

# SANCHIN KATA

Text by Jean-Maurice HUARD - Drawings by Claudine LEYERS -

Photos by Yoshikazu KAMIGAITO Sensei

**This Sanchin Kata is the one taught to us by Yoshikazu Kamigaito Sensei**

The Karate of the Wado-Ryu school is in fact quite simple and limited: the basic movements (the Kihon), nine Katas (the five Pinan, Kushanku, Naihanchi, Seishan and Chinto Katas), the Kihon Kumites (and the Yakusoku Kumites which prepare them, if necessary).

For Master Ohtsuka, (Founder of Wado Ryu) these movements were more than enough to understand the essential.

For us, people from the West, the reasons why Master Ohtsuka limited himself to these few movements, are often incomprehensible; it is therefore necessary to seek other means to make people understand what it is all about.

For example, the movement of Kote-Uke or Shuto-Uke are difficult to understand without any other explanation; in order to do so, it would be necessary to know the Seishan kata, the essence of which escapes those who are not familiar with the world of Pinan and Kushanku.

The Sanchin kata is a way to get around the difficulty.

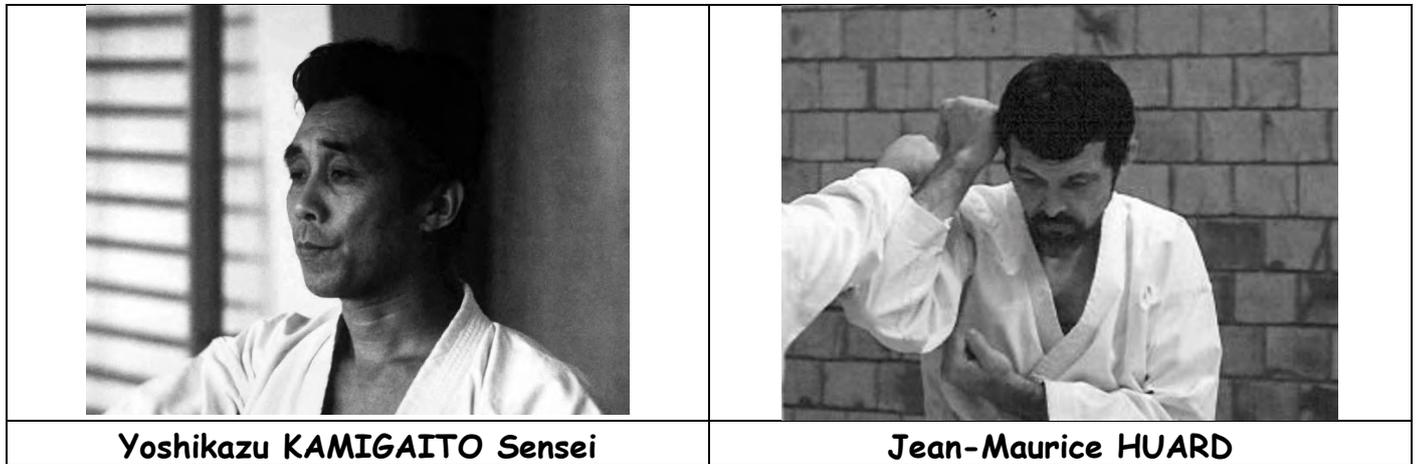
Moreover, it gives very good habits to the one who practices it regularly:

- draw attention to the lower part of the body,
- learn to walk in the right way,
- learning how to breathe,
- learning where to put your energy,

Like all katas, it is used to develop habits, which can never be achieved without a lot of work and repetition.

Sanchin's movements are simple and therefore easy to remember; everything is a question of repetition and practice.

Finally, I would like to thank Claudine LEYERS for her drawings and especially for her long and deserving patience.



This english translation of the first edition of the french version has been done by Xavier Wispenninckx with the help of DeepL Software.

My apologies for, probably, a lot of errors.

**Anyone who could help to get this translation better is welcome.**

See our mail adres on the website. Thanks.

Translated with [www.DeepL.com/Translator](http://www.DeepL.com/Translator) (free version)

Electronic edition realized in february 2022  
for the website [www.wado-kamigaito-ryu.be](http://www.wado-kamigaito-ryu.be)

The contents of this book can be used on two conditions:

- Don't make it a profit
- Mention the source and author

## DESCRIPTION

**Start:** heels together, toes apart; hands crossed in front of the belly, the palm of the L hand (left) is placed on the back of the R hand (right).

The numbering of the text corresponds to the numbering of the pictures of Yoshikazu Kamigaito Sensei

1. **Breathe in through the nose**

at the same time bring both hands to either side of the face and spread the heels (left then right) keeping the toes at the same distance;

**Exhale through the mouth**

At the same time, lower your hands (closed fists) to either side of your hips, with the sensation of pressing your whole body towards the ground;

2. **Breathe in through the nose**

Arms: at the same time raise both hands crossing them in front of the face, as if drawing a circle with each hand

Legs: move the D foot forward in a semi-circle to arrive in Sanchin-Dachi and as soon as the D foot touches the ground:

**Exhale through the mouth**

and bring both fists to the same height, slightly below shoulder height, in front of the chest.

3. **Breathe in through the nose**

and pull the L-fist back under the armpit, in Hikite ;

**Exhale through the mouth**

and push the L-fist forward in Tsuki.

**Inhale through the nose**

as you begin to turn the L-fist around the wrist to start Kote-Uke

4. **Exhale through the mouth**

while doing L Kote-Uke, the L hand coming slightly below shoulder height.

5. Step forward with the L foot in a semi-circle into Sanchin Dachi, and as soon as the L foot touches the ground:

**Breathe in through the nose**

and pull the R fist back, under the armpit, in Hikite;

**Exhale through the mouth**

and push the R fist forward in Tsuki.

**Inhale through the nose**

as you begin to turn the R fist around the wrist to start Kote-Uke;

**Exhale through the mouth**

while doing R Kote-Uke , the hand coming slightly below shoulder height.

6. Step the R foot forward in a semi-circle into Sanchin Dachi, and as soon as the R foot touches the ground

**Breathe in through the nose**

and pull the L fist back, under the armpit, in Hikite;

**Exhale through the mouth**  
and push the L fist forward in Tsuki.

**Inhale through the nose**  
starting to turn the L fist around the wrist to start Kote-Uke;

**Exhale through the mouth**  
while doing L Kote-Uke, with the L hand coming slightly below shoulder height.

7. Rotation:

**Inhale through the nose**  
drawing the L fist under the armpit in Hikite;  
bring L fist under R elbow;  
bring the edge of the R foot to the L of the L foot, at the distance of Sanchin-Dachi;  
turn on the spot to the L, 180°, to end up in L Sanchin-Dachi and  
**Exhale through the mouth**  
making L Kote-Uke, while pulling the R fist into Hikite;

8. **Continue to exhale through the mouth**

and push the R fist forward in Tsuki;

**Breathe in through the nose**

starting to turn the R fist around the wrist to start Kote-Uke;

**Exhale through the mouth**

while doing R Kote-Uke, the hand coming slightly below shoulder height.

9. Step the R foot forward in a semi-circle into R Sanchin-Dachi, and as soon as the R foot touches the ground

**Inhale through the nose**

and pull the L fist back, under the armpit, into Hikite;

**Exhale through the mouth**

and push the R fist forward in Tsuki.

**Inhale through the nose**

as you begin to turn the L fist around the wrist to start Kote-Uke;

**Exhale through the mouth**

while doing L Kote-Uke, with the L hand coming slightly below shoulder height.

10. Rotation:

**Inhale through the nose**

drawing the L fist under the armpit in Hikite;

bring L fist under R elbow;

bring the edge of the R foot to the L of the L foot, at the distance of Sanchin-Dachi;

turn on the spot to the L, 180°, to end up at L Sanchin-Dachi and

**Exhale through the mouth**

making L Kote-Uke, while pulling the R fist into Hikite;

11. **Continue to exhale through the mouth**

and push the R fist forward in Tsuki

**Breathe in through the nose**

starting to turn the R fist around the wrist to start Kote-Uke;

**Exhale through the mouth**

while doing R Kote-Uke, the hand coming slightly below shoulder height.

12. Step the R foot forward in a semi-circle into Sanchin-Dachi, and as soon as the R foot touches the ground

**Inhale through the nose**

and pull the L fist back, under the armpit, into Hikite;

**Exhale through the mouth**

and push the R fist forward in Tsuki.

**Inhale through the nose**

as you begin to turn your L fist G around your wrist to start Kote-Uke;

**Exhale through the mouth**

while doing L Kote-Uke, the L hand coming slightly below shoulder height.

13. Without breathing bring both hands forward, palm down;

Three Nukite

**Inhaling through the mouth**

draw both hands to the sides, closing the fists;

**Exhaling through the mouth**

pushing both hands open forward, palms down, fingertips extended ( Nukite ).

14. Repeat the above movement twice;

15. Two Tomoe-Uke:

**Inhaling through the nose,**

step back with the R foot into a small L Neko-Ashi,

slide the R hand behind the L, keeping both palms forward,

let the L hand rise in an upward circular motion, and let the R hand fall in a downward circular motion,

as they both return to the middle of the body;

**exhaling through the mouth,**

push the R hand, palm forward, towards the face and the L hand, palm forward, towards the lower abdomen;

16. Movement mirroring the previous movement.

17. Bring both hands to either side of the body

**Inhaling through the nose**

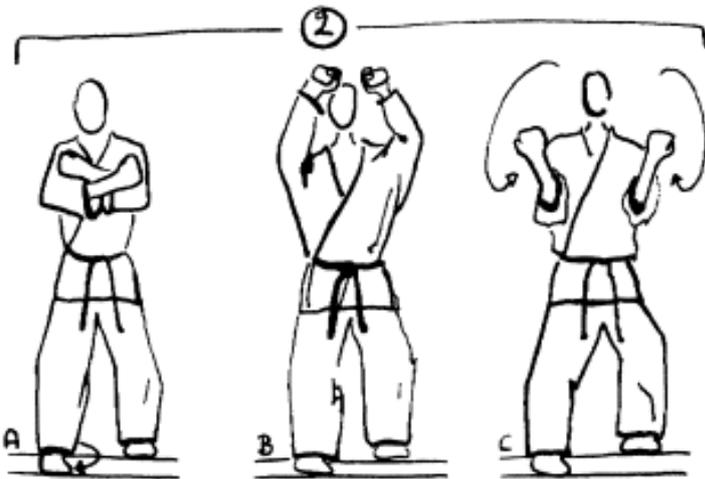
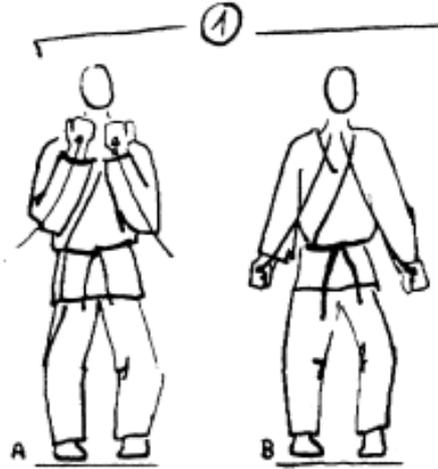
spooning the hands up, palms towards the face, L palm to the back of R hand, bringing R foot close to L foot;

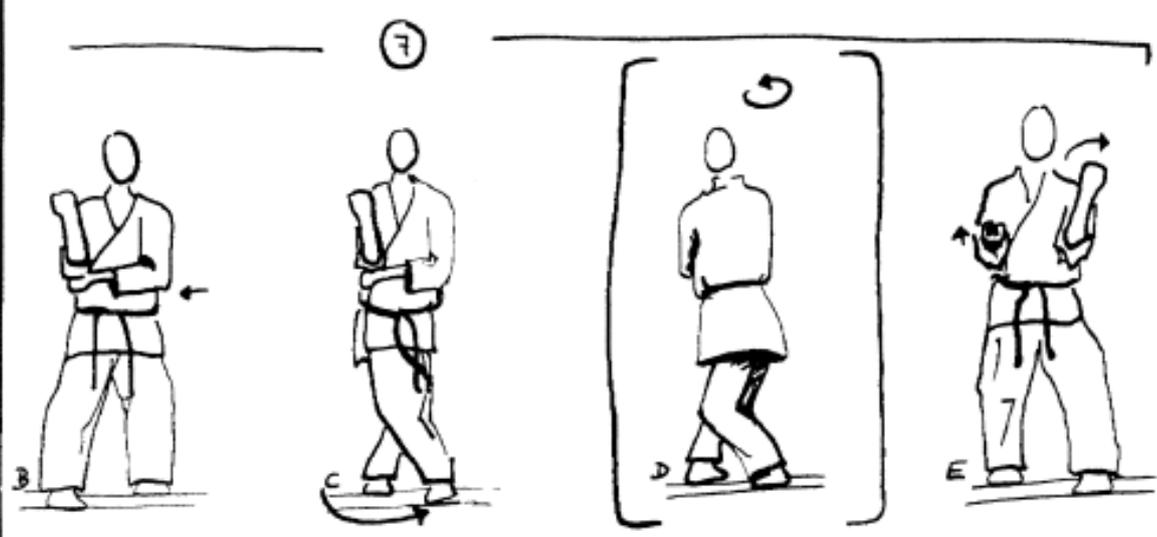
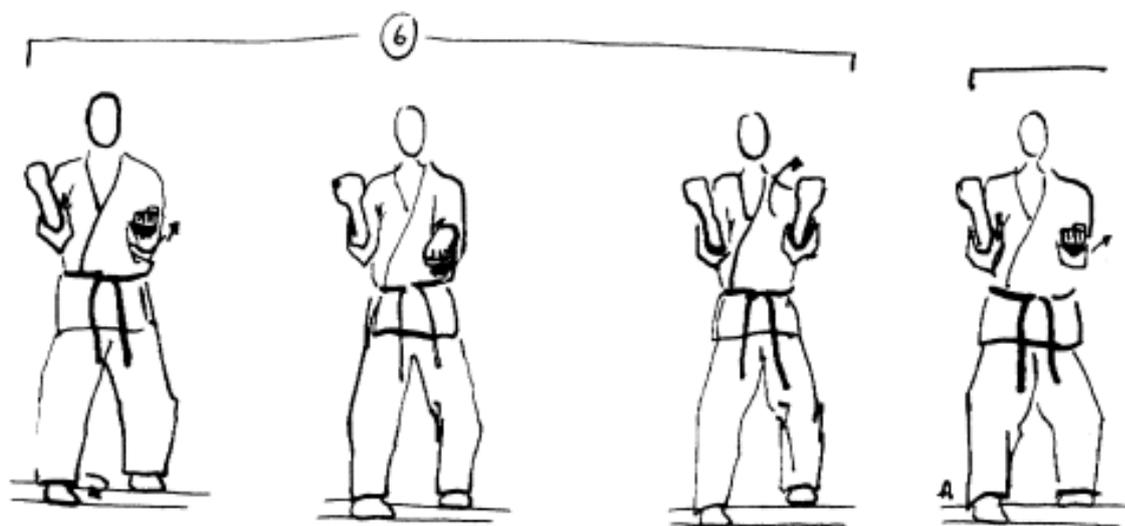
**Exhaling through the mouth**

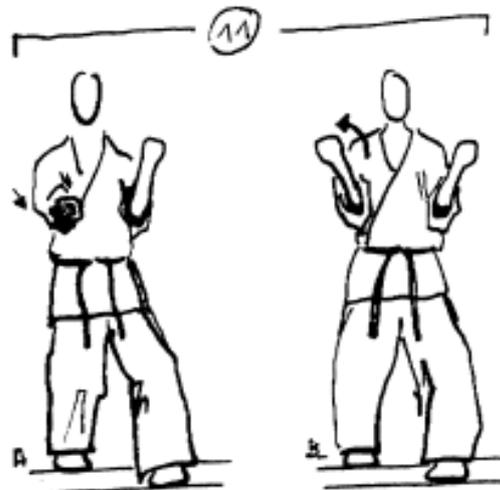
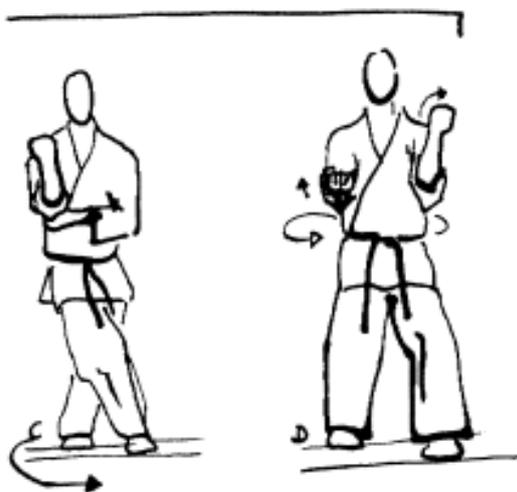
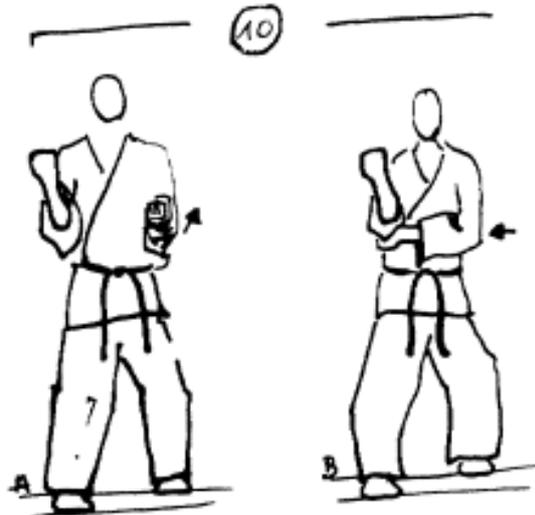
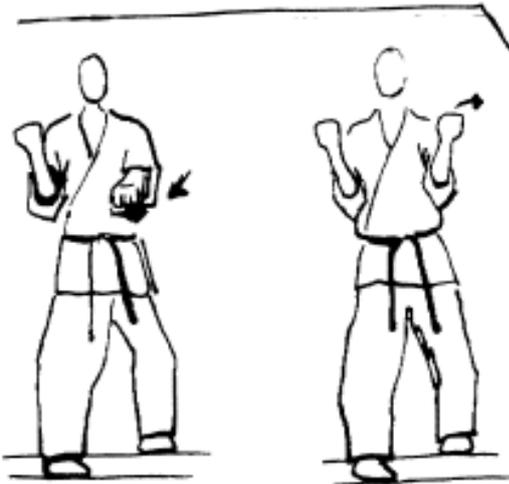
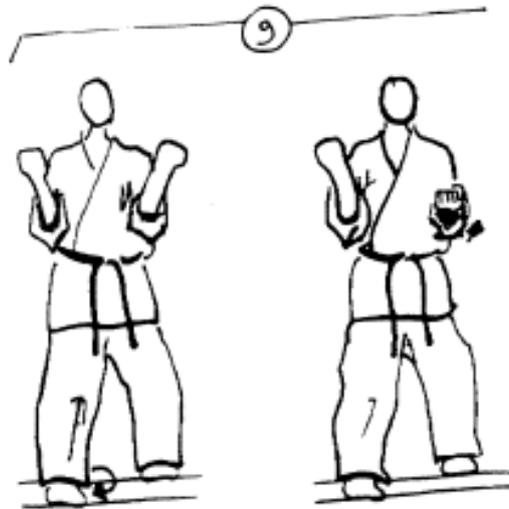
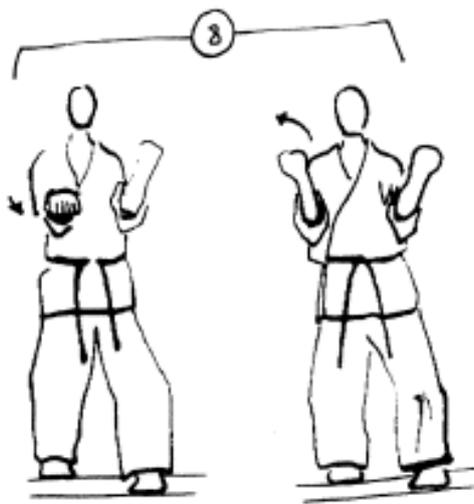
Let both hands descend in front of the belly, to return to the attitude of the beginning.

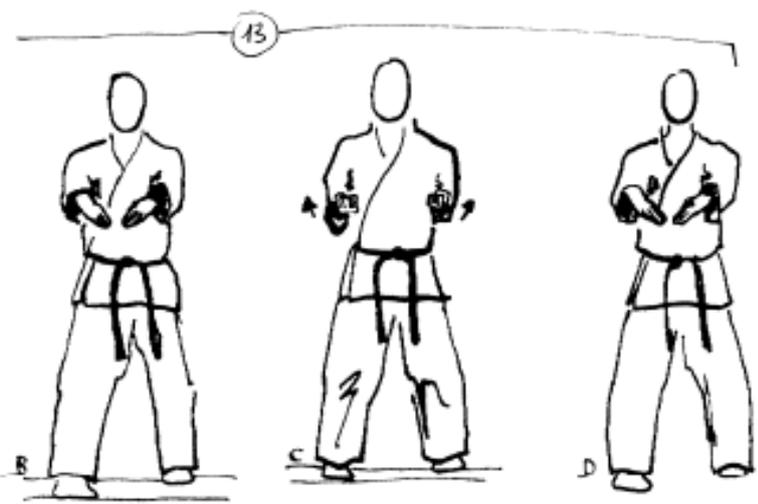
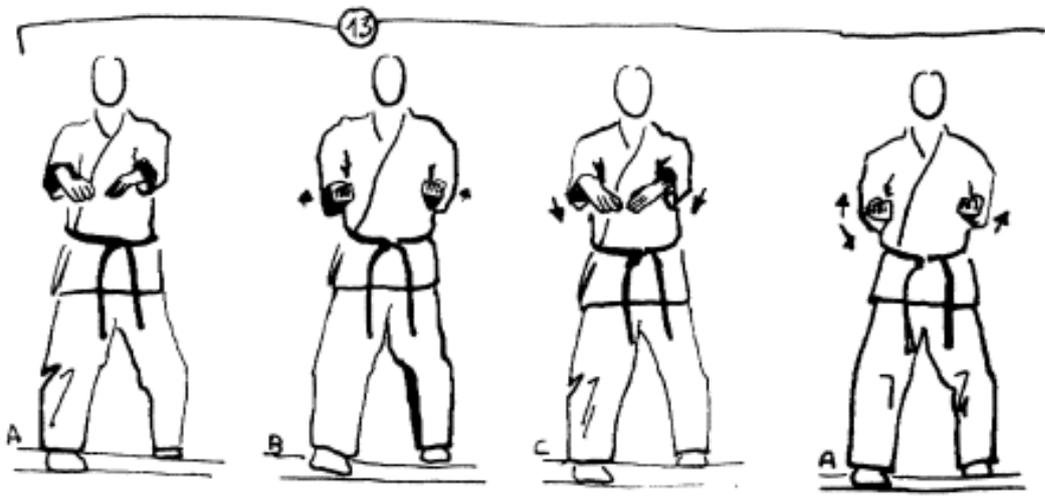
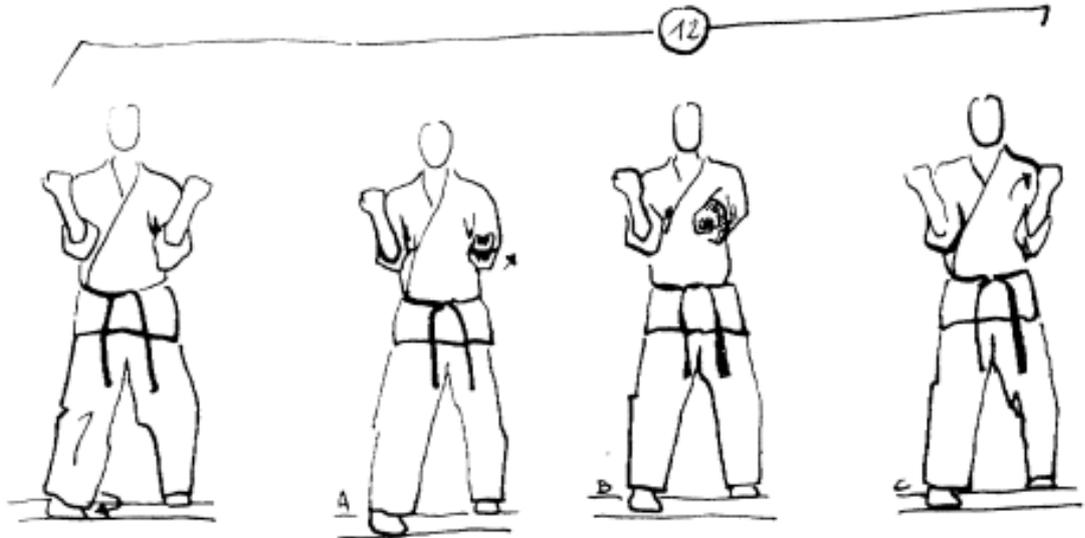
END

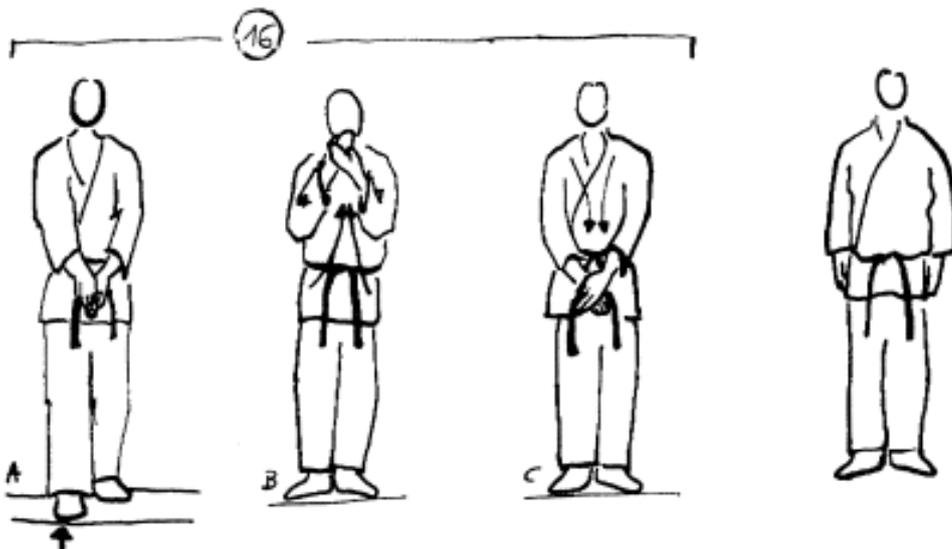
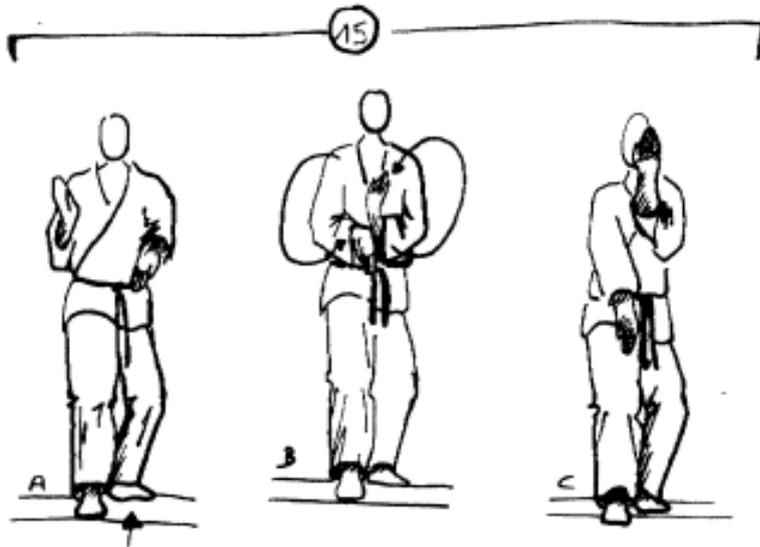
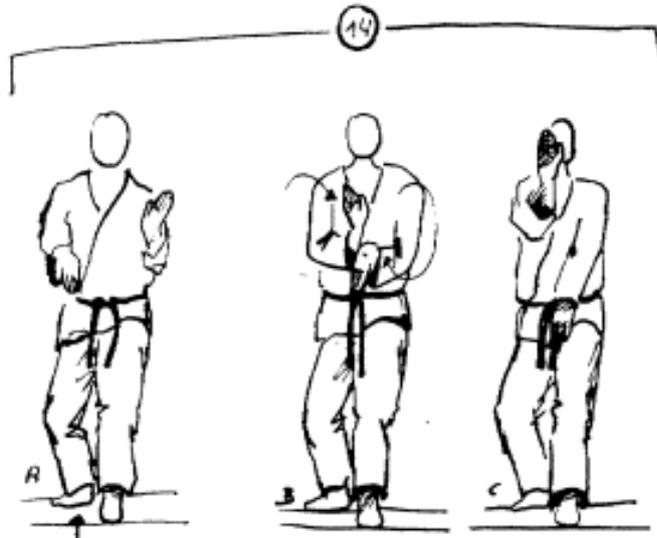
# 三 戟







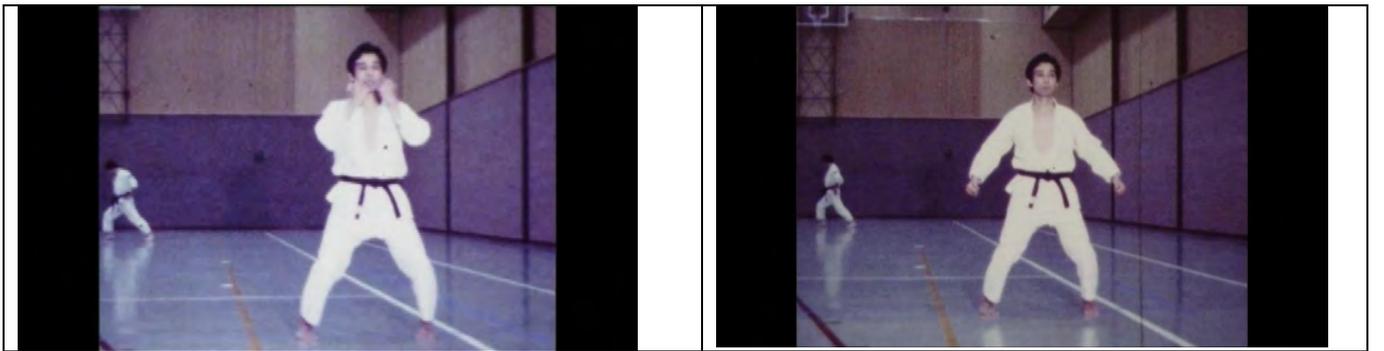






Pictures of Yoshikazu KAMIGAITO Sensei

1.



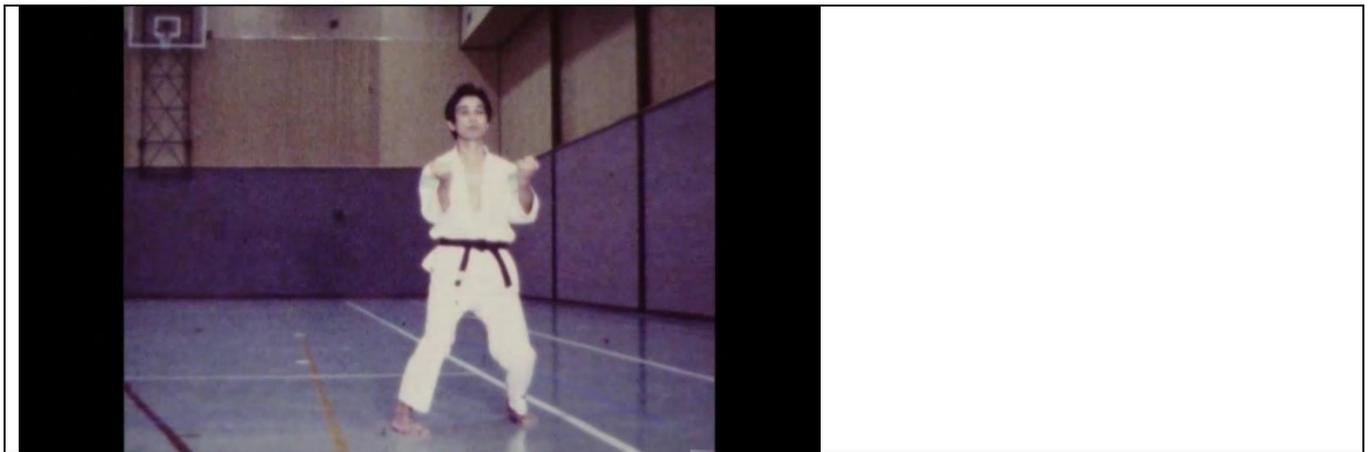
2.



