

Sanchin Kata

Kata Description

Rei (bow)

Set (salutation)

Heiko dachi (parallel stance, ready position)

1. Step forward right into Sanchin dachi with double middle block/kamae.
2. Simultaneous left straight forward punch with right middle block; retract back into guard.
3. Step forward left into Sanchin dachi with double middle block/kamae.
4. Simultaneous right straight forward punch with left middle block; retract back into guard.
5. Step forward right into Sanchin dachi with double middle block/kamae.
6. Simultaneous left straight forward punch with right middle block; retract back into guard.
7. Simultaneous right straight forward punch with left middle block; retract back into guard.
8. Simultaneous left straight forward punch with right middle block; retract back into guard.
9. Palms up both hands grab and pull back to ready position; double nukite strike then push out to sides, turning palms down.
10. Bring hands together, palms up, close them (grabbing). Retract hands back to ready.
11. Double nukite strike then push out to sides, turning palms down.
12. Bring hands together, palms up, close them (grabbing). Retract hands back to ready.
13. Double nukite strike then push out to sides, turning palms down.
14. Bring hands together, palms up, close them (grabbing). Retract hands back to ready.
15. Double nukite strike then push out to sides, turning palms down.
16. Bring hands together, palms up, close them (grabbing). Retract hands back to ready.
17. Double nukite strike then push out to sides, turning palms down.

18. Step back right, “propeller block” to left (right shote across, left haito), left haito trap to left hip, right shote ready at right shoulder; push opponent back at hip and shoulder.

19. Step back left, “propeller block” to right (left shote across, right haito), right haito trap to right hip, left shote ready at left shoulder; push opponent back at hip and shoulder.

20. Step right foot back into Mesuba dachi, exhaling all remaining air in three exhalations.

Step back right into Mesuba dachi.

Set

Rei.