

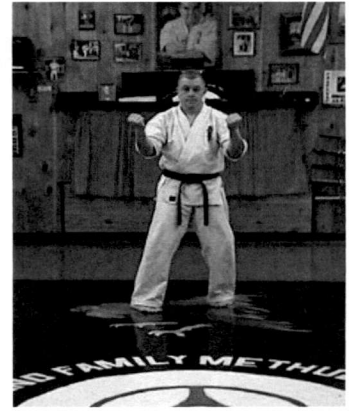
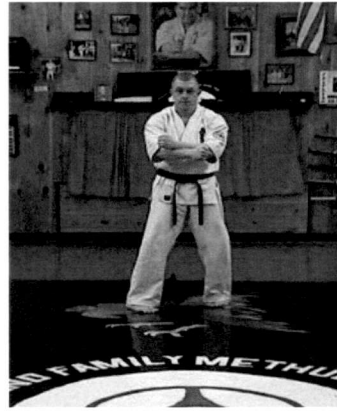
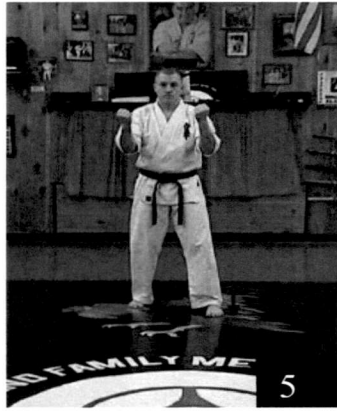
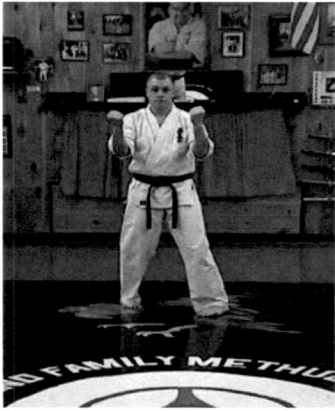
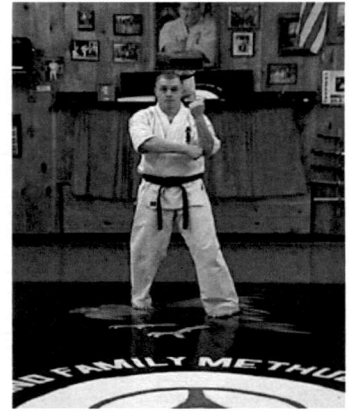
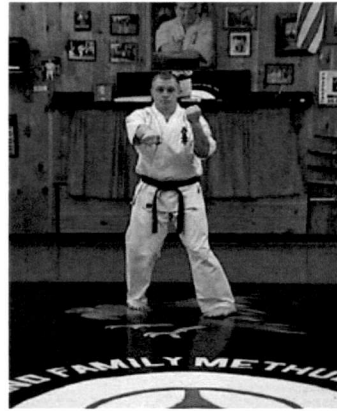
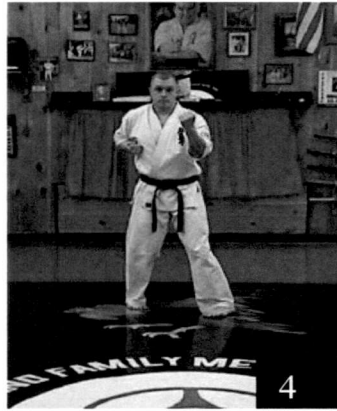
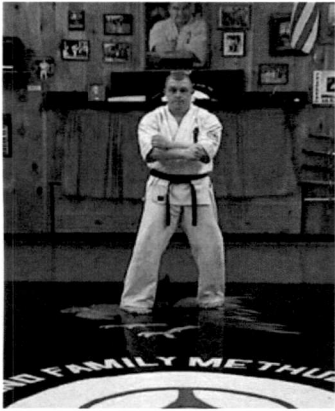
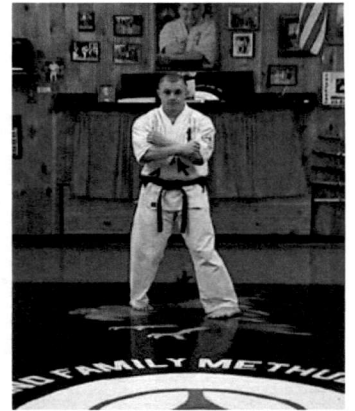
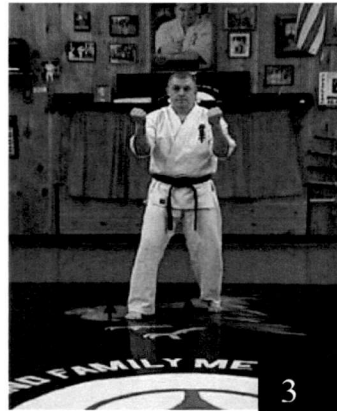
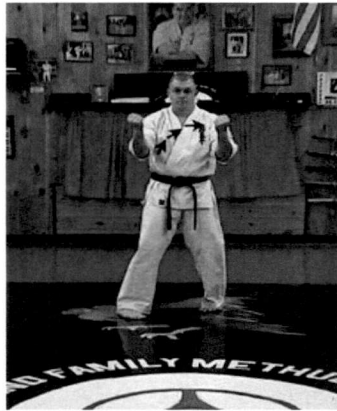
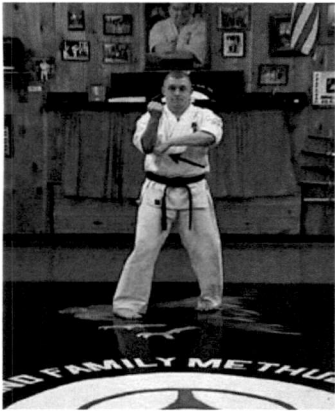
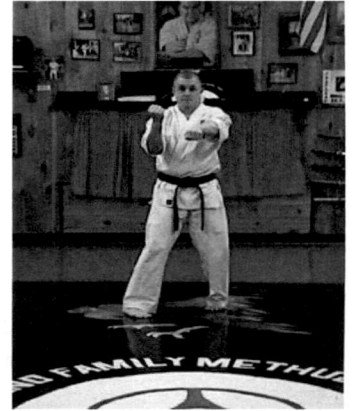
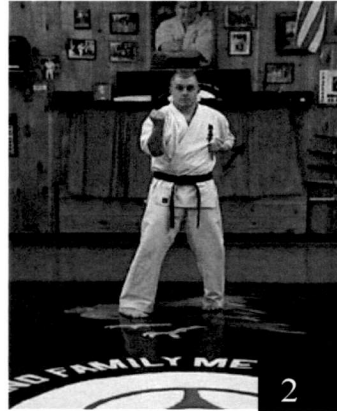
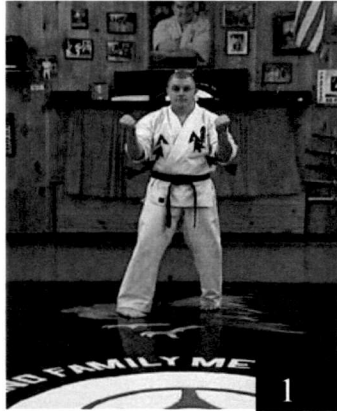
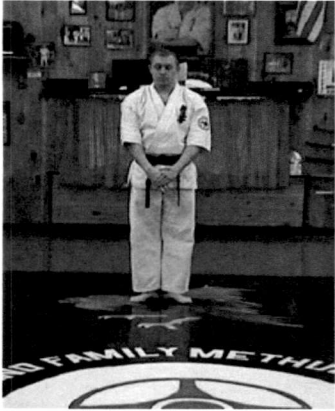
Sanchin

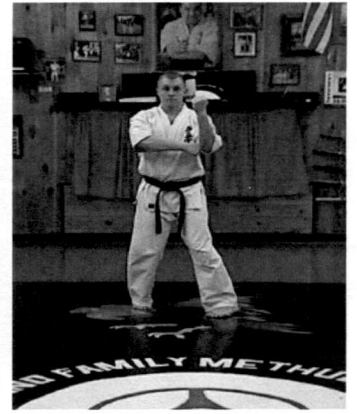
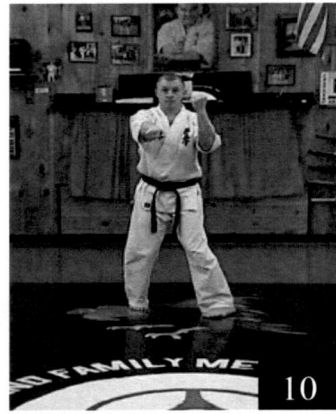
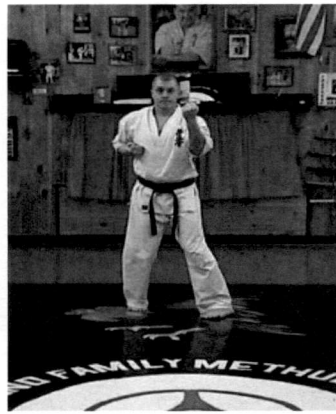
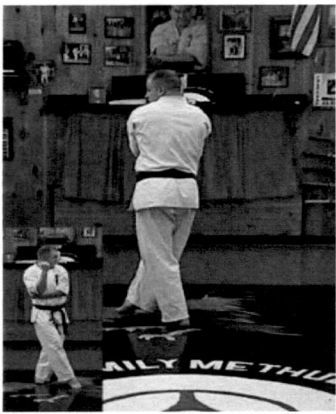
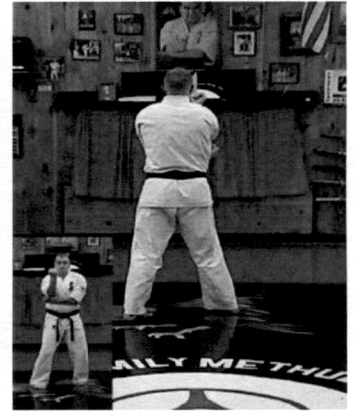
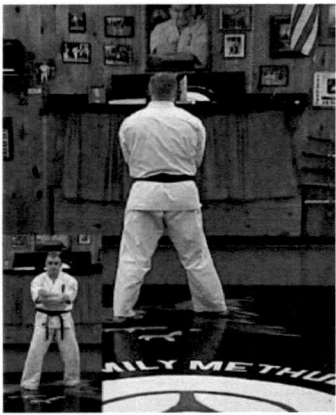
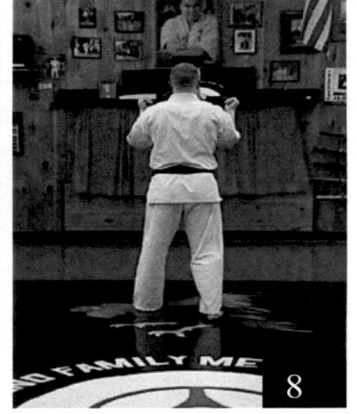
