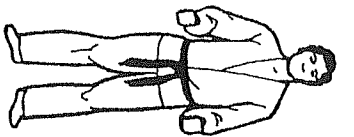


# Sanchin

START

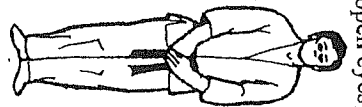
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(open eyes)



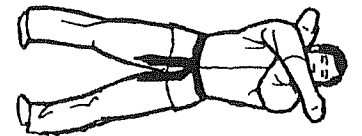
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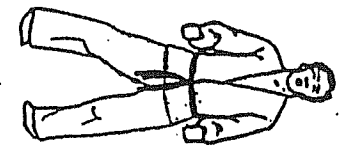
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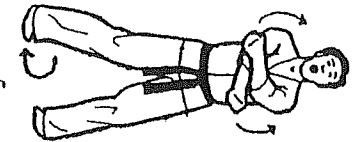
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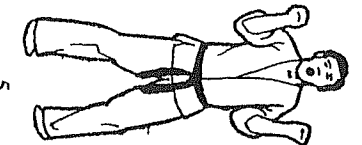
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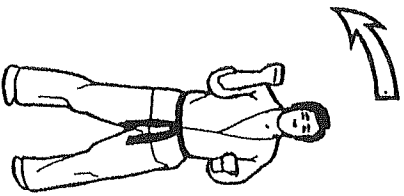


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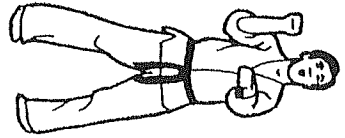
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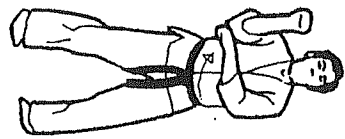


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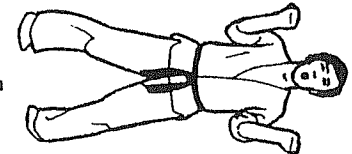


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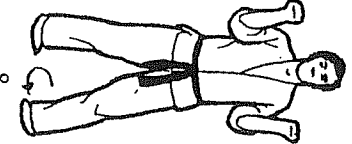


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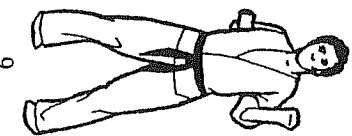


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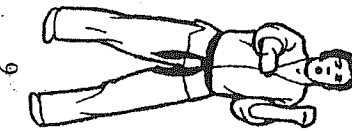
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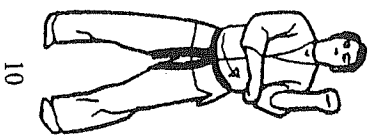


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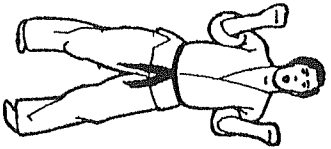
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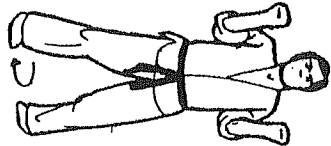


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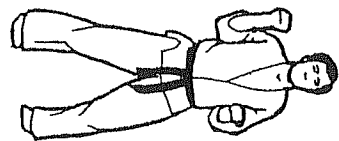


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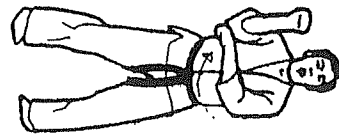
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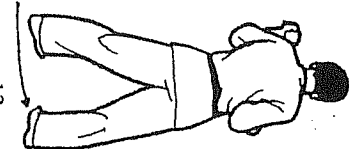


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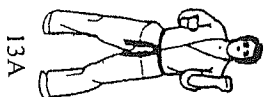


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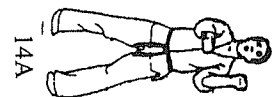
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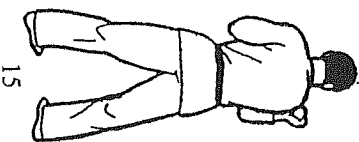
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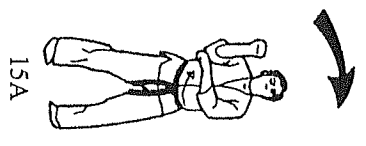


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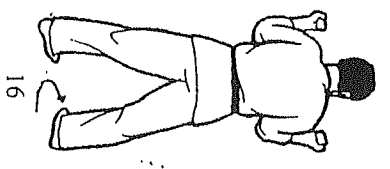
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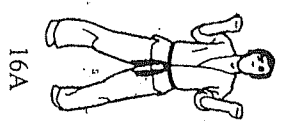
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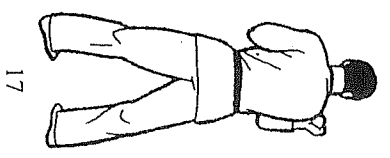
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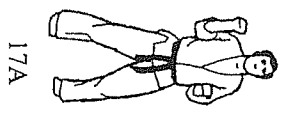
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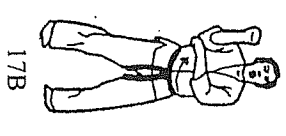


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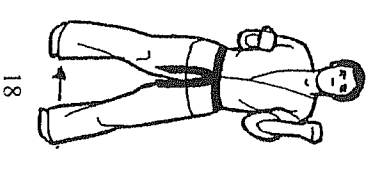


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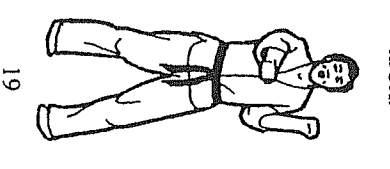
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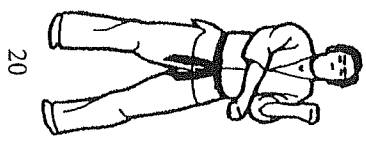


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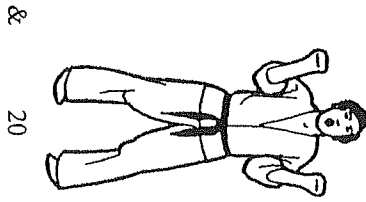


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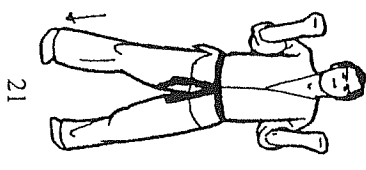
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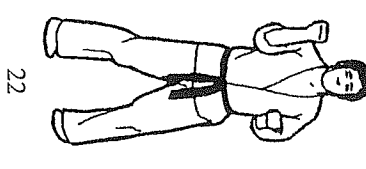
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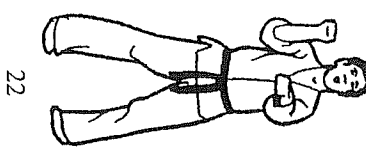
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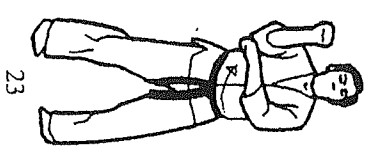
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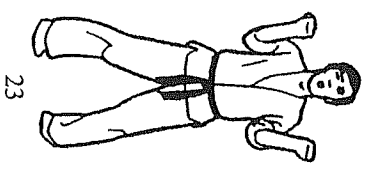
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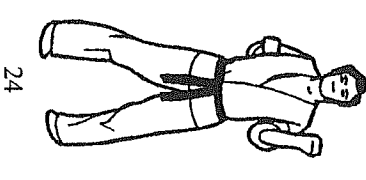
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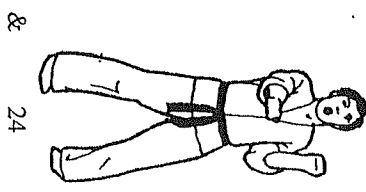
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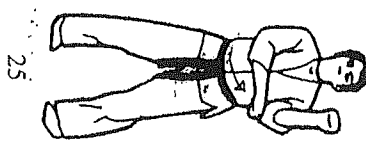
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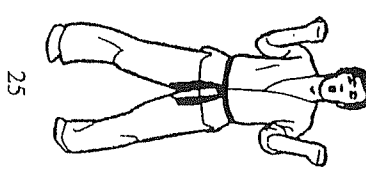
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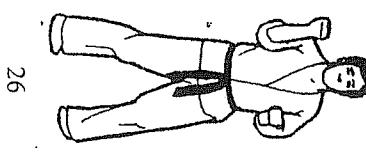
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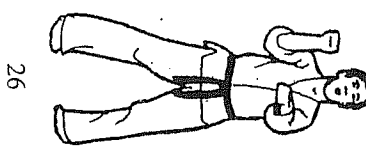
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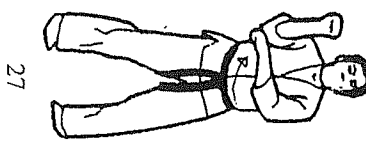
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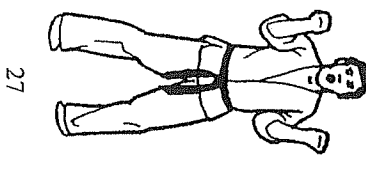
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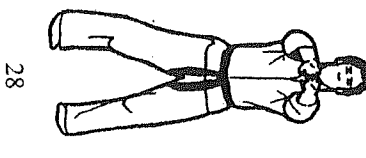
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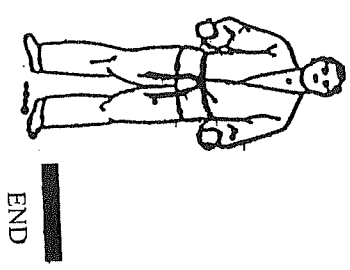
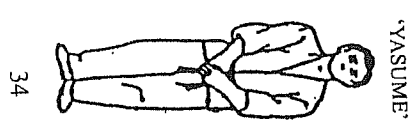
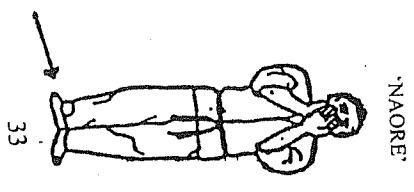
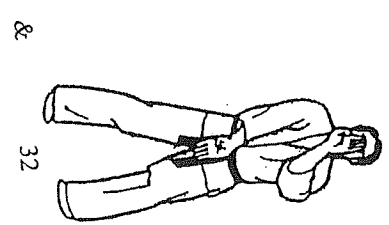
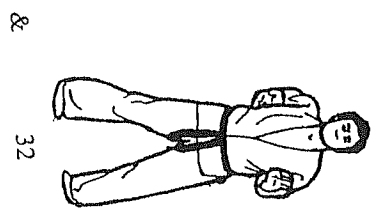
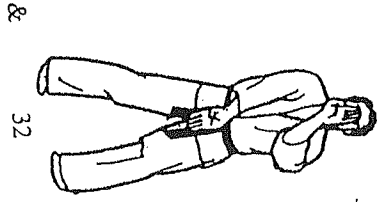
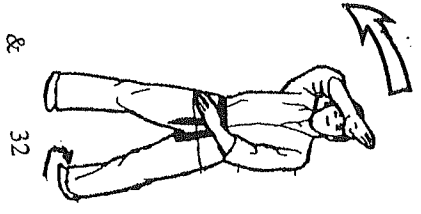
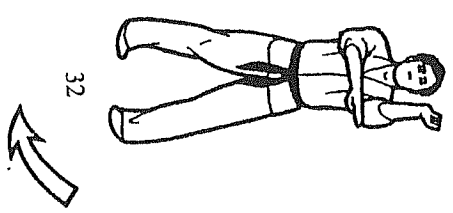
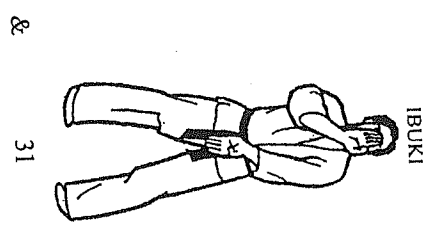
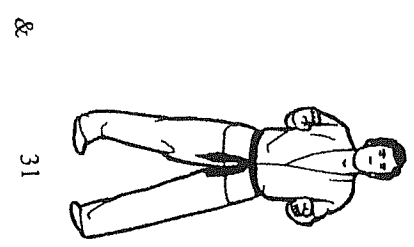
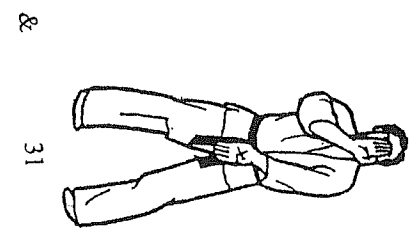
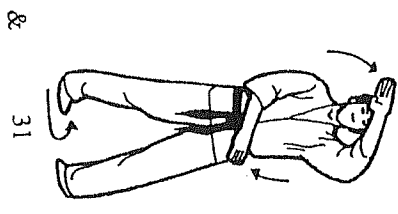
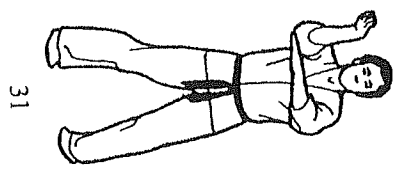
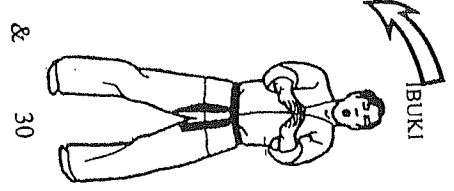
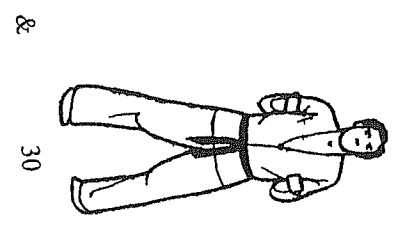
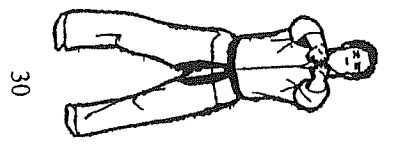
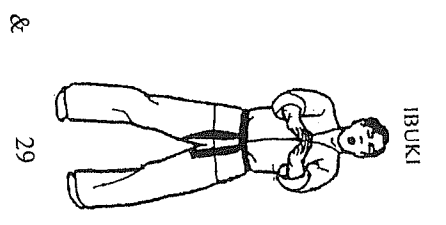
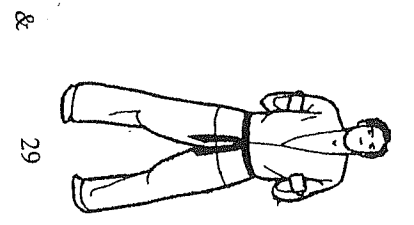
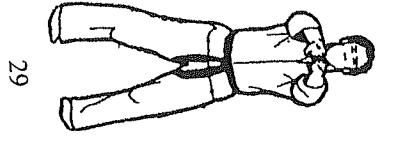
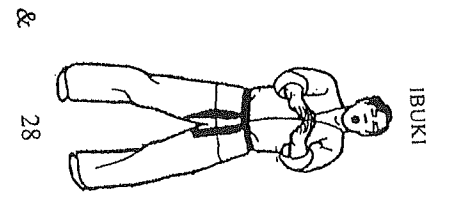
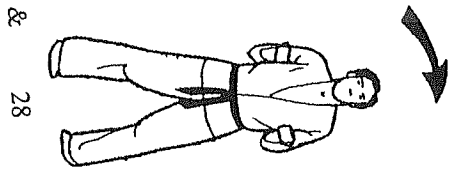
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28



Next page



## SANCHIN

*Forward: In sanchin the ibuki takes between 4-5 seconds with inhalation being done quickly. All techniques are performed slowly and under tension (except where indicated).*

- 1) *Fudo Dachi*
- 2) *"Mokuso," (eyes closed)*
- 3) *"Sanchin No Kata, (eyes open) yoi"*
- 4) *Uchi hachi ji dachi with ibuki.*
- 5) *Short inhalation, step forward into right sanchin dachi, block seiken morote uchi uke.*
- 6) *Short inhalation, pull left arm back to side, strike left seiken chudan gyaku tsuki with ibuki.*
- 7) *Short inhalation, starting at the elbow, block left seiken chudan uchi uke with ibuki.*
- 8) *Short inhalation, step forward into left sanchin dachi with ibuki.*
- 9) *Short inhalation, pull right arm back to side, strike right seiken chudan gyaku tsuki with ibuki.*
- 10) *Short inhalation, starting at the elbow, block right seiken chudan uchi uke with ibuki.*
- 11) *Short inhalation, step forward into right sanchin dachi, ibuki.*
- 12) *Short inhalation, pull left arm back to side, take fist across chest to under right elbow with ibuki (palm down).*
- 13) *Step across with right leg pivot anti-clockwise 180° into left sanchin dachi, block left seiken chudan uchi uke (quickly) simultaneously pulling right arm back to the side.*
- 14) *Short inhalation, strike right seiken chudan gyaku tsuki with ibuki.*
- 15) *Short inhalation, starting at the elbow, block right seiken chudan uchi uke with ibuki.*
- 16) *Short inhalation, step forward into right sanchin dachi.*
- 17) *Short inhalation, pull left arm back to side, take left fist across chest under right elbow (palm down), with ibuki.*
- 18) *Step across with right leg pivot anti-clockwise 180° into left sanchin dachi, block left seiken chudan uchi uke (fast without ibuki), simultaneously pulling right arm back to side.*

- 19) *Short inhalation, strike right seiken chudan gyaku tsuki with ibuki.*
- 20) *Short inhalation, starting at the elbow, block right seiken chudan uchi uke with ibuki.*
- 21) *Short inhalation, step forward into right sanchin dachi*
- 22) *Short inhalation, pull left arm back to side, strike left seiken chudan gyaku tsuki with ibuki.*
- 23) *Short inhalation, starting at the elbow, block left seiken chudan uchi uke with ibuki.*
- 24) *Short inhalation, pull right arm back to side, strike right seiken chudan oi tsuki with ibuki.*
- 25) *Short inhalation, starting at the elbow, block right seiken chudan uchi uke with ibuki.*
- 26) *Short inhalation, pull left arm back to side, strike left seiken chudan gyaku tsuki with ibuki.*
- 27) *Short inhalation, starting at the elbow, block left seiken chudan uchi uke with ibuki.*
- 28) *Short inhalation; reach out with hands (erikake) chest height, clench fists and pull both fists back to the side (quickly, under tension strike chudan morote yohon nukite, with ibuki,*
- 29) *Short inhalation; reach out with hands (erikake) chest height, clench fists and pull both arms back to the side (quickly), under tension strike chudan morote yohon nukite, with ibuki,*
- 30) *Short inhalation; reach out with both hands (erikake) chest height, clench fists, pull both fists back to the side (quickly), under tension strike chudan morote yohon nukite, with ibuki,*
- 31) *Short inhalation, step back into left sanchin dachi, blocking right mae shuto mawashi uke, strike right jodan shotei uchi and left gedan shotei uchi with ibuki.*
- 32) *Short inhalation, step back into right sanchin dachi blocking left mae shuto mawashi uke, strike left jodan shotei uchi/right gedan shotei uchi with ibuki.*
- 33) *Naore - Step back into musubi dachi*
- 34) *Yasume – Step into judo dachi.      END*