

**“Enpi” is a traditional kata in karate, primarily practiced in Shotokan and other karate styles. It is also known as “Flying Swallow” or “Flying Swallow Form” in English. This kata emphasizes dynamic movements, quick footwork, and powerful strikes. It includes a variety of techniques such as punches, kicks, blocks, and jumps. “Enpi” is characterized by its fluidity and the utilization of spinning and jumping movements to generate power and create deceptive angles of attack. It is a challenging and visually impressive kata that requires agility, coordination, and precision.**