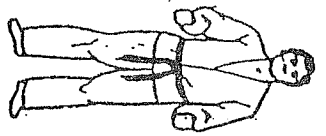


Jantitsu

START

'MOKUSO'



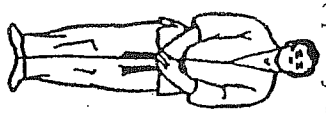
1

'YANTSU'



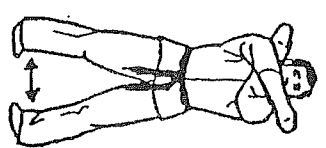
2

'YOI'
(open eyes)

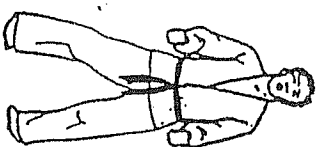


3

IBUKI



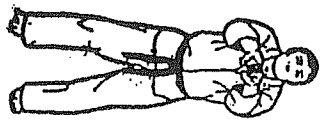
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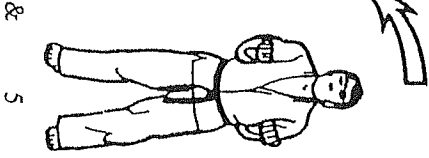
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count
ICHI

4

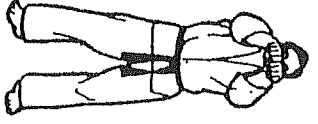


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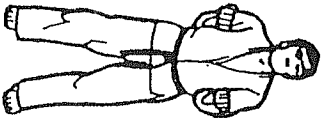


&

5

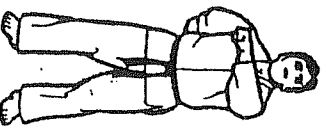


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7

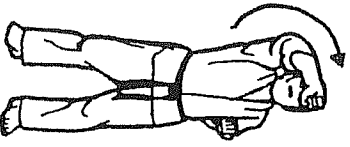
count
NI



8

KIVI

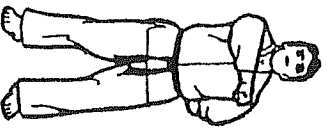
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8

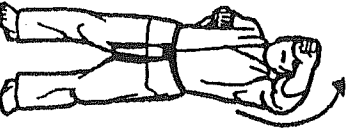
count
SAN

&



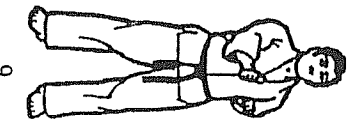
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&



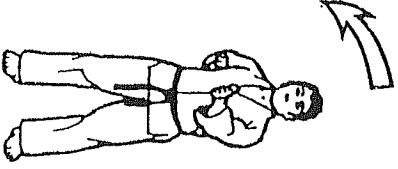
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count
SHI



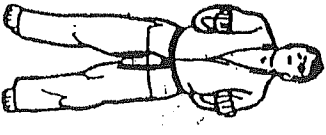
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count
GO



&

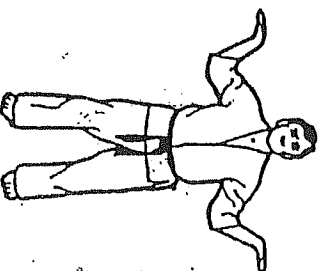
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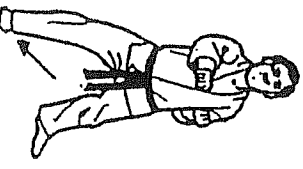
count
ROKU

&



10

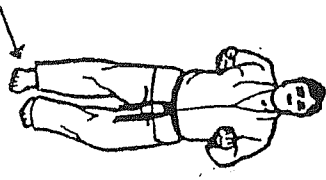
count
SHICHI



11

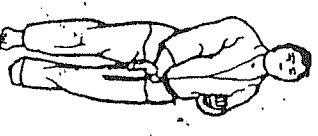
count
HACHI

&



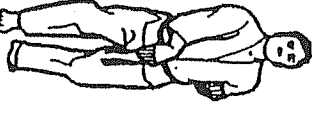
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&

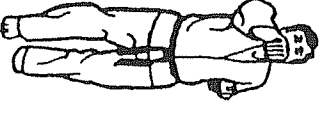


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13



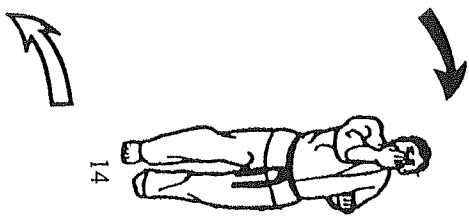
&



13



Next page



14

&

count
KU



14

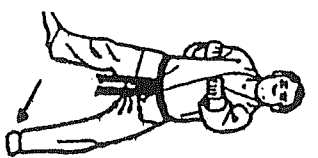
count

KU

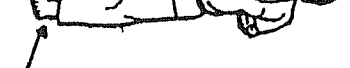
15



16
count
JU



17



&

17

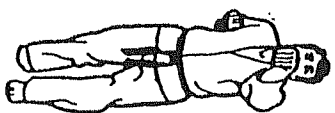


18



&

18



19



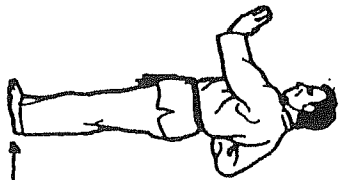
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count
ICHI



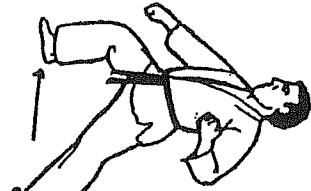
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count
NI



21

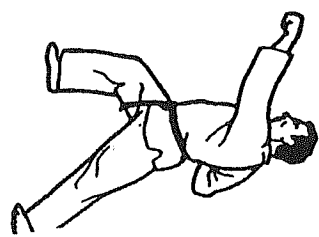
count
SAN



21

&

21



&

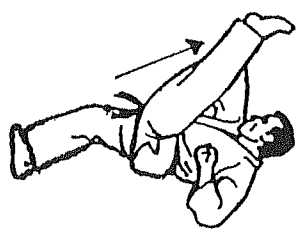
21

count
SHI



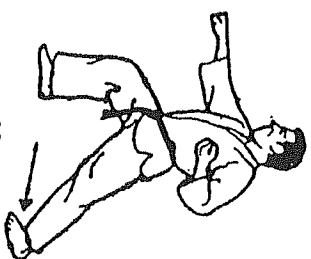
KIAI

22

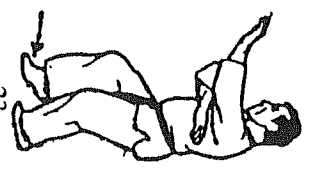


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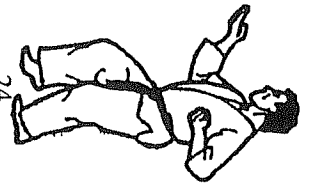


23



24

count
GO



&

24



&

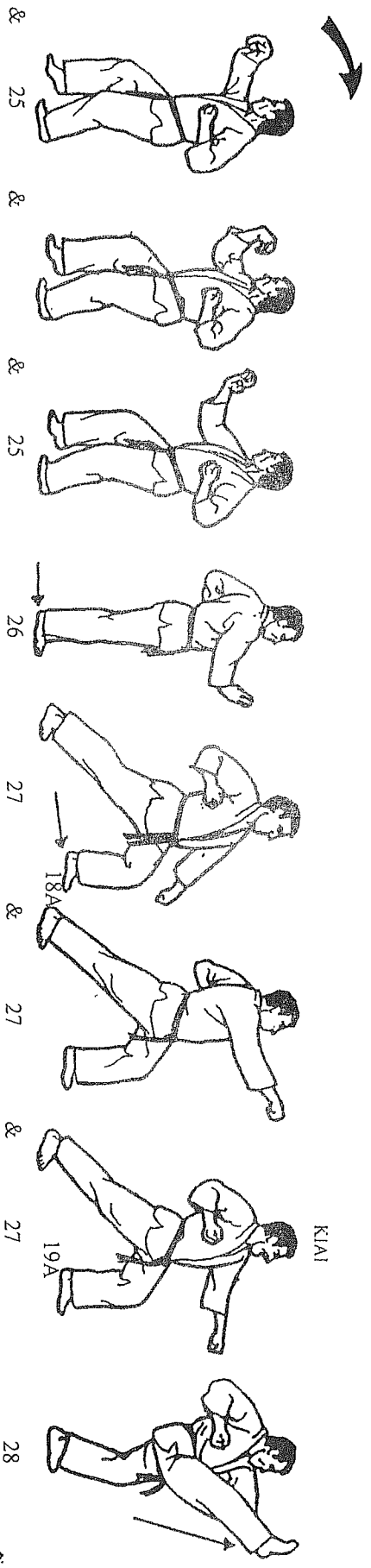
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25



Next page

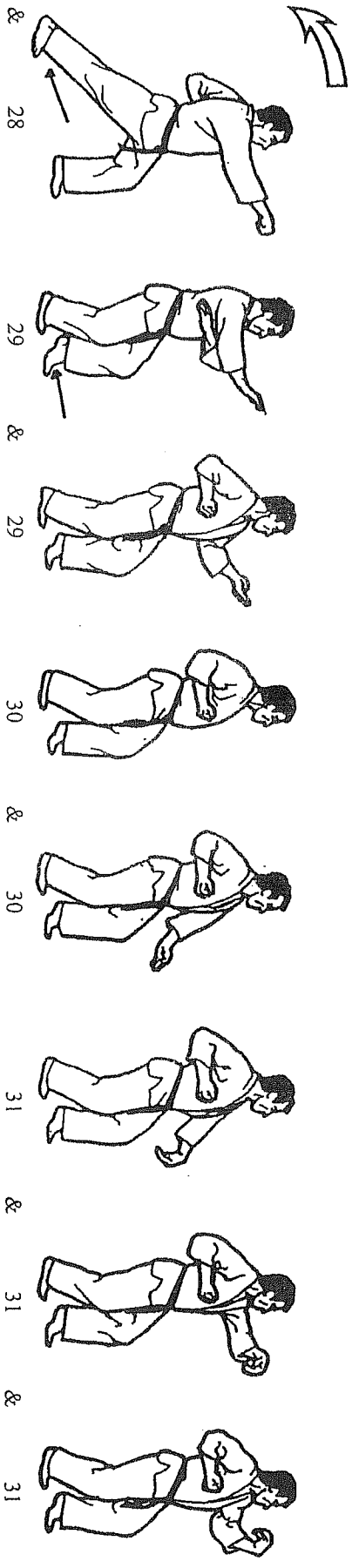


count
ROKU

count
SHICHI

count
HACHI

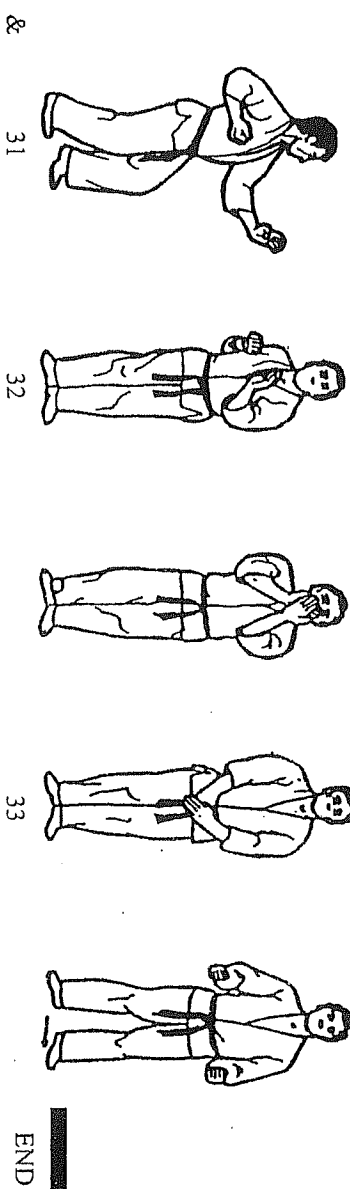
count
KU



count
JU

'NAORE'

'YASUME'

