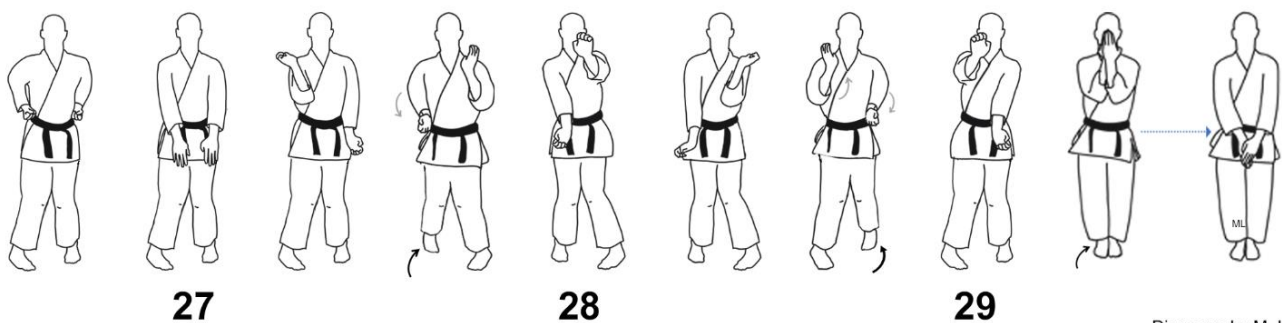
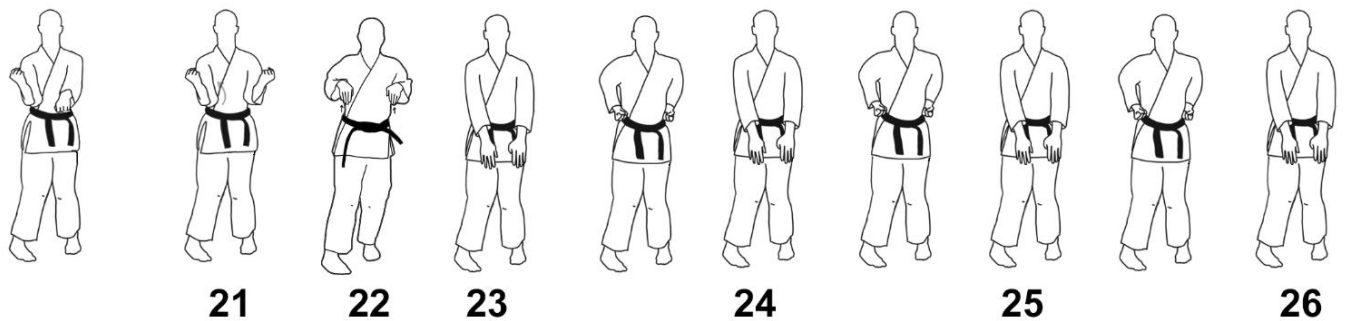
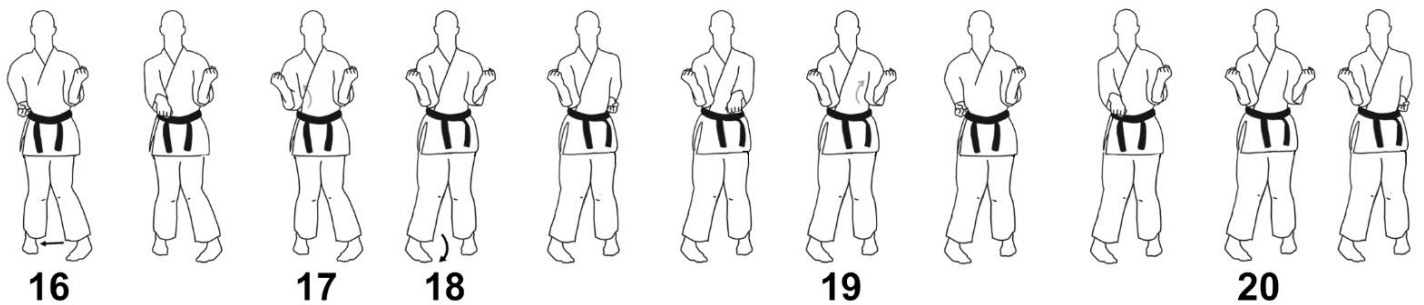
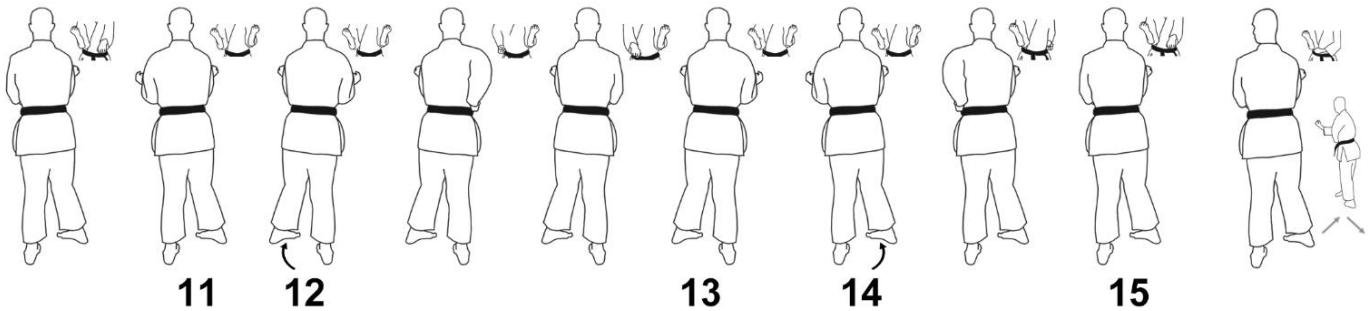
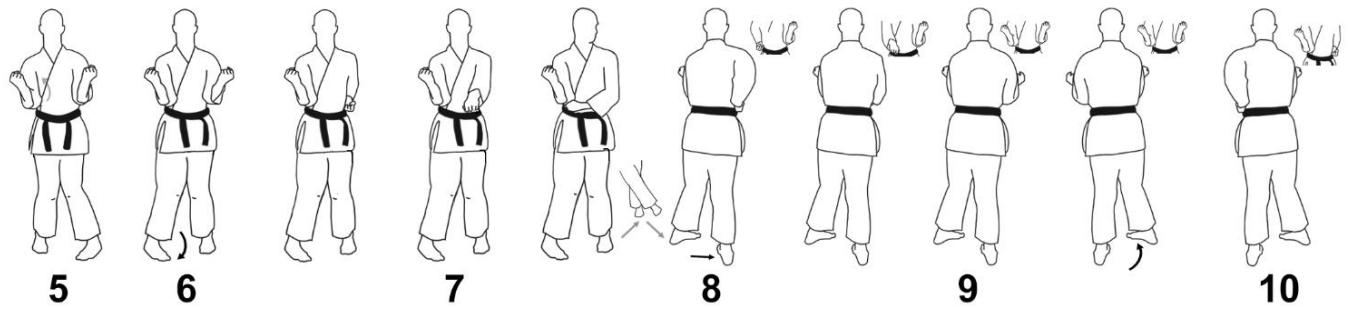
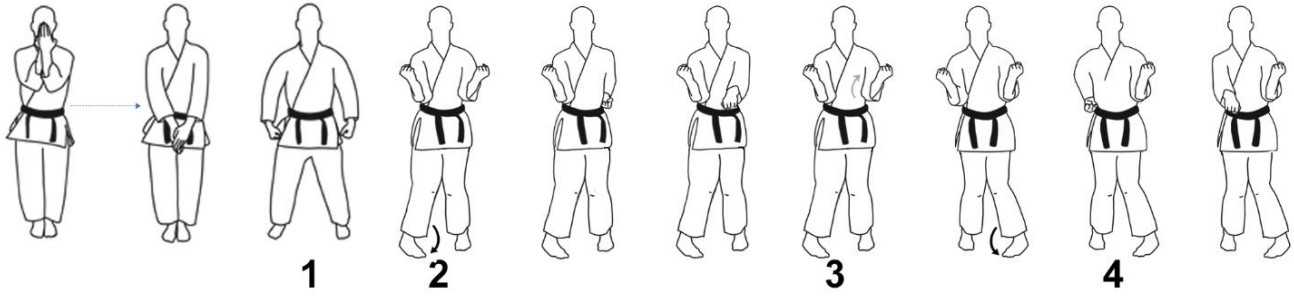


