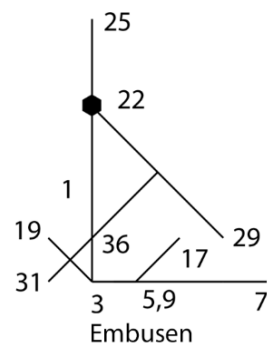


Sochin

(Energetic Calm)



1



2



3



4



5



6



7



8



9



10



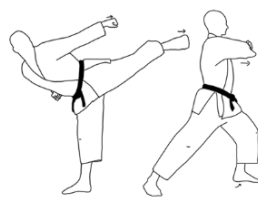
11



12



13



14



15



16



17



18



19



20



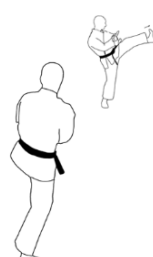
21



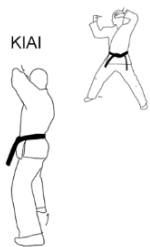
22



23



24



25



26



27



28



29



30



31



32



33



34



35



36



KIAI



Sochin Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	(hidari gedan-barai) muso-gamae (hidari age-uke & migi gedan-uke)	(left arm inside block sweep) incomparable posture (left rising block & right downward block)	fudo-dachi (sochin dachi)	low & rooted stance	slow
2	migi chudan tate-shuto-uke	right middle-level vertical-knife-hand block	fudo-dachi (sochin dachi)	low & rooted stance	slow
3	hidari chudan-zuki / migi chudan gyaku-zuki	left middle-level punch / right middle-level reverse punch	fudo-dachi (sochin dachi)	low & rooted stance	
4	manji-uke (uchi-uke / gedan-uk)	swirling posture (left downward block / right upper inside block)	kokutsu-dachi	back stance	
5	muso-gamae (hidari age-uke & migi gedan-uke)	incomparable posture (left rising block & right downward block)	fudo-dachi (sochin dachi)	low & rooted stance	
6	migi chudan tate-shuto-uke	right middle-level vertical-knife-hand block	fudo-dachi (sochin dachi)	low & rooted stance	slow
7	hidari chudan-zuki / migi chudan gyaku-zuki	left middle-level punch / right middle-level reverse punch	fudo-dachi (sochin dachi)	low & rooted stance	
8	manji-uke (uchi-uke / gedan-uke)	swirling posture (left downward block / right upper inside block)	kokutsu-dachi	back stance	
9	muso-gamae (hidari age-uke & migi gedan-uke)	incomparable posture (left rising block & right downward block)	fudo-dachi (sochin dachi)	low & rooted stance	
10	migi chudan tate-shuto-uke	right middle-level vertical-knife-hand block	fudo-dachi (sochin dachi)	low & rooted stance	slow
11	hidari chudan-zuki / migi chudan gyaku-zuki	left middle-level punch / right middle-level reverse punch	fudo-dachi (sochin dachi)	low & rooted stance	
12	koshi-gamae / hidari yoko-geri keage & hidari yoko-mawashi uraken-uchi	both fists on hip posture / left side snap kick & left sideways back-fist strike	ashi-dachi	raised leg stance	
13	migi empi-uchi	right elbow-strike	fudo-dachi (sochin dachi)	low & rooted stance	
14	koshi-gamae / migi yoko-geri keage & migi yoko-mawashi uraken-uchi	both fists on hip posture / right side snap kick & right sideways back-fist strike	ashi-dachi	raised leg stance	
15	hidari empi-uchi	left elbow-strike	fudo-dachi (sochin dachi)	low & rooted stance	
16	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
17	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
18	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
19	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
20	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
21	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
22	hidari osae-uke / migi yoko-nukite (hira-nukite)	left pressing block / right sideways (flat) spear-hand strike	kyo-dachi	shortened back stance	
23	hidari kisami mae-geri	left front snapping kick	ashi-dachi	raised leg stance	
24	migi mae-geri / migi nagashi-uke / hidari uraken-uchi	right front kick / right sweeping block / left backfist strike	ashi-dachi	raised leg stance	
25	hidari nagashi-uke / migi uraken-uchi	left forearm twisting block / right backfist strike	fudo-dachi (sochin dachi)	low & rooted stance	KIAI
26	migi jodan mikazuki-geri	right upper crescent kick	ashi-dachi	raised leg stance	
27	muso-gamae (age-uke & gedan-uke)	incomparable posture (rising block / downward block)	fudo-dachi (sochin dachi)	low & rooted stance	
28	hidari chudan uchi-uke	left middle-level inside block	fudo-dachi (sochin dachi)	low & rooted stance	
29	migi chudan oi-zuki	right middle-level stepping punch	fudo-dachi (sochin dachi)	low & rooted stance	
30	migi chudan uchi-uke	right middle-level inside block	fudo-dachi (sochin dachi)	low & rooted stance	
31	hidari chudan oi-zuki	left middle-level stepping punch	fudo-dachi (sochin dachi)	low & rooted stance	
32	hidari chudan uchi-uke	left middle-level inside block	fudo-dachi (sochin dachi)	low & rooted stance	
33	migi chudan uchi-uke / gyaku-hanmi	right middle-level inside block / 45deg hip twist	fudo-dachi (sochin dachi)	low & rooted stance	
34	migi mae-geri	right front kick	ashi-dachi	raised leg stance	
35	hidari yumi-zuki	left bow-punch (one first front & one pulled back to chest)	fudo-dachi (sochin dachi)	low & rooted stance	
36	migi chudan gyaku-zuki / hidari chudan-zuki	right middle-level reverse punch / left middle-level punch	fudo-dachi (sochin dachi)	low & rooted stance	KIAI
Yame					

Stances:

