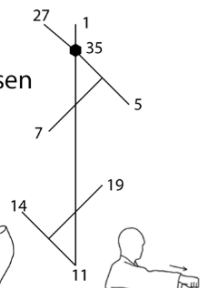


# Ji'in

(Temple Grounds)

Embusen



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KIAI



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KIAI

# Ji'in Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi					
1	kosa-uke (hidari chudan uchi-uke / migi gedan-barai)	double block (left middle-level inside block / right downward block)	zenkutsu-dachi	front stance	
2	manji-uke (migi jodan uchi-uke / hidari gedan-barai)	swirling block (right upper inside block / left downward block)	kokutsu-dachi	back stance	
3	manji-uke (hidari jodan uchi-uke / migi gedan-barai)	swirling block (left upper inside block / right downward block)	kokutsu-dachi	back stance	
4	hidari jodan age-uke	left upper rising block	zenkutsu-dachi	front stance	
5	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
6	migi jodan age-uke	right upper rising block	zenkutsu-dachi	front stance	
7	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
8	hidari gedan-barai	left downward block	zenkutsu-dachi	front stance	
9	migi chudan shuto-soto-uchi	right middle-level outside knife-hand strike	kiba-dachi	horse stance	
10	hidari chudan shuto-soto-uchi	left middle-level outside knife-hand strike	kiba-dachi	horse stance	
11	migi chudan shuto-soto-uchi	right middle-level outside knife-hand strike	kiba-dachi	horse stance	KIAI
12	chudan kakiwake-uke	middle-level both fists wedge block	zenkutsu-dachi	front stance	slow
13	migi mae-geri	right front kick	ashi-dachi	raised leg stance	
14	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	
15	hidari chudan gyaku-zuki	left middle-level reverse punch	zenkutsu-dachi	front stance	
16	kosa-uke (migi chudan uchi-uke / hidari gedan-barai)	double block (right middle-level inside block / left downward block)	zenkutsu-dachi	front stance	
17	chudan kakiwake-uke	middle-level both fists wedge block	zenkutsu-dachi	front stance	slow
18	hidari mae-geri	left front kick	ashi-dachi	raised leg stance	
19	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	
20	migi chudan gyaku-zuki	right middle-level reverse punch	zenkutsu-dachi	front stance	
21	kosa-uke (hidari chudan uchi-uke / migi gedan-barai)	double block (left middle-level inside block / right downward block)	zenkutsu-dachi	front stance	
22	migi chudan tettsumi-uchi	right middle-level inside hammer-fist strike	kiba-dachi	horse stance	
23	hidari chudan tettsumi-uchi	left middle-level inside hammer-fist strike	kiba-dachi	horse stance	
24	migi chudan tettsumi-uchi	right middle-level inside hammer-fist strike	kiba-dachi	horse stance	
25	hidari chudan tate shuto-uke	left middle-level vertical knife-hand block	fudo-dachi	front stance	slow
26	migi chudan gyaku-zuki	right middle-level reverse punch	zenkutsu-dachi	front stance	
27	hidari chudan-zuki	left middle level punch	zenkutsu-dachi	front stance	
28	migi mae-geri	right front kick (& step back)	ashi-dachi	raised leg stance	
29	migi chudan gyaku-zuki	right middle-level reverse punch	zenkutsu-dachi	front stance	
30	kosa-uke (hidari chudan uchi-uke / migi gedan-barai)	double block (left middle-level inside block / right downward block)	zenkutsu-dachi	front stance	
31	kosa-uke (migi chudan uchi-uke / hidari gedan-barai)	double block (right middle-level inside block / left downward block)	kiba-dachi	horse stance	
32	morote gedan-barai	double downward block	kiba-dachi	horse stance	slow
33	morote chudan kosa-uke	double middle-level double block	kiba-dachi	horse stance	slow
34	hidari jodan-zuki	left upper punch	kiba-dachi	horse stance	
35	migi chudan-zuki	right middle level punch	kiba-dachi	horse stance	KIAI
Yame					

Stances:

