

Sanchin Kata – 1st Main Kata

Means - Three Conflicts
Mind, Body & Spirit

Part 1:

Bow, Feet apart, Hands on the hips, right foot forward
Strike out, squeeze, pull, and open
Sanchin strike with left hand, sanchin step
Sanchin strike with right hand, sanchin step
Sanchin strike with left hand, sanchin step
Sanchin strike with right hand,

Part 2:

Sanchin turn, Right foot forward
Sanchin strike with left hand, sanchin step
Sanchin strike with right hand, sanchin step
Sanchin strike with left hand, sanchin step
Sanchin strike with right hand
Sanchin turn, right foot forward
Sanchin strike with left hand, sanchin step
Sanchin strike with right hand, sanchin step
Sanchin strike with left hand, sanchin step
Sanchin strike with right hand

Part 3:

Double sanchin strikes straight out, squeeze fists, pull back.
Double sanchin strikes straight out, squeeze fists, pull back.
Double sanchin strikes straight out bring hands to post position.
Turn to the left, left foot forward. Do a Wa-uke block with left hand
Sanchin turn, right foot forward. Do a Wa-uke block with right hand
Pivot to face front, left foot forward. Do a Wa-uke block with left hand

Bring feet to neutral position, right hand makes a fist, left hand covers it.
Stand tall and Bow.