

Chinto Kata

Kata Description

Rei (bow)

Set (salutation)

Heiko dachi (parallel stance, ready position)

The embusen for Chinto Kata is a straight line on a 45° angle to the center reference line (see embusen line).

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).
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.
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).
5. Pivot on right foot (clock-wise) all the way around to face original direction, Seisan dachi left foot forward, left hand low block.
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).
7. Execute jump kick, or "nidan geri" landing in Seisan dachi, left foot forward, execute double (right-over-left), hand low "knuckle" block.
8. Look over right shoulder; pivot on right foot clockwise 180°, Seisan dachi, left foot forward, execute double hand low "knuckle" block.
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).
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.

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.
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.
13. Step right foot to back into Chinto dachi, right hand low block, left hand closed solar plexus kamae.
14. Right straight forward kick, landing into Seiunchin dachi (RFF) with double forearm block down in front.
15. Shift forward into Chinto dachi (right foot forward), execute double high block.
16. Step forward left into Seisan dachi straddling embusen line, left low block, right high block.
17. Step forward right into side Seisan dachi, right low block, left high block.
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.
19. Bring right foot around in clockwise direction into Chinto dachi facing forward on embusen line, execute double high block.
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.
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). **KIAI**.
22. Step left foot back into Seiunchin, execute double hook punch.
23. Slide right foot behind left into Chinto dachi, left hand closed solar plexus kumae, right hand low block.
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.
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.

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 and stand into Mesuba dachi.

Set

Rei