

“Bassai Dai” is a traditional kata in karate, specifically in the style of Shotokan. It is known for its strong and dynamic movements, emphasizing power and stability. The kata incorporates a variety of techniques including punches, kicks, blocks, and stances. “Bassai Dai” translates to “To Penetrate a Fortress” or “To Storm a Fortress” in English. It is an important and frequently practiced kata among karate practitioners.