

# Gankaku

The Gankaku is a Japanese Karate-Kata based on the Okinawan Chinto. The Gankaku is a Kata with changing high and deep stances. She trains the balance by the movement and in the stand. The fighting-style is demanding with alternately liquid, fast movements and an attitude pausing in perfect quiet. This Kata practises a concentrated and eased attitude of mind. By this attitude the opponent is hypnotized. The techniques are aimed at the vigorous points of the body. One imagines the crane how it motionlessly stands on a leg. It watches its opponent. It surrounds itself with an impenetrable charisma of superiority. He prevents the attack through this. Spirit and body pause completely motionlessly and wait that the opponent gives himself a bareness. Then he attacks suddenly and surprisingly. This high art of fight will be taught in the Gankaku.

The Chinto is the Okinawan origin form of the later Japanese Karate-Kata Gankaku. As master Funakoshi explained in his book "Ryu-Kyu Kempo karate" the Chinto can be led back to the Chinese inner schools. Some however think, that the Chinto has a connection to the crane style of the Shaolin from the 16th century. The typical Kamae of the Gankaku (Gankaku-gamae) is identical with the crane-stand from this Shaolin-style. Both forms would drive its actions back on this attitude again and again. Development and distribution. The relationship of the Chinto with the inner systems is identical. When Zhang Sanfeng, the founder of the Wudangpai, developed his self-defence concept, he founded this on the observation of a fight between a snake and a crane. He called this first style "birds and snakes". The snake-principle consisted in evasive action and the crane-principle in fast foot-movements. One thinks today, that both, the snake-style and the crane-style of the Shaolin, were developed in inner schools. It is probable, that the Tomari-te master Kosaku Matsumora studied the Kata in China. After that, Matsumora informed the Kata in the Tomari-te. From there masters Chotoku Kyan (Kiyatake) took the Kata and improved it to one of the most highly developed form of the Okinawan Shorin-ryu. The Chinto was master Kyans most popular Kata. Also master Ysutsune Itosu changed this Kata in his own way. It reached from this school in the Japanese

styles where it was changed once more. Three Chinto exist on Okinawa: Matsumora's Tomari-te Chinto, Kyan's Kyatake no Chinto and Itosu's Itosu no Chinto.

The characteristics of all Okinawan Chinto-variants are just like in the newer Gankaku the stand on one leg (Sagiashi-Dachi). The Kata was taken to Japan by master Funakoshi as Itosu's no chinto, there changed and 1922 into "Gankaku" renamed. The two characters which the name is written are the Chinese ideograms for a rock (Japanese Gan) and a crane ( Japanese Kaku). They refer to the crane how he is in his characteristic way on one leg. In the Chinese Daoismus the crane (Ho) is a symbol of the immortality and wisdom. The crane is often shown together with a pine and a stone. After the legend, took those place on a crane which have attained immortality and then they climb into the sky. There are representations with a crane, which fly to a rock in the sea. These rocks suit as symbol for the island of immortality. This island was looked for by the chineses at the age of the yellow emperor. This island was suspected at the Ryukyu islands. Crane couple are indicated as symbols of luck.