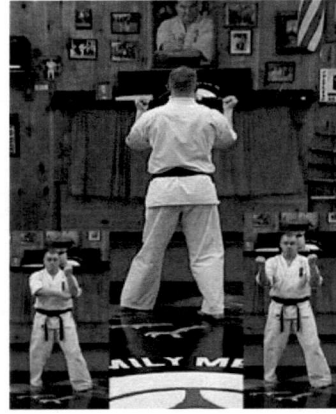
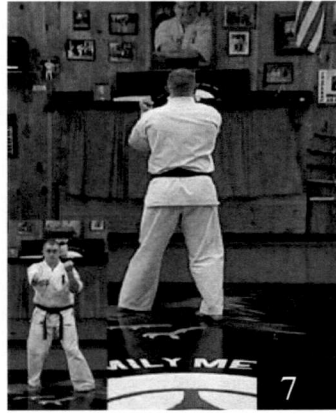
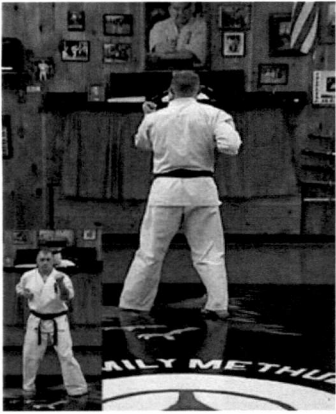
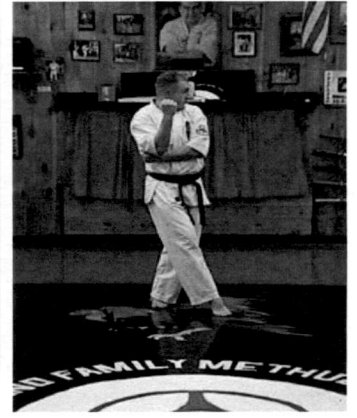
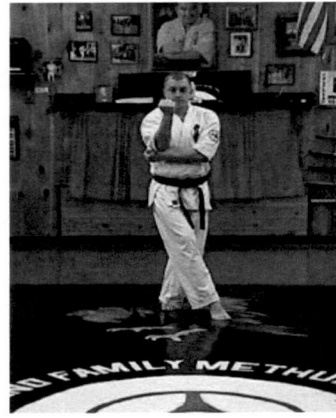
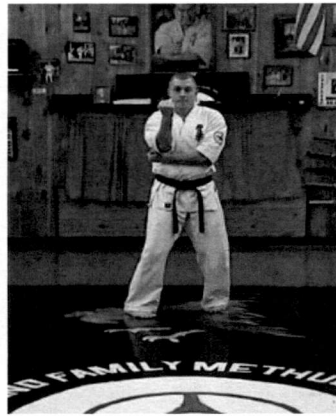
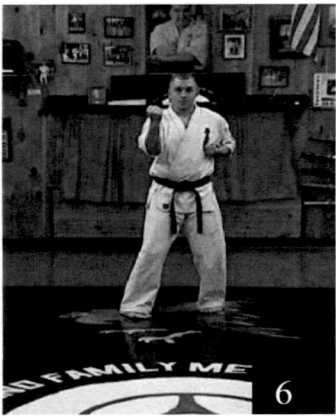
- 1) Bow into Moksū. Upon the command, step out with your right foot into Sanchin Dachi (SD) and perform a double CUU. Tense your hands and feet at the same time.