# Sanchin

(3 Battles)

Embusen  
15  
1, 29  
7, 15



# Sanchin Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			musubi dachi	heels together stance	
1		(stance change)	heiko dachi	parallel stance	rolling shoulders change of stance
2	ryoken-kakiwake-uke / hidari hikite	both fists wedge block / left fist pullback	sanchin-dachi	hour-glass stance	right leg step forward
3	hidari choku-zuki / uchi uke	left straight punch & inside block	sanchin-dachi	hour-glass stance	
4	ryoken-kakiwake-uke / migi hikite	both fists wedge block / right fist pullback	sanchin-dachi	hour-glass stance	left leg step forward
5	migi choku-zuki / uchi uke	right straight punch & inside block	sanchin-dachi	hour-glass stance	
6	ryoken-kakiwake-uke	both fists wedge block	sanchin-dachi	hour-glass stance	right leg step forward
7	hidari choku-zuki	left straight punch	sanchin-dachi	hour-glass stance	
8	hidari uchi uke	(pull back to left fist across waist) across to waist left inside block	sanchin-dachi	hour-glass stance	turning on left foot
9	migi choku-zuki / uchi uke	right straight punch & inside block	sanchin-dachi	hour-glass stance	
10	ryoken-kakiwake-uke / hidari hikite	both fists wedge block / left fist pullback	sanchin-dachi	hour-glass stance	right leg step forward
11	hidari choku-zuki / uchi uke	left straight punch & inside block	sanchin-dachi	hour-glass stance	
12	ryoken-kakiwake-uke / migi hikite	both fists wedge block / right fist pullback	sanchin-dachi	hour-glass stance	left leg step forward
13	migi choku-zuki / uchi uke	right straight punch & inside block	sanchin-dachi	hour-glass stance	
14	ryoken-kakiwake-uke / hidari hikite	both fists wedge block / left fist pullback	sanchin-dachi	hour-glass stance	right leg step forward
15	hidari choku-zuki	left straight punch	sanchin-dachi	hour-glass stance	
16	hidari uchi uke	(pull back to left fist across waist) left inside block	sanchin-dachi	hour-glass stance	turning on left foot
17	migi choku-zuki / uchi uke	right straight punch & inside block	sanchin-dachi	hour-glass stance	
18	ryoken-kakiwake-uke / hidari hikite	both fists wedge block / left fist pullback	sanchin-dachi	hour-glass stance	right leg step forward
19	hidari choku-zuki / uchi uke	left straight punch & inside block	sanchin-dachi	hour-glass stance	
20	migi choku-zuki / uchi uke	right straight punch & inside block	sanchin-dachi	hour-glass stance	
21	hidari choku-zuki / uchi uke	left straight punch & inside block	sanchin-dachi	hour-glass stance	
22	ryoken hikite	double pull-back (chest)	sanchin-dachi	hour-glass stance	variant: closed fist
23	gedan morote yonhon nukite	lower level double four-fingered spear hand	sanchin-dachi	hour-glass stance	slow extend variant: closed finger spear hand
24	ryoken hikite / gedan morote yonhon nukite / ryoken hikite	double pull-back (waist) / lower level double four-fingered spear hand	sanchin-dachi	hour-glass stance	fast pull, slow extend variant: closed finger spear hand
25	ryoken hikite / gedan morote yonhon nukite / ryoken hikite	double pull-back (waist) / lower level double four-fingered spear hand	sanchin-dachi	hour-glass stance	fast pull, slow extend variant: closed finger spear hand
26	ryoken hikite / gedan morote yonhon nukite / ryoken hikite	double pull-back (waist) / lower level double four-fingered spear hand	sanchin-dachi	hour-glass stance	fast pull, slow extend variant: closed finger spear hand
27	ryoken hikite / gedan morote yonhon nukite / ryoken hikite	double pull-back (waist) / lower level double four-fingered spear hand	sanchin-dachi	hour-glass stance	fast pull, slow extend variant: closed finger spear hand
28	tekubi-makiotoshi-uke / teisho-awase-zuki	wrist curling-falling block / palm-heel combined punch	sanchin-dachi	hour-glass stance	step back
29	tekubi-makiotoshi-uke / teisho-awase-zuki	wrist curling-falling block / palm-heel combined punch	sanchin-dachi	hour-glass stance	step back
Yame			musubi dachi	heels together stance	

Stances:



heisoku-dachi



sanchin-dachi

Kata outline:

