

002-1001 - Sanchin

Summary

The *hard* in goju, this pattern is designed for shime testing and strengthening the core. It should be done holding everything tense and with full control - at any point your instructor should be able to stop your movements and you should not falter.

Type	Pattern
Sub-Type	Kata
Introduced at	Varies Assessed at 3rd Kyu

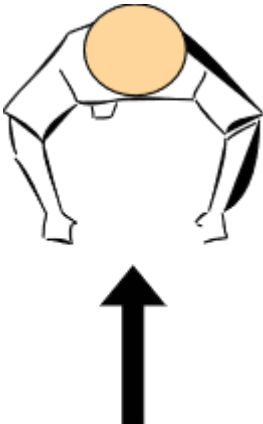
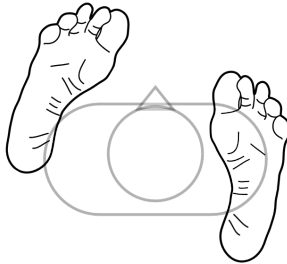
Video

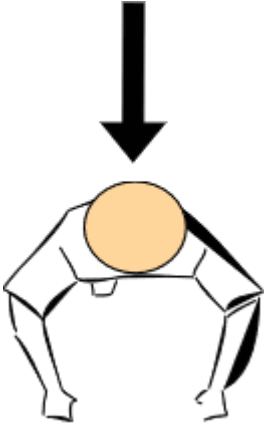
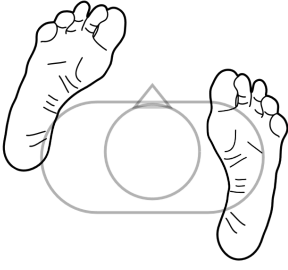
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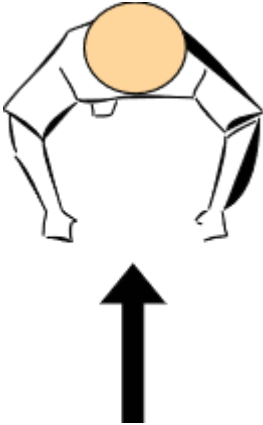
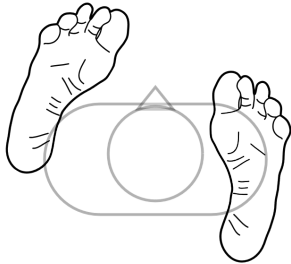
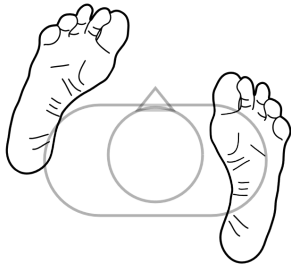
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Pattern

As there is no count for this kata, the pattern will be split by when the stance changes and we move forward/back

	Enbu-sen	Stance	Technique
1		 R short stance	Eyes: 12 O'Clock Stepping forward from yoi Double middle block¹ L pulls back to hikite² L middle punch³ L arm bends to reset back at double middle block⁴
2		 L short stance	Eyes: 12 O'Clock Stepping forward from previous Retain double middle block from previous count R pulls back to hikite² R middle punch³ R arm bends to reset back at double middle block⁴

	Enbu-sen	Stance	Technique
3	 R short stance	Eyes: 12 O'Clock Stepping forward from previous Retain double middle block from previous count L pulls back to hikite¹ L middle punch² L pulls back to hikite³ L fist under R elbow⁴ Mawate into next count (front foot across body)	
4		 L short stance	Eyes: 12 O'Clock Rotating from previous count, blocking as you step L middle block (retain out throughout count)¹ R middle punch² R arm bends to reset back at double middle block³
5		 R short stance	Eyes: 12 O'Clock Stepping forward from previous Retain double middle block from previous count L pulls back to hikite¹ L middle punch² L pulls back to hikite³ L fist under R elbow⁴ Mawate into next count (front foot across body)

	Enbu-sen	Stance	Technique
6		 L short stance	Eyes: 12 O'Clock Rotating from previous count, blocking as you step L middle block (retain out throughout count)¹ R middle punch² R arm bends to reset back at double middle block³ L pulls back to hikite⁴ L middle punch⁵ L arm bends to reset back at double middle block⁶ R pulls back to hikite⁷ R middle punch⁸ L rolls from middle block out to middle punch⁹ Both hands pull back to hikite¹⁰ Double middle punch¹¹ Both hands pull back to hikite¹² Double middle punch¹³ Both hands pull back to hikite¹⁴ Double middle punch¹⁵
7		 R short stance	Eyes: 12'Oclock Step <u>back</u> into stance from previous count R Mawashi Uke¹
8		 L short stance	Eyes: 12'Oclock Step <u>back</u> into stance from previous count L Mawashi Uke¹

Revision #4

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