

### **Notes for Ba Sai Sho and Ba Sai Dai**

The name of Ba sai sho means to strike and break through an enemy barricade of defense. 'Bai' means 'to go through'; 'sai' means 'the barricade'. Therefore, this is a fight for when you have a multitude of enemies surrounding you. For the fight in this kata, you must be alarmed and prepared against the enemies coming from any direction as well as be aware of the enemy movement. Then, when you find the chance, you attack thoroughly and determinedly to fight through their defense. This form can be started at sho dan level and is required in the ni dan test. This kata is often required in competitions and so is very important.

There are two forms of Ba sai; each is important in the training of karate but each one has very precious or important specialized qualities. Ba sai sho kata has a high level of content and is very important in karate training.

The purpose of Ba sai dai is to make kamae into waza, to not show any fear or distraction but to project a very strong focus. The movement is very calm and very deep or grave. The training of your heart and mind is required. Ba sai dai incorporates very practical skills and techniques that are highly developed. Using these skills along with the abilities of fighting with heart, this form is intended to have a level of winning without fighting.

While Ba sai dai uses dynamic skills, Ba sai sho is more bold and aggressive. The Dai form uses mind or heart while the Sho form uses more fighting skills. Both kata are very important with their different emphasis.