin-dachi)	jodan gedan	
12	tate-shuto-uke	vertical knife-hand block	fudo-dachi (sochin-dachi)	chudan	slow speed
13	tsuki	punch	fudo-dachi (sochin-dachi)	chudan	
14	gyaku-zuki	reverse punch	fudo-dachi (sochin-dachi)	chudan	
15	ryoken-koshi-kamae	both fists on hip posture	ashi-dachi	--	
16	uraken-yoko-mawashi-uchi / yoko-keage	sideways back-fist strike / side snap kick	ashi-dachi	jodan chudan	
17	mae-empi-uchi	front elbow strike	fudo-dachi (sochin-dachi)	chudan	
18	ryoken-koshi-kamae	both fists on hip posture	ashi-dachi	--	
19	uraken-yoko-mawashi-uchi / yoko-keage	sideways back-fist strike / side snap kick	ashi-dachi	jodan chudan	
20	mae-empi-uchi	front elbow strike	fudo-dachi (sochin-dachi)	chudan	
21	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
22	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
23	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
24	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
25	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
26	shuto-uke	knife-hand block	kokutsu-dachi	chudan	
27	yoko-nukite (hira-nukite) / osae-uke	sideways (flat) spear-hand / pressing block	kokutsu-dachi	jodan chudan	yoru-ashi
28	(kisami) mae-geri	(jabbing) front kick	ashi-dachi	chudan	
29	mae-geri / ura-zuki / zenwan-hineri-uke	front kick / inverted punch / forearm twisting block	ashi-dachi	chudan jodan jodan	uraken variation
30*	ura-zuki / zenwan-hineri-uke	inverted punch / forearm twisting block	fudo-dachi (sochin-dachi)	jodan jodan	uraken variation
31	mikazuki-geri & age-uke / gedan-uke (muso-kamae)	crescent (half-moon) kick & rising block / down block (incomparable posture)	ashi-dachi fudo-dachi (sochin-dachi)	jodan jodan gedan	slow muso-kamae variation
32	uchi-uke	inside block	fudo-dachi (sochin-dachi)	chudan	
33	oi-zuki	lunge punch	fudo-dachi (sochin-dachi)	chudan	
34	uchi-uke	inside block	fudo-dachi (sochin-dachi)	chudan	
35	oi-zuki	lunge punch	fudo-dachi (sochin-dachi)	chudan	
36	uchi-uke	inside block	fudo-dachi (sochin-dachi)	chudan	
37	uchi-uke	inside block	fudo-dachi (sochin-dachi)	chudan	gyaku-hanmi

38	mae-geri	front kick	ashi-dachi	chudan	
39	tsuki (yumi-zuki)	punch (bow punch)	fudo-dachi (sochin-dachi)	chudan	slow speed
40	gyaku-zuki	reverse punch	fudo-dachi (sochin-dachi)	chudan	
41*	tsuki	punch	fudo-dachi (sochin-dachi)	chudan	