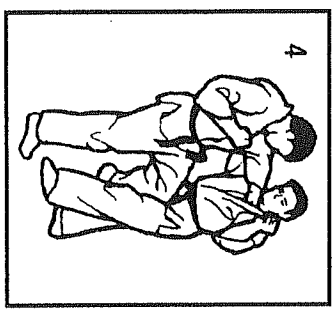
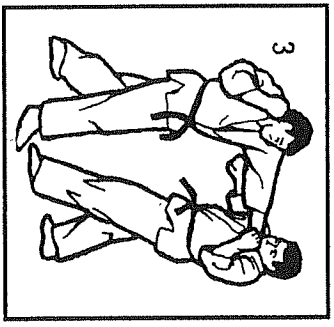
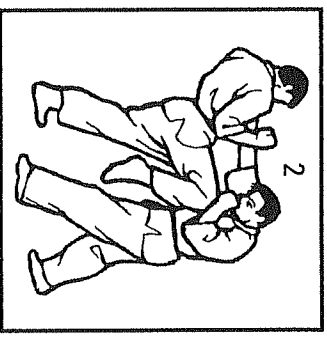
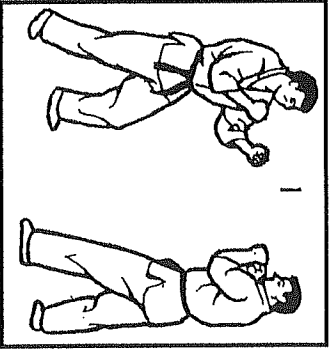


END

YANTSU

- 1) *Fudo dachi*
- 2) “*Mokuso,*”
- 3) “*Yantsu, (eyes open) yoi*”
- 4) *Uchi hachi ji dachi, ibuki.*
- 5) *Reach forward with both hands, back to back, chest height (erikake), clench fists and pull both fist to ready-to-strike position.*
- 6) *Strike seiken jodan morote tsuki.*
- 7) *Pull both fists back into ready to strike position.*
- 8) *Strike right then left uraken mawashi uchi.*
- 9) *Strike right then left chudan yohon mukite.*
- 10) *Slowly return hands back to the side, turn both hands up and outwards, pushing open hands out to the sides, shoulder height (palms down).*
- 11) *Step forward into right zenkutsu dachi, strike chudan oi tsuki.*
- 12) *Return right leg to right neko ashi dachi, block right gedan shotei uke.*
- 13) *Block right jodan koken uke.*
- 14) *Roll wrist and strike right shuto sakotsu uchi komi.*
- 15) *Step back with right leg into musubi dachi, leaving right arm in the same position.*
- 16) *Step forward into left zenkutsu dachi, strike left chudan oi tsuki.*
- 17) *Return left leg to left neko ashi dachi, block left gedan shotei uke (hand turned to the side)*
- 18) *Block left jodan koken uke.*
- 19) *Roll wrist and strike left shuto sakotsu uchi komi.*
- 20) *Pivot on the right leg anti-clockwise 90° into musubi dachi (bringing left leg to the right leg).*
- 21) *Step forward into right zenkutsu dachi, strike gedan oi tsuki, jodan gyaku tsuki, chudan oi tsuki. kiai.*

- 22) Kick left jodan chusoku mae geri and return left leg back into a right zenkutsu dachi.
- 23) Withdraw right leg to right neko ashi dachi, block right chudan haito uchi uke (left hand clenched).
- 24) Return right fist to chest and block right gedan shotei uke.
- 25) Block right jodan koken uke roll wrist and strike right shuto sakotsu uchi komi.
- 26) Pivot on the left leg anti-clockwise 180° into musubi dachi.
- 27) Step forward into left zenkutsu dachi, strike gedan oi tsuki, jodan gyaku tsuki, chudan oi tsuki. kiai.
- 28) Kick right jodan chusoku mae geri, return right leg back to left zenkutsu dachi.
- 29) Withdraw left leg to left neko ashi dachi; block left chudan haito uchi uke.
- 30) Return left fist to chest, block left gedan shotei uke.
- 31) Block left jodan koken uke roll wrist and strike left shuto sakotsu uchi komi.
- 32) Naore - Pivot on the right leg clockwise 180° into musubi dachi.
- 33) Yasume – Step into judo dachi. END



Renraku