- 2) Chamber your left hand and slowly punch straight out. Bring the fist straight back across the body and perform CUU.
- 3) Bring your heels in so that your feet are straight. Slide your left foot forward into left SD and perform double CUU.
- 4) Chamber your right hand back and slowly punch straight out. Bring the fist straight back across the body and perform CUU.
- 5) Bring your heels in so that your feet are straight. Slide your right foot forward into right SD and perform double CUU.
- 6) Chamber your left hand back and slowly punch across your stomach with the fist under the right elbow, palm up. Step across with your right foot, look over your left shoulder, and pivot 180 degrees into a left SD. Perform CUU with your left hand, and then chamber your right hand.
- 7) Punch slowly with your right hand; and bring the fist straight across your body and perform CUU.
- 8) Bring your heels in so that your feet are straight. Slide your right foot forward into right SD and perform double CUU.
- 9) Chamber your left hand back and slowly punch across your stomach with the fist under the right elbow, palm up. Step across with your right foot, look over your left shoulder, and pivot 180 degrees into a left SD. Perform CUU with your left hand and then chamber your right hand.
- 10) Punch slowly with your right hand, bring the fist straight across your body and perform CUU.
- 11) Bring your heels in so that your feet are straight. Slide your right foot forward into right SD and perform double CUU.
- 12) Chamber your left hand back and slowly punch straight out. Bring the fist straight back across the body and perform CUU.
- 13) Chamber your right hand back and slowly punch straight out. Bring the fist straight back across the body and perform CUU.
- 14) Chamber your left hand back and slowly punch straight out. Bring the fist straight back across the body and perform CUU.
- 15) Reach out with both hands at lapel height, palms facing out with the back of the hands touching. Close hands in a grabbing gesture and bring the closed fists back to chamber position. Open hands to finger strike position (Nukite), with the index fingers touching and the little fingers spaced apart, making a triangle and perform double finger strike to the solar plexus. Make sure to show the different heights associated with the grab and the finger stab.
- 16) Reach out with both hands at lapel height, palms facing out with the back of the hands touching. Close hands in a grabbing gesture and bring the closed fist back to chamber position. Open hands to finger strike position (Nukite) with the index fingers touching and the little fingers spaced apart, making a triangle and perform double finger strike to the solar plexus. Make sure to show the different heights associated with the grab and the finger stab.

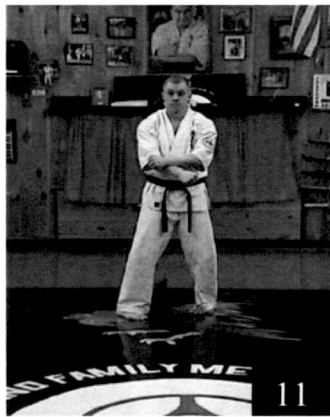
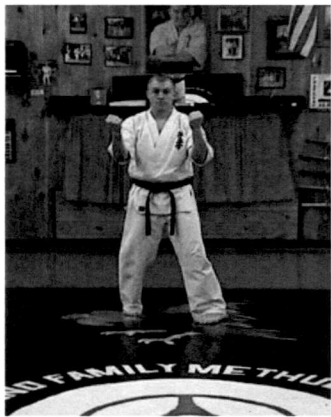
- 17) Reach out with both hands at lapel height, palms facing out with the back of the hands touching. Close hands in a grabbing gesture and bring the closed fist back to chamber position. Open hands to finger strike position (Nukite) with the index fingers touching and the little fingers spaced apart, making a triangle and perform double finger strike to the solar plexus. Make sure to show the different heights associated with the grab and the finger stab.
- 18) Stack your hands by bending the right elbow 90 degrees with the hand in the air, palm facing up and the fingers pointing straight out. The left hand comes across the body with the palm facing down and the right elbow rests on the back of the left hand. As you slide your right foot back into a left SD, perform circular blocks with each hand, with the right hand blocking down close to the body and the left hand blocking overhead. Lock in the stance as your hands continue the block ending up with the right hand coming up high and left hand low. Chamber both arms with the hands open for strikes. Perform a palm heel strike to the chin area with your right hand as the left hand executes a palm heel strike to the groin.
- 19) Stack your hands by bending the left elbow 90 degrees with the hand in the air, palm facing up and the fingers pointing straight out. The right hand comes across the body with the palm facing down and the left elbow rests on the back of the right hand. As you slide your left foot back into a right SD, perform circular blocks with each hand, with the left hand blocking down close to the body and the right hand blocking overhead. Lock in the stance as your hands continue the block ending up with the left hand coming up high and right hand low. Chamber both arms with the hands open for strikes. Perform a Palm heel strike to the chin area with your left hand as the right hand executes a palm heel strike to the groin.
- 20) Return to Yoi Dachi, without the command.



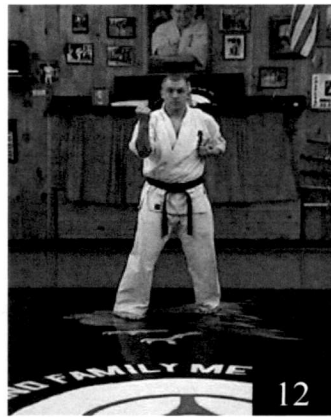
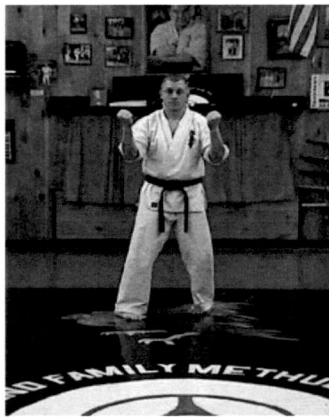
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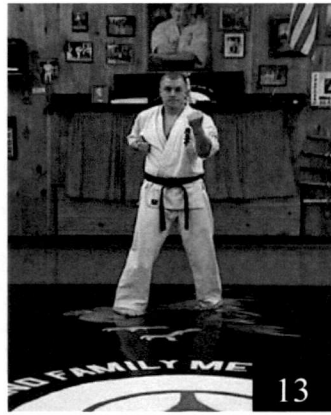
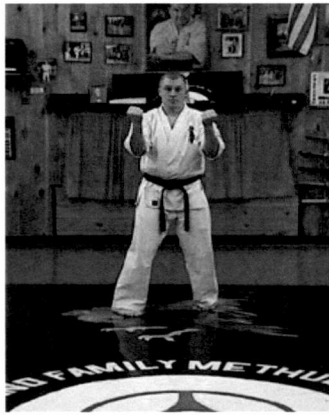
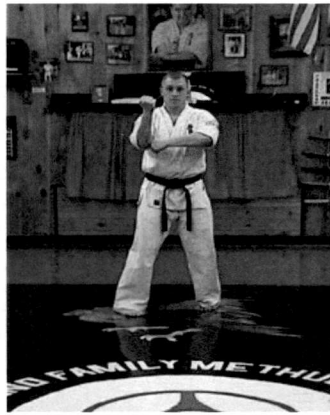
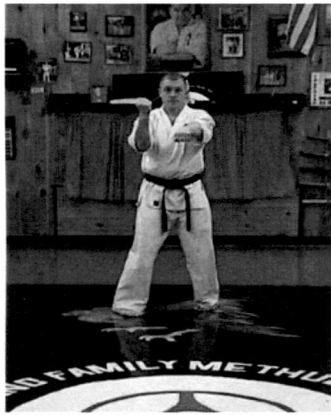




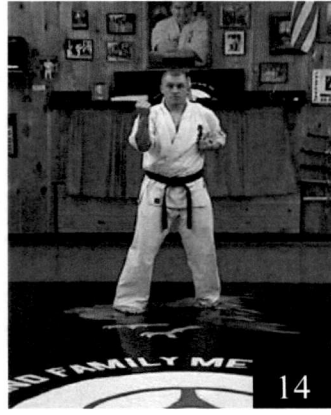
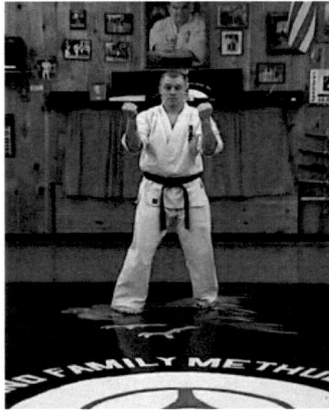
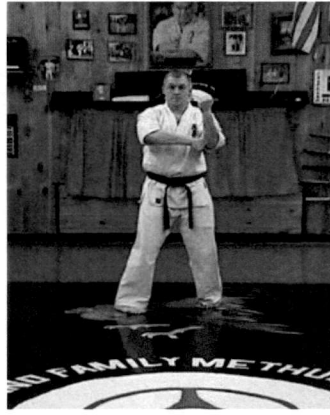
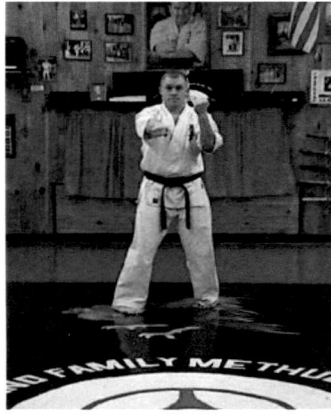
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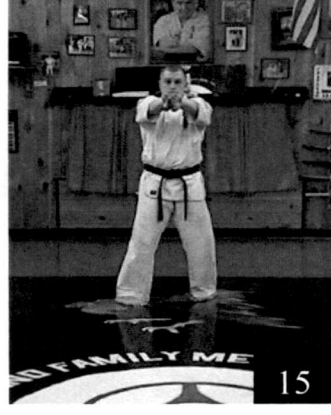
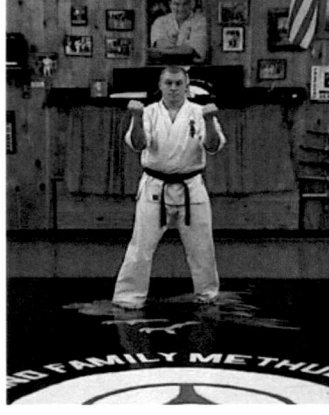
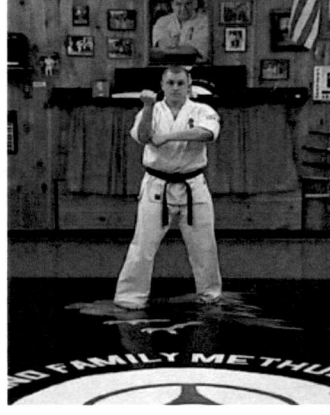
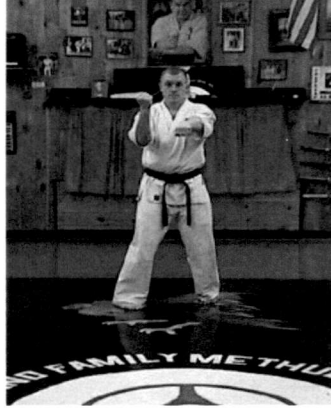
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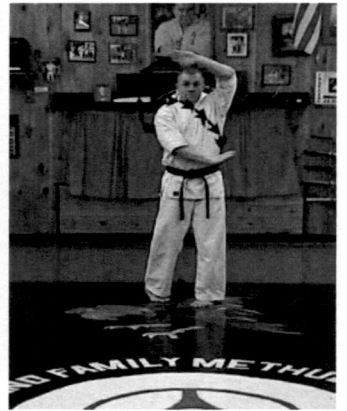
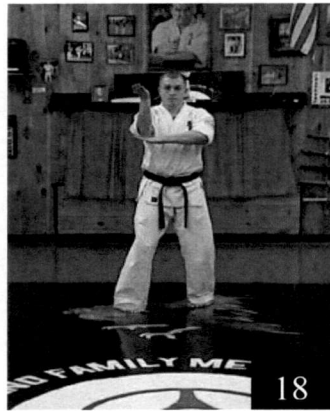
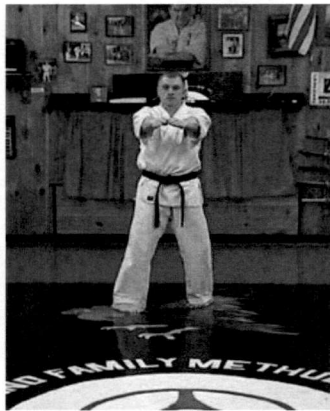
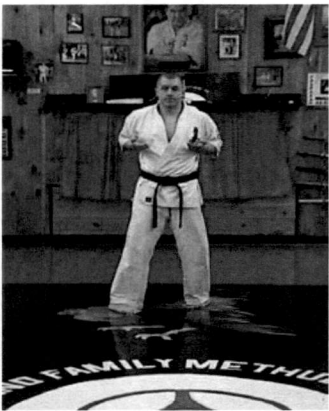
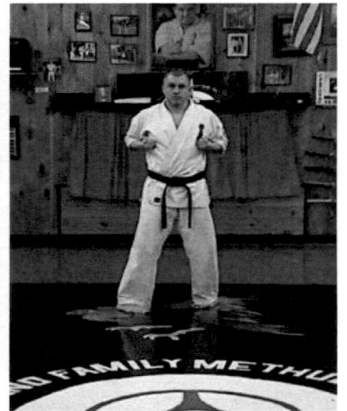
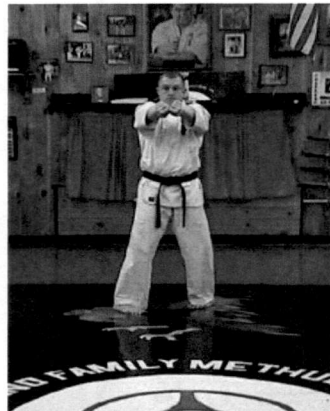
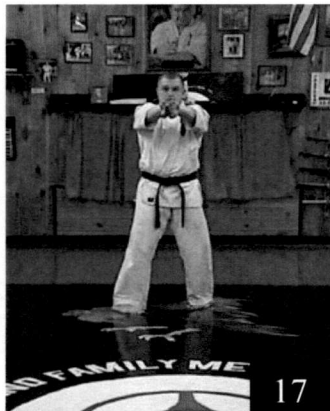
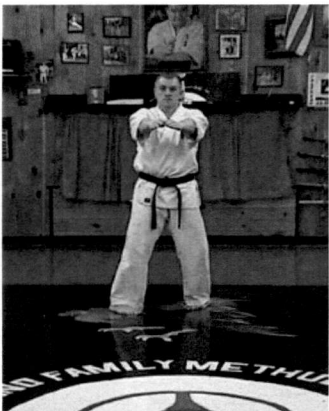
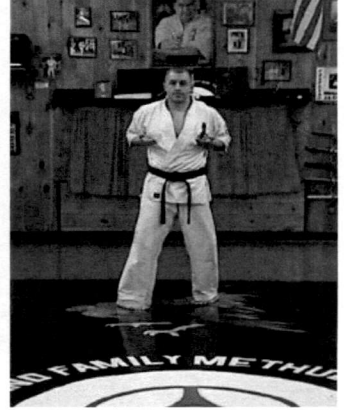
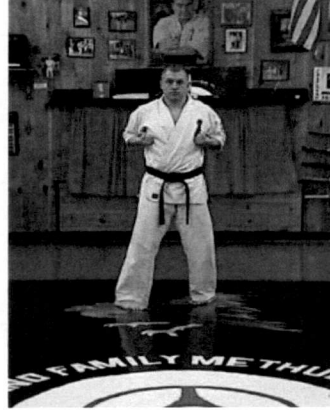
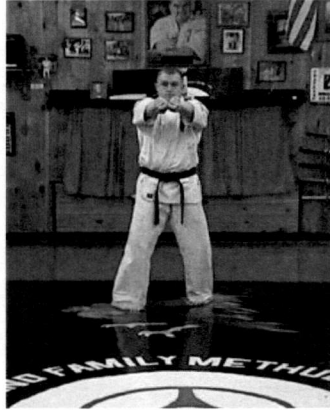
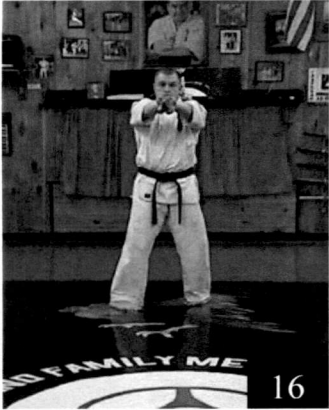
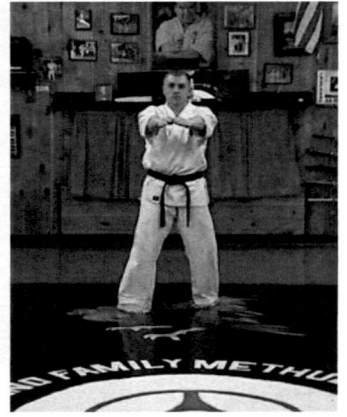
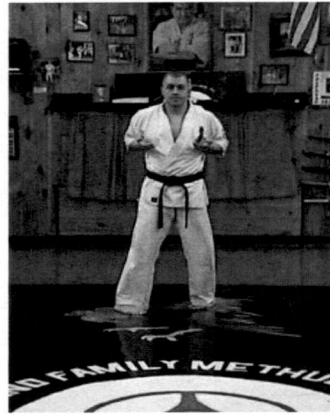
