



SANCHIN KATA

RIGHT FOOT FORWARD; DOUBLE MIDDLE CLOSED BLOCKS; BRING LEFT HAND BACK; LEFT BODY PUNCH; LEFT MIDDLE CLOSED BLOCK; LEFT FOOT FORWARD; BRING RIGHT HAND BACK; RIGHT BODY PUNCH; RIGHT MIDDLE CLOSED BLOCK; RIGHT FOOT FORWARD; BRING LEFT HAND BACK; LEFT BODY PUNCH; LEFT MIDDLE CLOSED BLOCK; BRING RIGHT HAND BACK; RIGHT BODY PUNCH; RIGHT MIDDLE CLOSED BLOCK; BRING LEFT HAND BACK; LEFT BODY PUNCH; LEFT MIDDLE CLOSED BLOCK; OPEN BOTH HANDS AND LOWER THEM TO THE FRONT OF YOUR BODY; RIGHT FOOT BACK; BRING BOTH HANDS UP TO THE CHAMBER (OPEN HAND PALMS IN); DOUBLE LOW SHUTOS TO THE GROIN; BRING BOTH HANDS UP; DOUBLE LOW SHUTOS TO THE GROIN; BRING BOTH HANDS UP; DOUBLE LOW SHUTOS TO THE GROIN; LEFT FOOT BACK; ROUNDHOUSE BLOCK; PUSH OFF WITH PALM HEEL THRUSTS; RIGHT FOOT BACK; ROUNDHOUSE BLOCK; PUSH OFF WITH PALM HEEL THRUSTS; BRING RIGHT FOOT UP TO OPEN READY STANCE; COME READY; MEDITATION, REI.

NOTE:

1. ALL STANCES ARE SANCHIN STANCES
2. ALL TECHNIQUES ARE DONE WITH TENSION
3. BREATH IN ON THE PREPARATION AND OUT ON THE EXECUTION