

## Sanchin

- 1) Begin in Mokuso [meditation position], Mokuso Yame [come out of Mokuso into Yoi Dachi (YD)]. Hajime (begin), step out with your right foot into Sanchin Dachi. Perform a double chudan uchi uke.
- 2) Chamber your left hand back and slowly punch straight out. Bring the fist straight back across the body and perform uchi uke.
- 3) Kick your heels out of the sanchin stance so your feet are straight. Slide your left foot forward [using a half circle approach-this will happen every time you step into a new sanchin dachi] into Left sanchin dachi and perform double chudan uchi uke.
- 4) Chamber your right hand back and slowly punch straight out. Bring the fist straight back across the body and perform uchi uke.
- 5) Kick your heels out of the sanchin stance so your feet are straight. Slide your right foot forward into right sanchin dachi and perform double chudan uchi uke.
- 6) Chamber your left hand back and slowly bring it across your stomach ending with your fist under the right elbow. Step across with your right foot, look over your left shoulder and pivot 180 degrees into a left sanchin dachi, perform a chudan uchi uke with your left hand and chamber your right.
- 7) Punch slowly with your right hand, bring the fist straight across your body and perform uchi uke.
- 8) Kick your heels out of the sanchin stance so your feet are straight. Slide your right foot forward into right sanchin dachi and perform double chudan uchi uke.
- 9) Chamber your left hand back and slowly bring it across your stomach ending with your fist under the right elbow. Step across with your right foot, look over your left shoulder and pivot 180 degrees into a left sanchin dachi, perform a chudan uchi uke with your left hand and chamber your right.
- 10) Punch slowly with your right hand, bring the fist straight across your body and perform uchi uke.
- 11) Kick your heels out of the sanchin stance so your feet are straight. Slide your right foot forward into right sanchin dachi and perform double chudan uchi uke.
- 12) Chamber your right hand back and slowly punch straight out. Bring the fist straight back across the body and perform uchi uke.
- 13) Chamber your left hand back and slowly punch straight out. Bring the fist straight back across the body and perform uchi uke.
- 14) Chamber your right hand back and slowly punch straight out. Bring the fist straight back across the body and perform uchi uke.
- 15) Reach out with both hands at lapel height, palms facing out with the back of the hands touching. Close hands in a grabbing gesture and bring the closed fist back to chamber position. Open hands to finger strike position (Nukite) and perform double finger strike to the solar plexus area. Make sure to show the different height associated with the grab and finger stab.
- 16) Reach out with both hands at lapel height, palms facing out with the back of the hands touching. Close hands in a grabbing gesture and bring the closed fist back to chamber position. Open hands to finger strike position (Nukite) and perform double finger strike to the solar plexus area. Make sure to show the different height associated with the grab and finger stab.

- 17) Reach out with both hands at lapel height, palms facing out with the back of the hands touching. Close hands in a grabbing gesture and bring the closed fist back to chamber position. Open hands to finger strike position (Nukite) and perform double finger strike to the solar plexus area. Make sure to show the different height associated with the grab and finger stab.
- 18) Stack your hands by bending the right elbow 90 degrees with the right hand in the air, palm facing up and the fingers pointing straight out. The left hand comes across the body with the palm facing down and the right elbow resting on the back of the hand. As you slide your right foot back into a left sanchin dachi, perform circular blocks with each hand, with the right hand blocking down close the body and the left hand blocking overhead. Lock into the sanchin dachi as your hands continue to block ending up with the right hand coming up high and left hand low. Chamber both arms with the hands open for strikes. Perform a Palm heel strike to the chin area with your right hand as the left hand executes a palm heel strike to the groin.
- 19) Stack your hands by bending the left elbow 90 degrees with the left hand in the air, palm facing up and the fingers pointing straight out. The right hand comes across the body with the palm facing down and the left elbow resting on the back of the hand. As you slide your left foot back into a right sanchin dachi, perform circular blocks with each hand, with the left hand blocking down close the body and the right hand blocking overhead. Lock into the sanchin dachi as your hands continue to block ending up with the left hand coming up high and right hand low. Chamber both arms with the hands open for strikes. Perform a Palm heel strike to the chin area with your left hand as the right hand executes a palm heel strike to the groin.
- 20) Return to Yoi Dachi