3.



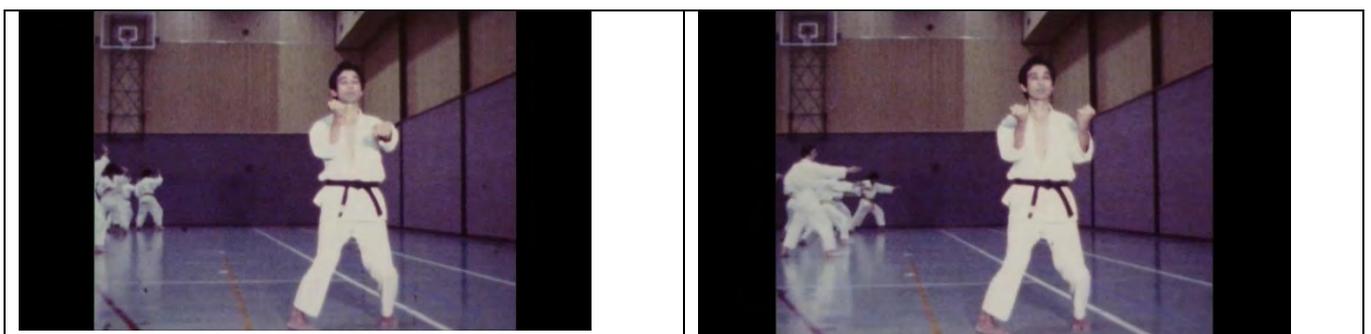
4.



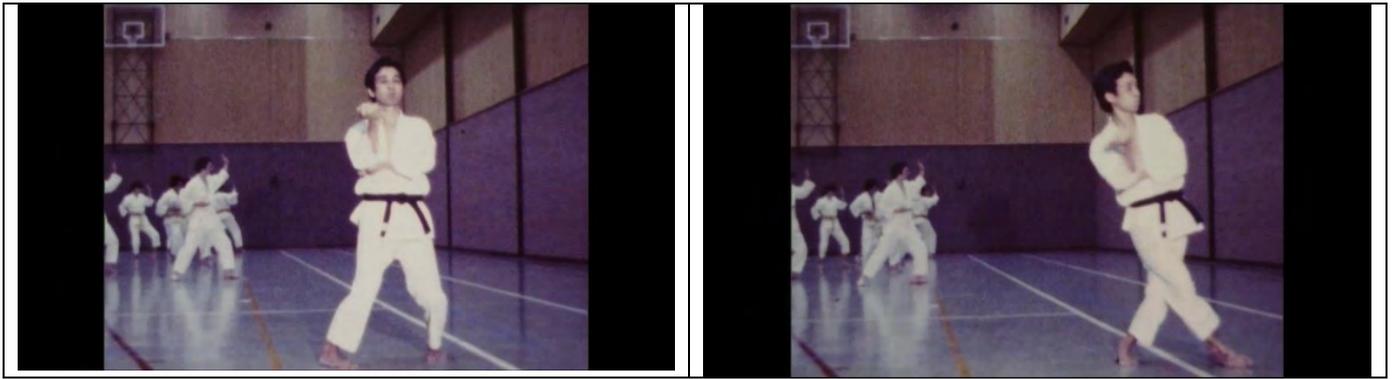
5.



6.



7.



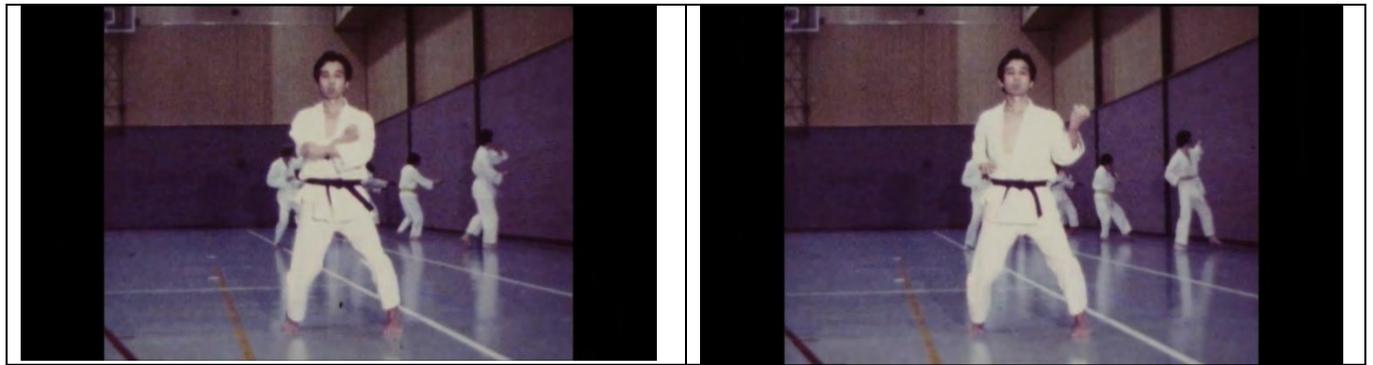
8.



9.



10.



11.



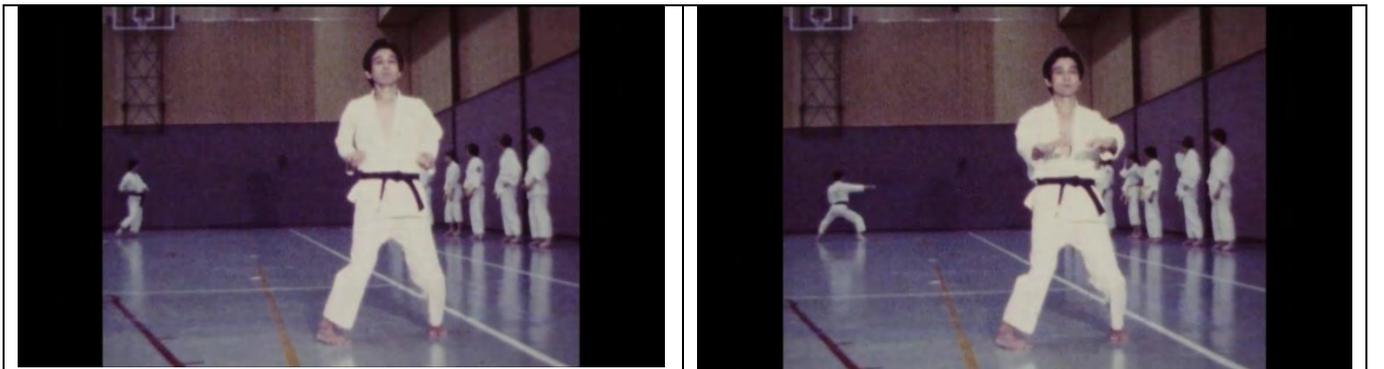
12.



13.



14.



15.

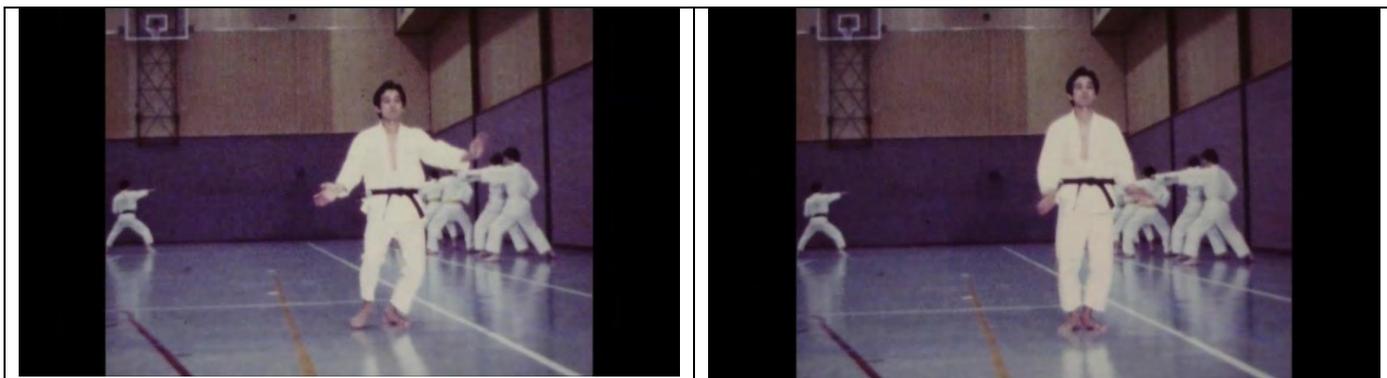


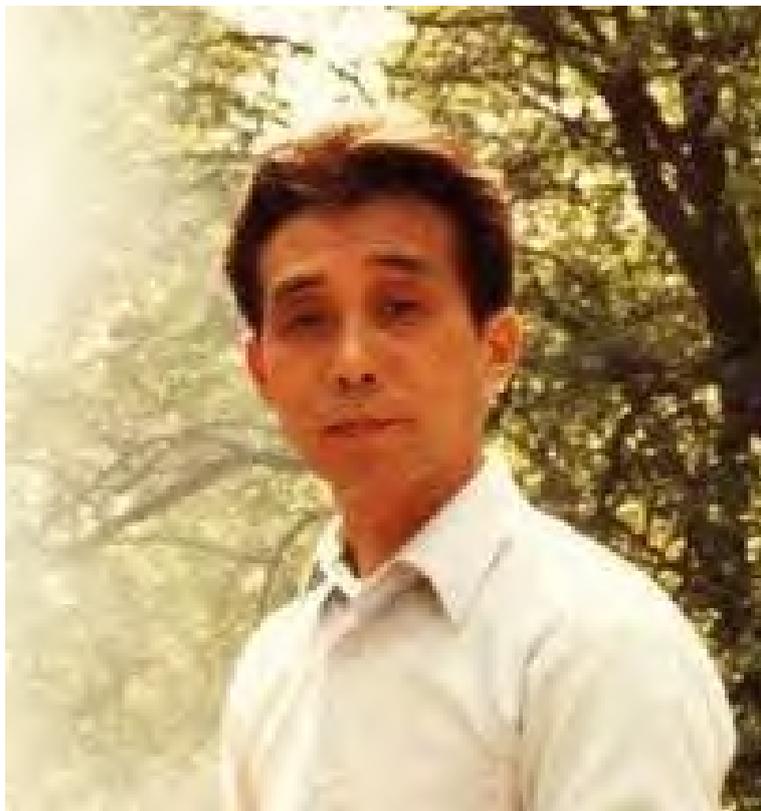


16.



17.





**Yoshikazu KAMIGAITO Sensei**  
**( 1937 – 2014 )**

More informations, books, pictures, videos...,  
on Kamigaito Yoshikazu Sensei:

[www.wado-kamigaito-ryu.be](http://www.wado-kamigaito-ryu.be)

Electronic edition realized in february 2022  
for the website [www.wado-kamigaito-ryu.be](http://www.wado-kamigaito-ryu.be)

The contents of this book can be used on two conditions:

- Don't make it a profit
- Mention the source and author