



Pattern Seniority

Seniority is the sixth ensodo empty pattern, and is learnt by students who have achieved their 6th Kup (green belt).

Seniority is performed to indicate the student's growing maturity in ensodo. Its 50 movements represent Mr Neil R. Hall's age when he founded ensodo, to bring real martial arts to older students.

Seniority tells a story about life, in a number of stages. Its slow, controlled section at the beginning mimics a toddler's first, slow, stumbling steps. The next section represents the subject as a child growing and becoming proficient. Sensing its increasing ability, the growing child reaches adulthood with a return to its home, where it takes stock. Then, a rapid section indicates complete proficiency, and mastery of violence. After which, the subject moves into a section showing proficiency with kicks - much changed from the stumbling steps of the beginning. Returning home again, the subject finds a stillness.

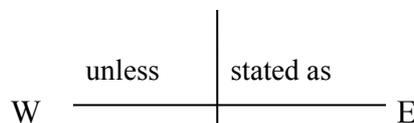
Seniority deliberately describes small rotations within large circles with its movements, demonstrating the spinning of the world within the overall circularity of life - a sense of which infuses ensodo, the circular art.

Notes about the pattern description.

The pattern is designed as if an imaginary combat against one or more opponents. Sometimes the description refers to the action of the moves on the imaginary opponent.

Use points of the compass to learn direction. Moves are N, S, E, or W. N described as facing

All blocks are obverse – i.e. with the lead arm, reverse.



L stances are named by the back foot – i.e. a right right foot back.

L stance	has the
stance	has the right

Walking stances are named by the front foot – i.e. a right walking foot forward.

Bending stances are named by the standing foot – i.e. a right the left foot raised.

S	bending stance has
---	--------------------

Pattern Seniority is not performed in “creative” and “strong” forms, but the aim of the student should be to differentiate the sections, moving slowly or quickly as appropriate.

Pattern Seniority involves use of a weapon chosen by the student. The weapons section may be slightly adapted if required by the weapon chosen.

Bending stances, pressing blocks, circular blocks, and the final replacement of the weapon may be executed on the opposite side, or appropriately adapted, if so determined by the student's capabilities (especially injury or weakness in the knees).



Pattern Moves

Starting position: closed ready stance A, over the starting mark, facing N.

1. Twist the left foot to the W, raising the right foot into a left bending stance facing NW.
2. Extend the right leg forwards into low side kick position, and allow it to rise slowly until it is at the greatest achievable height.
3. Lower the right foot forwards into a twisting step to the E, and bring left leg up into right bending stance to facing NE.
4. Extend the left leg forwards into low side kick position, and allow it to rise slowly until it is at the greatest achievable height.
5. Lower the left foot forwards to face N, and bring right leg up into right forward bending stance facing N.
6. Extend the right leg forwards into low front kick position, and allow it to rise slowly until it is at the greatest achievable height.
7. Lower the right foot forwards into a twisting step to the W, and bring left leg up into right bending stance to facing NE.
8. Extend the left leg forwards into low side kick position (i.e. completing the back kick towards the N), and allow it to rise slowly until it is at the greatest achievable height.
9. Lower the left foot into a left walking stance facing N. Dropping right knee, execute a reverse circular block with the right arm.
10. Step up with right foot into a parallel ready stance, facing N.
11. With the left foot, step out on a diagonal towards NE, into a left walking stance, executing a wedging block.
12. Bring the right foot across onto the SE diagonal, and execute a push and pull block in a left walking stance facing NW.
13. Draw the left foot back into a left L stance to the NW, with an inward moving outer knife hand block.
14. Swivel around the left shoulder into a left walking stance to the SE, with a rising block.
15. Step forward into a right walking stance towards the SE, with a high section horizontal fingertip thrust.
16. Swivel on right foot into a right L stance facing NW, executing a back fist.
17. Draw the left foot back on the SW diagonal into a left L stance facing NE, with a knife hand guard.
18. Draw the right foot back into a right L stance facing NE, with a knife hand guard.
19. Turn to face SW, bringing the left foot around into a left walking stance facing SW, and execute a reverse pressing block with the right hand touching the starting point (the “mark”).
20. Bring right foot up into a parallel ready stance facing N, slightly behind the mark.
21. Pause, looking slowly from right to left, and settle gaze on NW.



22. (Next 9 moves in rapid sequence, curving in clockwise arc to arrive beyond the place weapon.) Left foot forward on NW diagonal, to create right L stance facing NW, with a hooking block.
23. Move the right foot forward on NW diagonal into a left L stance, with a reverse knife hand strike.
24. Spin anti-clockwise into a right L stance facing NW, with a backfist.
25. Spin anti-clockwise into a left L stance facing N, with an elbow strike.
26. Spin anti-clockwise into a right L stance facing N, with a knife hand strike.
27. Step through with the right foot into right knee strike facing NE, landing in a right walking stance facing NE.
28. Spin anti-clockwise by drawing the left leg back towards the E, landing in a right walking stance facing W, with a twin upset fingertip thrust.
29. Withdraw and replace the left foot, into a right L stance facing E, with a back fist.
30. Maintaining the same stance, execute a reverse knife hand strike with the right hand.
31. Holding the knife hand out, reach out with the same hand into a head grab.
32. Replace the left foot into a sitting stance facing S, continuing to hold the head grab in place.
33. While maintaining the right hand hold, push the left hand across as if taking the chin. Execute a push and pull block as if breaking the opponent's neck.
34. Lifting out of the sitting stance into a parallel stance, and pause.
35. (Next six moves executed with flowing speed, describing a clockwise semi-circle to arrive back over the starting mark, once again facing N.) Execute a right leg turning kick to the SE, and land with the kicking leg forward.
36. Execute a left leg turning kick to the SE, and land with the kicking leg forward.
37. Step S with the right leg.
38. Execute a left leg reverse turning kick to the SW, and land with the kicking leg forward.
39. Execute a right leg turning kick to the SW, and land with the kicking leg forward.
40. Pivot on the right foot, turning counter clockwise to finish in parallel stance over the starting mark, facing N, and pause.