

Jitte

(Ten Hands)

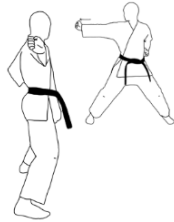


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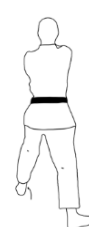
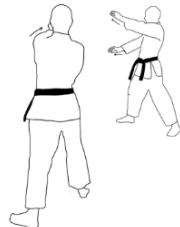
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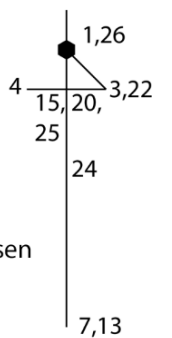
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KIAI



Embusen

Jitte Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			heisoku-dachi	feet together stance	
1	migi tekubi kake-uke & haishu- osae-uke	wrist hook block & backhand pressing block	zenkutsu-dachi	front stance	slow
2	teisho morote-uke	double palm heel block (at 45deg)	zenkutsu-dachi	front stance	slow
3	hidari haito-uke	left ridge-hand block	zenkutsu-dachi	front stance	
4	migi haito-uchi	right ridge hand block	kiba-dachi	horse-riding stance	
5	migi teisho-yoko-uchi	right palm heel strike	kiba-dachi	horse-riding stance	
6	hidari teisho-yoko-uchi	left palm heel strike	kiba-dachi	horse-riding stance	
7	migi teisho-yoko-uchi	right palm heel strike	kiba-dachi	horse-riding stance	
8	jodan juji-uke	upper both fists cross block (X-block)	kosa-dachi	crossing stance	
9	ryowan gedan kakiwake-uke	lower both fists wedge block	kiba-dachi	horse-riding stance	
10	hasami-uke / yama kakiwake- uke	scissors block / mountain posture wedge block (both fists raised in right angle arm shape)	kiba-dachi	horse-riding stance	
11	fumikomi-geri / yama-uke	stamping kick/ mountain posture wedge block (both fists raised in right angle arm shape)	kiba-dachi	horse-riding stance	
12	fumikomi-geri / yama-uke	stamping kick/ mountain posture wedge block (both fists raised in right angle arm shape)	kiba-dachi	horse-riding stance	
13	fumikomi-geri / yama-uke	stamping kick/ mountain posture wedge block (both fists raised in right angle arm shape)	kiba-dachi	horse-riding stance	KIAI
14	ryowan-gamae (gedan kakiwake-uke)	both fists downward to side posture (lower both fists wedge block)	hachiji-dachi	natural stance	
15	migi jodan shuto-uke	right upper knife-hand block	zenkutsu-dachi	front stance	
16	morote jo-uke	double handed staff (stick block)	zenkutsu-dachi	front stance	
17	morote koko-dori	double rotating hand staff grab	zenkutsu-dachi	front stance	
18	morote jo-dori / morote jo tsuki-dashi	double staff grab (rising) / stick repel	sagi-ashi-dachi / zenkutsu-dachi	heron leg stance / front stance	
19	morote koko-dori	double rotating hand staff grab	zenkutsu-dachi	front stance	
20	morote jo-dori / morote jo tsuki-dachi	double staff grab (rising) / double staff repel	sagi-ashi-dachi / zenkutsu-dachi	heron leg stance / front stance	
21	manji-uke (migi jodan uchi-uke / hidari gedan-barai)	swirling block (right upper inside block / left downward block)	kokutsu-dachi	back stance	
22	manji-uke (hidari jodan uchi- uke / migi gedan-barai)	swirling block (left upper inside block / right downward block)	kokutsu-dachi	back stance	
23	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	
24	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	
25	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	
26	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	KIAI
Yame			heisoku-dachi	feet together stance	

Stances:

