

KATA SANCHIN- ORIGINAL PUPIL BREATH FORM

- Note: #1. All hand movements are done with tension under breath.
#2. The pelvic rises with each breath movement.
#3. All middle block positions must have the elbows
inside of the rib cage and the fists must be slightly
outside the shoulders.
#4. Relax and drop hips after all arm movements.



1. Straddle stance starting position full face to direction 1.
2. Step forward with right foot into a right sanchin stance facing direction 1. Simultaneously the arms move down, forward, and into a low cross block position. Note, from this position begins the breath and tension movements of the arms. The forearms rotate from the elbows upward and outward to a double middle block position. The breath stops as the movement stops. Relax and drop the pelvis.
3. Retract the left fist to the left hip.
4. Extend the left fist to the center of the body at a slightly downward angle with breath and tension.
5. Rotate the forearm up and outward to a middle block position (breath and tension). Relax and drop the pelvis.
6. Step forward with the left foot into a left sanchin stance facing direction 1. Simultaneously the arms move down, forward, and into a low cross block position. The forearms rotate from the elbows upward and outward to a double middle block position. Relax and drop the pelvis.
7. Retract the right fist to the right hip.
8. Extend the right fist to the center of the body at a slightly downward angle. (breath and tension)
9. Rotate the forearm from the elbow up and outward to a middle block position continuing breath and tension. Relax and drop the pelvis.
10. Step forward with the right foot into a right sanchin stance facing direction 1. Simultaneously the arms move down, forward, and into a cross block position. The forearms rotate from the elbows upward and outward to a double middle block position. Relax and drop the pelvis.
11. Retract the left fist to the left hip.
12. Extend the left fist to the center of the body at a slightly downward angle with breath and tension.
13. Rotate the forearm from the elbow upward and outward to a middle block position continuing breath and tension. At the end of the movement relax and drop the pelvis.
14. Move the right foot across and in front of the left foot.
15. Turn counter-clockwise 180 degrees facing direction 2 into a left sanchin stance. Simultaneously execute a fast left middle block with the left hand and retract the right hand to the right hip.
16. Extend the right fist to the center of the body at a slightly downward angle with breath and tension.
17. Rotate the forearm from the elbow upward and outward to a middle block position continuing breath and tension. Relax and drop the pelvis.
18. Step forward with the right foot into a right sanchin stance facing direction 2. Simultaneously the arms move down, forward, and into a low cross block position. The forearms rotate from the elbows upward and outward to a double middle block position. Relax and drop the pelvis.
19. Retract the left fist to the left hip.
20. Extend the left fist to the center of the body at a slightly downward angle with breath and tension.
21. Rotate the forearm from the elbow upward and outward to a middle block position continuing breath and tension. Relax and drop the pelvis.
22. Move the right foot across and in front of the left foot.
23. Spin counter-clockwise 180 degrees facing direction 1 into a left sanchin stance. Simultaneously execute a fast left middle block with the left hand and retract the right hand to the right hip.
24. Extend the right fist to the center of the body at a slightly downward angle with breath and tension.

25. Rotate the forearm from the elbow upward and outward to a middle block position continuing breath and tension. Relax and drop the pelvis.
26. Step forward with the right foot into a right sanchin stance facing direction 1. Simultaneously the arms move down, forward, and through a low cross block position. The forearms then rotate from the elbows upward and outward to a double middle block position. Relax and drop the pelvis.
27. Retract the left fist to the left hip.
28. Extend the left fist forward to the center of the body at a slightly downward angle with breath and tension.
29. Rotate the forearms from the elbow upward and outward to a middle block position continuing breath and tension. Relax and drop the pelvis.
30. Retract the right fist to the right hip.
31. Extend the right fist forward to the center of the body at a slightly downward angle with breath and tension.
32. Rotate the forearm from the elbow upward and outward to a middle block position continuing breath and tension. Relax and drop the pelvis.
33. Retract the left fist to the left hip.
34. Extend the left fist forward to the center of the body at a slightly downward angle with breath and tension.
35. Rotate the forearm from the elbow upward and outward to a middle block position continuing breath and tension. Relax and drop the pelvis.
36. Retract both fists to the hips.
37. Extend both open hand (spear hand fashion) forward to the center of the body at a slightly downward angle. The hands rotate from a palms up position to a palms down position at full extension with the index fingers touching each other. Relax and drop the pelvis.
38. Quickly retract both hands to the hips.
39. Extend both open hands (spear hand fashion) forward to the center of the body at a slightly downward angle rotating the hands inward until the backs of the hands touch each other at full extension. Relax and drop the pelvis.
40. Quickly retract both hands to the hips.
41. Extend both open hands (spear hand fashion) forward to the center of the body at a slightly downward angle rotating the hands inward and letting one hand cross over the other at the wrist when fully extended. Relax and drop the pelvis.
- 41A. Arms extend and cross while going into movement #42.
42. Pull the right foot back and out into a full face straddle stance facing direction 1 and simultaneously retract both hands to the hips.
43. Extend the right open palm forward at shoulder level with the left back of hand open, underneath the right elbow.
44. Keeping the elbows inside the shoulders, execute a double circle block simultaneously with both hands moving clockwise. The right open hand stops with fingers pointing upward and the left hand stops with the fingers pointing downward.
45. Slide the right foot forward and to the left through a long cat stance and pull the foot back to a short cat stance.
46. Extend both palms forward to the center of the body at a slightly downward angle with breath and tension. Relax and drop the pelvis.
47. Pull the right foot back and to the right into a full face straddle stance facing direction 1 and execute a double low block.

M A X I M

Karate knowledge is acquired through good health, spiritual and mental perfection and enjoyment of life to it's fullest with devotion to God, Country, and Fellow-man. Karate knowledge shall never be given on the basis of physical performance alone, no matter how excellent the ability. Karate knowledge shall only be given to those whose moral characters can thoroughly be trusted.

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