

Chinte

(Incredible Hands)

Embusen

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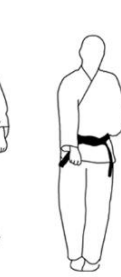
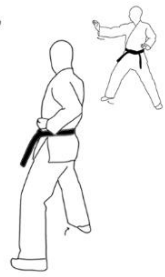
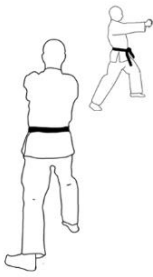
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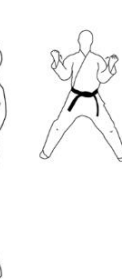
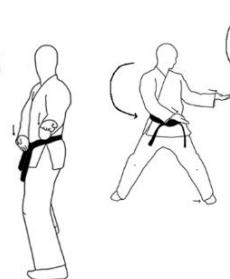
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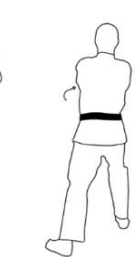
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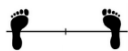
Chinte Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	migi chudan tettsumi-uchi	right middle-level inside vertical hammer-fist strike	heisoku-dachi	feet together closed leg stance	slow
2	-	Fists drawn to abdomen	heisoku-dachi	feet together closed leg stance	
3	hidari chudan tettsumi-uchi	left middle-level inside vertical hammer-fist strike	heisoku-dachi	feet together closed leg stance	slow
4	awase shuto age-uke	two handed knife-hand rising block	kiba-dachi	horse stance	
5	migi tate shuto-uke	right vertical knife-hand block	fudo-dachi (sochin dachi)	low & rooted stance	slow
6	hidari tate-ken gyaku-zuki	left vertical-ken reverse punch (into palm)	zenkutsu-dachi	front stance	
7	hidari tate shuto-uke	left vertical knife-hand block	fudo-dachi (sochin dachi)	low & rooted stance	slow
8	migi tate-ken gyaku-zuki	right vertical reverse punch (palm)	zenkutsu-dachi	front stance	
9	migi tate shuto-uke	right vertical knife-hand block	fudo-dachi (sochin dachi)	low & rooted stance	slow
10	hidari jodan tate-empi-uchi	left upper vertical-back-fist	zenkutsu-dachi	front stance	KIAI
11	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
12	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
13	hidari mae-geri / kosa-uke (migi chudan uchi-uke / hidari gedan-barai)	left front kick / double block (right middle-level inside block / left downward block)	ashi-dachi / zenkutsu-dachi	raised leg stance / front stance	
14	naiwan sukui-nage / migi gedan tettsumi-uchi	inner-arm scooping throw / right lower inside hammer-fist strike	heisoku-dachi	feet together closed leg stance	
15	morote enchin haito-barai	two-handed centrifugal ridge-hand sweep	kiba-dachi	horse stance	
16	morote enchin haito-barai	two-handed centrifugal ridge-hand sweep	kiba-dachi	horse stance	
17	ryowan uchi-uke	double inside block	kiba-dachi	horse stance	
18	ryowan-gamae	both fists downward to side posture	tsuri ashi-dachi	raised leg stance	slow
19	migi nakadaka-ippon-ken furi-otoshi	right one knuckle fist strike swing drop	zenkutsu-dachi	front stance	slow
20	hidari nakadaka-ippon-ken gyaku furi-otoshi	left swinging one knuckle strike (on top back of other hand)	zenkutsu-dachi	front stance	slow
21	migi nihon-nukite-uchi-uke	right two finger spear-hand inside block	zenkutsu-dachi	front stance	
22	hidari nihon-nukite-age-zuki	left two finger spear-hand rising thrust	zenkutsu-dachi	front stance	
23	hidari nihon-nukite-uchi-uke	left two finger spear-hand inside block	zenkutsu-dachi	front stance	
24	migi nihon-nukite-age-zuki	two finger spear-hand rising thrust	zenkutsu-dachi	front stance	
25	migi chudan teisho furi-uchi	right middle-level swinging palm-heel strike	fudo-dachi (sochin dachi)	low & rooted stance	
26	hidari chudan teisho furi-uchi	left middle-level swinging palm-heel strike	zenkutsu-dachi	front stance	
27	haimen hasami-uchi (nakadaka ippon-ken)	rear double one knuckle fist strike	zenkutsu-dachi	front stance	
28	hasami-uchi (nakadaka ippon-ken)	double one knuckle fist strike	fudo-dachi (sochin dachi)	low & rooted stance	KIAI
29	migi tate shuto-uke	right vertical knife-hand block	fudo-dachi (sochin dachi)	low & rooted stance	slow
30	hidari tate-ken gyaku-zuki	left vertical reverse punch	zenkutsu-dachi	front stance	
31	hidari tate shuto-uke	left vertical knife-hand block	fudo-dachi (sochin dachi)	low & rooted stance	slow
32	migi tate-ken gyaku-zuki	right vertical reverse punch	zenkutsu-dachi	front stance	
33	tsutsumi-ken / hoppu / hoppu / hoppu	fist under palm front of chin & hop backwards three times at 45deg angle	heisoku-dachi	feet together closed leg stance	
34	tsutsumi-ken (jiai no kamae)	fist under palm front of chin (peaceful greeting)	heisoku-dachi	feet together closed leg stance	
Yame					

Stances:



heisoku-dachi



kiba-dachi



fudo-dachi
(sochin-dachi)



zenkutsu-dachi



kokutsu-dachi



ashi-dachi