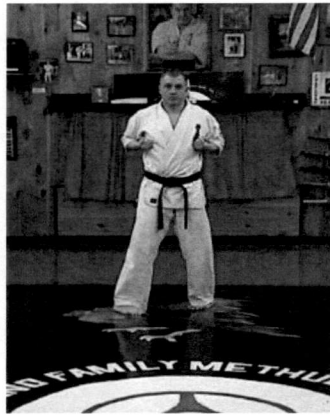
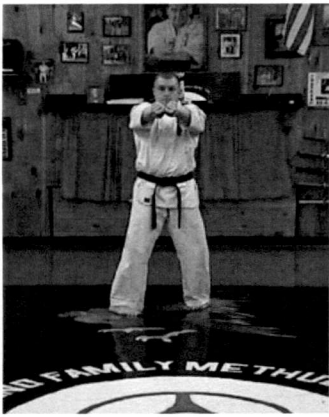
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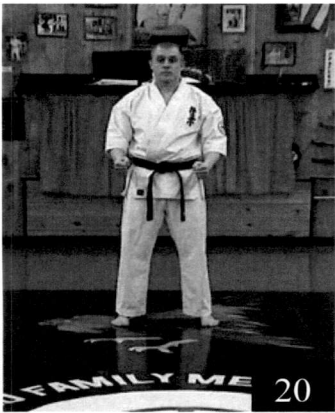
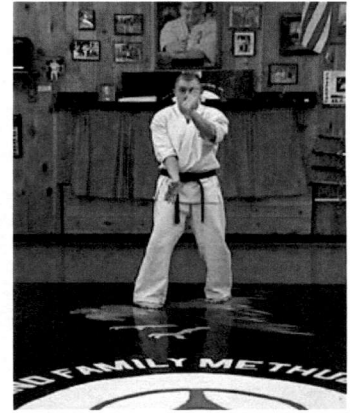
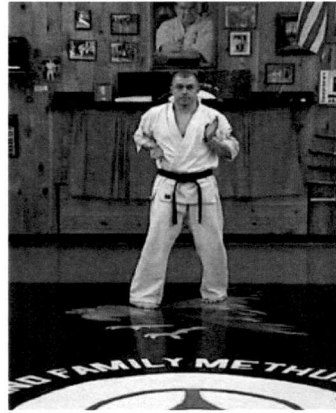
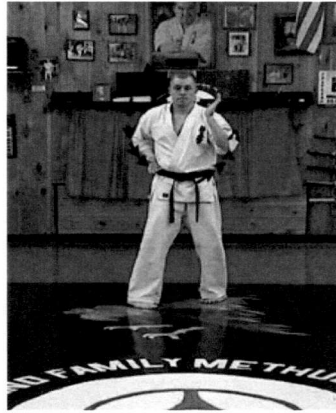
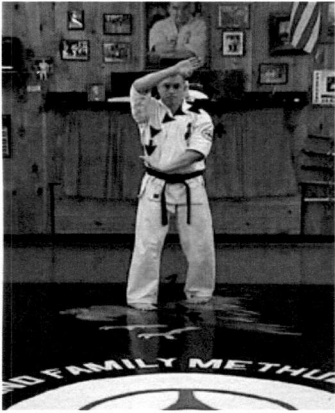
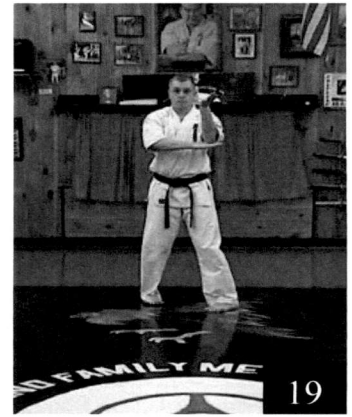
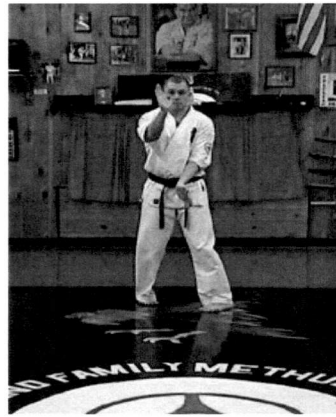
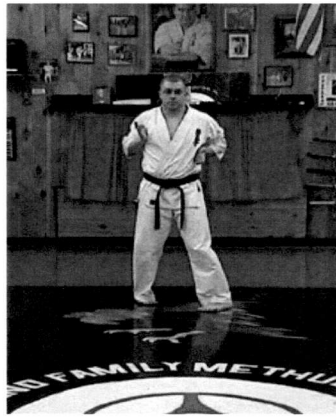
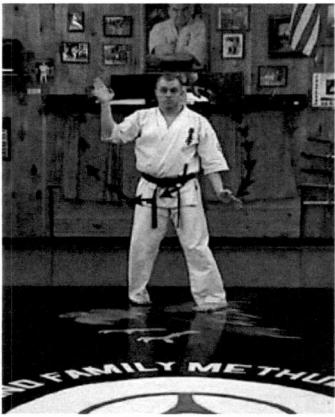


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15





Shihan & Mrs. G in Japan
1982

Formal Sanchin

Formal Sanchin incorporates Ibuki Breathing and the removal of the Gi top. The Gi is removed so the strength and focus of the practitioner is easier to evaluate.

The Karate-ka kneels in Seiza (kneeling position) and removes his or her Gi top. Once removed, the Gi is folded (as shown) and moved to the right side of the practitioner. At this time, the practitioner stands up from Seiza and begins the kata.

Upon completion of the kata, the Karate-ka again kneels in Seiza, brings the Gi top back in front of him/her and unfolds it. He or she then puts the top back on. The Obi is never removed during this time. It must be worn in a fashion that allows the Gi to be pulled and pushed under it.

Once the Gi is on, the practitioner stands from Seiza and into Yoi Dachi.

Folding the Gi

