



Sanchin Kata



Bow. Feet apart. Hands on hips. Right foot forward. Strike. Squeeze. Up and open.
Left Sanchin strike. Left Sanchin step.
Right Sanchin strike. Right Sanchin step.
Left Sanchin strike. Left Sanchin step.
Right Sanchin strike.
Sanchin turn (right foot forward, facing the back).
Left Sanchin strike. Left Sanchin step.
Right Sanchin strike. Right Sanchin step.
Left Sanchin strike. Left Sanchin step.
Right Sanchin strike.
Sanchin turn (right foot forward, facing the front).
Left Sanchin strike. Left Sanchin step.
Right Sanchin strike. Right Sanchin step.
Left Sanchin strike. Left Sanchin step.
Right Sanchin strike.
Double strike. Squeeze into fists and pull back.
Double strike. Squeeze into fists and pull back.
Double strike. Post
Step off to the left (left foot forward). Drop left hand. Wauke block.
Step off 180 degrees (right foot forward). Drop right hand. Wauke block.
Step off to the front (left foot forward). Drop left hand. Wauke block.
Step back to neutral stance.
Right hand makes a fist, left hand covers.
Stand tall. Bow.