

# Chinto Kata Bunkai

Bunkai Description	Kata Description
Rei (bow)	Rei (bow)
Set (salutation)	Set (salutation)
Heiko dachi (parallel stance, ready position)	Heiko dachi (parallel stance, ready position)
Move to opponent's front left diagonal. Kamae.	1. Look 45° to the left, set in cat stance facing 45° to left (on embusen line), set in "X" guard (hands crossing at wrist in front of solar plexus, left hand front).
Right punch, retract from trap.	2. Right shuto block, nukite strike while shifting weight forward to 50/50 by pivoting left foot into Naihanchi dachi, pull opponent in with right hand and back fist across with left hand.
	3. Slide forward along embusen line in Naihanchi dachi, punch across with right hand.
Move to rear side on embusen. Right straight forward kick.	4. Slide left foot forward along embusen line into Naihanchi dachi and execute an "archer's block" (left hand middle block, right hand low block in opposite direction).
Move to front side on embusen. Left straight forward kick.	5. Pivot on right foot (clock-wise) all the way around to face original direction, Seisan dachi left foot forward, left hand low block.
Take position on embusen just beyond opponent's striking range.	6. Slide right foot back, shift into Cat Stance, facing original starting position, "X" guard (hands crossing at wrist in front of solar plexus, left hand front).
Be kicked, left straight forward kick.	7. Execute jump kick, or "nidan geri" landing in Seisan dachi, left foot forward, execute double (right-over-left), hand low "knuckle" block.
Move to opponent's rear on embusen. Left straight forward kick.	8. Look over right shoulder; pivot on right foot clockwise 180°, Seisan dachi, left foot forward, execute double hand low "knuckle" block.

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Move to opponent's front on embusen. Right punch, retract from trap.	9. Look over right shoulder, pivot forward on embusen on left foot clockwise 180°, Seisan dachi, right foot forward with reinforced right hand middle block, bring to hip and trap, punch right, step left, punch left, right elbow strike across to open hand "attitude" kamae (left hand front).
Right foot forward Kamae.	10. Step right foot back into Seiunchin dachi on embusen line, bringing both hands back and downward in sweeping motion, left hand under right with palm up, right hand palm down.
Step right, right lunge punch. Right straight forward kick.	11. Step right foot forward onto embusen line in Seiunchin dachi, block incoming punch bringing right hand around to front to clear, left hand palm up solar plexus kamae), execute a shuto to opponents neck with the right hand, pivot left foot slightly to front for reach, execute a double shuto down onto opponent's collarbones, pivot left foot back to evade and double forearm block down to block kick.
Right punch; move to right rear diagonal, right straight forward kick.	12. Step into Seisan dachi, right foot forward, facing forward on embusen line, right middle shuto (attitude) block, hold arm for left tetsui across to break at elbow; pivot clockwise on left foot 180° into Seisan dachi (facing back on embusen line), right foot forward, reinforced right low block.
Left straight forward kick.	13. Step right foot to back into Chinto dachi, right hand low block, left hand closed solar plexus kamae.
Left low block, right straight forward kick to middle target.	14. Right straight forward kick, landing into Seiunchin dachi (RFF) with double forearm block down in front.
Step back left, execute double overhead shuto strikes.	15. Shift forward into Chinto dachi (right foot forward), execute double high block.
Step back right, right straight forward kick with left overhead shuto.	16. Step forward left into Seisan dachi straddling embusen line, left low block, right high block.

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Step back left parallel to embusen line; left straight forward kick with right overhead shuto.	17. Step forward right into side Seisan dachi, right low block, left high block.
Step back facing opponent on embusen line. Right straight forward kick.	18. Pivot counterclockwise on right foot until facing opposite of starting position on embusen line into Seisan dachi left foot forward, left low block, right hand ready.
Move to opponent's front on embusen. Step left with double overhead shuto.	19. Bring right foot around in clockwise direction into Chinto dachi facing forward on embusen line, execute double high block.
Right straight forward kick to middle target; step back left, double overhead shuto.	20. Step right foot forward into Seiunchin dachi on embusen line, execute right elbow strike to solar plexus, double forearm block down, shift forward into Chinto dachi, right foot forward, execute double high block.
Move to opponent's left.	21. Pull opponent into left straight forward kick by bring arms down rapidly, landing left foot forward, step right, punch right (left hand back to ready). <b>KIAI.</b>
Grab high.	22. Step left foot back into Seiunchin, execute double hook punch.
Move to front on embusen. Left straight forward kick.	23. Slide right foot behind left into Chinto dachi, left hand closed solar plexus kumae, right hand low block.
Move to opposite side. Right straight forward kick.	24. Execute straight forward kick right, put right foot down and turn 180 on embusen sliding left foot behind right into Chinto dachi, left hand low block, right hand closed solar plexus kumae.
Right low block to kick. Left punch.	25. Execute straight forward kick left, landing left foot forward in Seisan dachi, shuffle forward and execute left shuto middle block, hold arm for right forearm strike/break across.

# Chinto Kata Bunkai

## Bunkai Description

Be kicked, fall forward.

Set

Rei

## Kata Description

26. Right straight forward kick, landing right foot forward and kneel onto left knee, left punch to fallen opponent, **KIAI**.

Look to front, bring right foot forward to masuba dachi facing front

Set

Rei