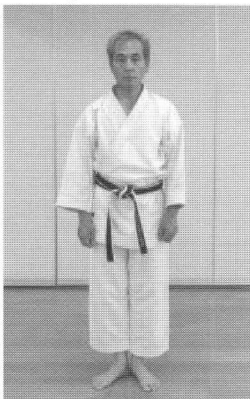
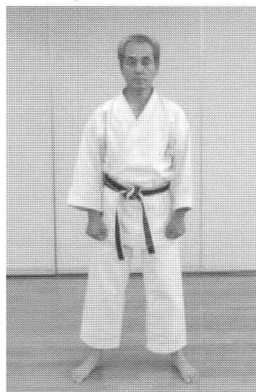


CHINTO

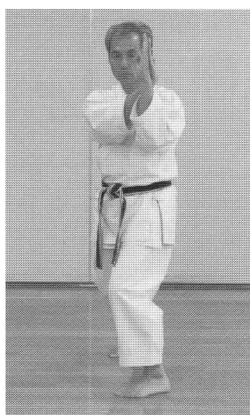
**【Ready 1】****【Ready 2】**

<Ready 1>

Same as in PINAN SHODAN.

<Ready 2>

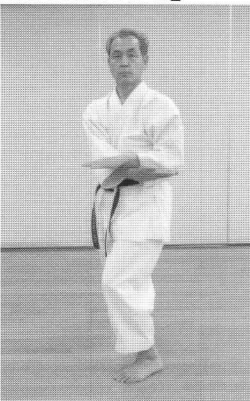
Same as in PINAN SHODAN.

**【Movement 1】**

Pivoting on left foot, pull back right foot toward the north (back of left foot), and stand in Naname-Heikodachi with both heels on a straight line. Execute Jodan-Uchiuke with right palm and back of left hand at the same time (cross both hands at about wrists, with right hand inside)

<Note>

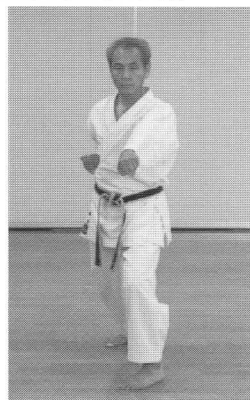
- In Two-Handed-Jodan-Uke, fasten both sides of the body firm.
- Move both hands at the same time, while each hand executes different Uke motion separately. Both hands should not adhere to each other closely, but should touch slightly.

**【Movement 2】**

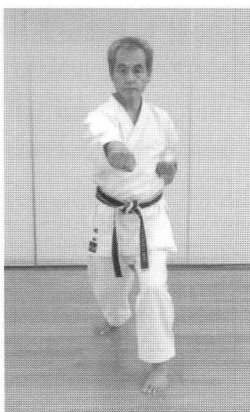
Execute Chudan-Otoshi-Uke by both hands at the same time, with left hand (palm facing downward) on top of right hand (palm facing upward).

<Note>

- In executing Chudan-Otoshi-Uke, fasten both sides firm. With the central part of the forearms (toward elbows), defend the left side (frank) of the body.

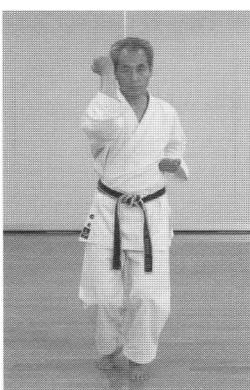
**【Movement 3】**

Execute Chudan-zuki with left fist and pull back the left fist to left side of the body.

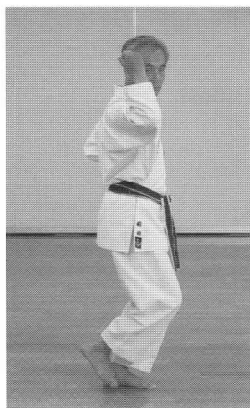
**【Movement 4】**

Pivoting on right foot, slide left foot slightly toward left, and twist the body toward left to stand in Left-Tate-Seishan. Simultaneously, execute Chudan-Gyakuzuki with right fist and pull back left fist to left side of the body.

Movements 1-4 must be executed in continuous motion.

**【Movement 5-1】**

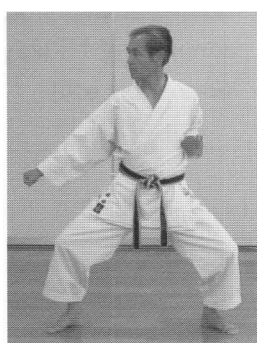
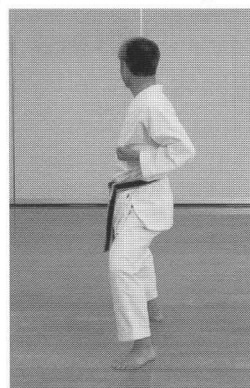
Moving the body forward, bend right elbow and raise right fist to the side of right ear.

**【Movement 5-2】**

Pivoting on left foot, bring right foot in front of left foot and turn the body to left.

<Note>

- When turning your body round, don't raise right foot in a big way.

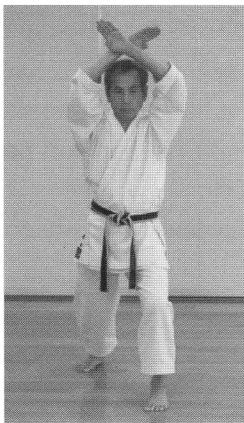
**【Movement 5-3】**

Step right foot toward north (right back) to stand in Shikodachi, and execute Right-Gedan-Barai. Left fist remains in the same position at left side of the body.

<Note>

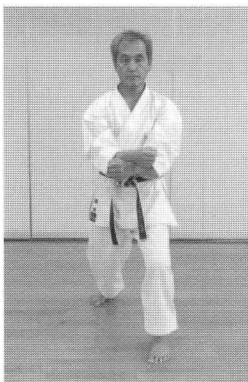
- Against a kicking attack to lower half of the body, lift or pull right foot to dodge it. Then, turn the body to execute Gedan-Barai.

**【Movement 6】**



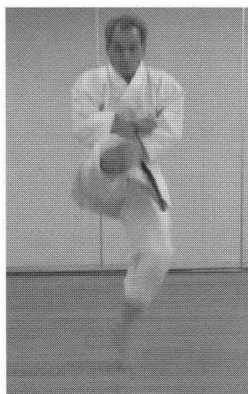
Pivoting on right foot, turn the body to left to face south (front), and stand in Left-Zenkutsudachi. Cross both arms in front of the chest, with left hand outside and right hand inside, then execute with both hands Shuto-Jodan-Uke.

**【Movement 7】**



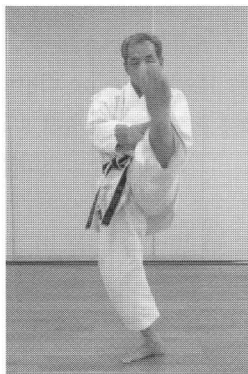
Change both Shuto to fists for Two-Handed-Chudan-Otoshi-Uke.  
(Cross both arms, with right arm on top.)

**【Movement 8-1】**



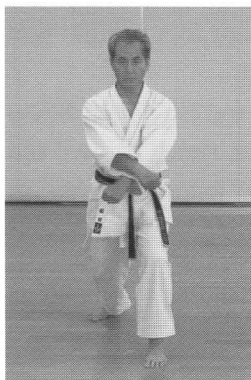
Jumping toward south, execute right Maegeri as first part of Nidangeri.  
Hold both fists in front of the chest.

**【Movement 8-2】**



While remaining in the air, continue left Maegeri completing Nidangeri. Pull back fists to both sides of the body.

**【Movement 8-3】**



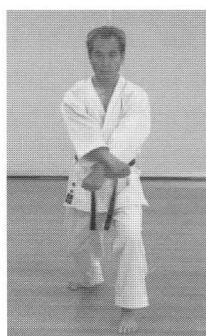
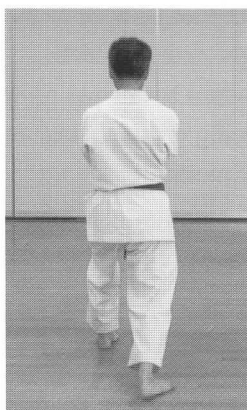
Land with left foot in front and stand in Left-Zenkutsudachi. At the same time, execute Gedan-Uke with both arms, crossing both arms with left arm inside. Movement 6-Movement8-3 must be executed in a continuous motion.

**【Movement 9-1】**



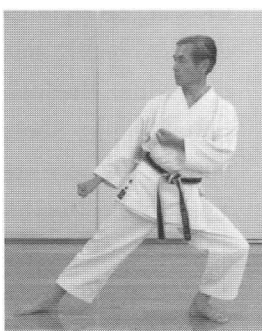
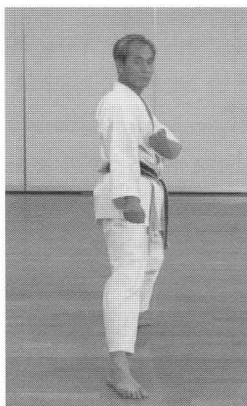
Pivoting on right foot, turn the body to right and bring left foot to north (right back).  
(Pull back fists to each side of the body.)

**【Movement 9-2】**



As soon as setting feet in Left-Zenkutsudachi, execute left and right Gedan-Uke, crossing both arms with right arm on top.

**【Movement 10】**



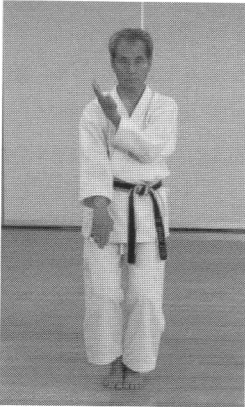
Pivoting on left foot, turn the body to right to face the south (front). Then, bend left knee slightly and stretch right leg, with the upper body leaning toward the north (in motion for slipping away from Jodan-Tsuki from behind).

Hold right fist in Gedan and left fists in front of the chest.

<Note>

- Kamae (Posture) must be able to apply to either defensive or offensive to cope with the situation.

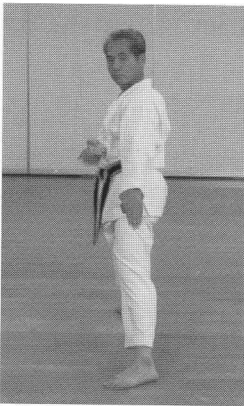
**【Movement 11-1】**



Pivoting on right foot, pull left foot to right foot and raise the body straight up.

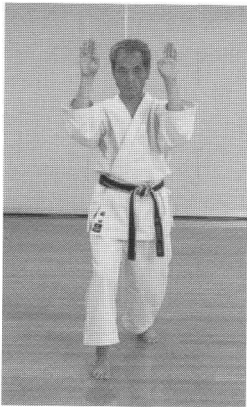
Change both fists to Shuto, and hold right Shuto in front of the chest with palm facing upward and hold left Shuto in Gedan with palm facing downward.

**【Movement 11-2】**



Step left foot forward to the south (front), and stand in Right-Kokutsudachi leaning the body toward north. Hold left Shuto in Gedan and right Shuto in front of the chest.

**【Movement 12】**



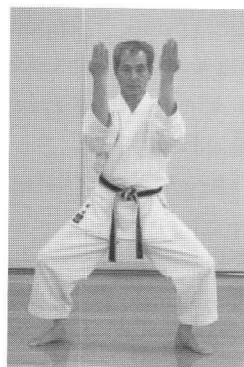
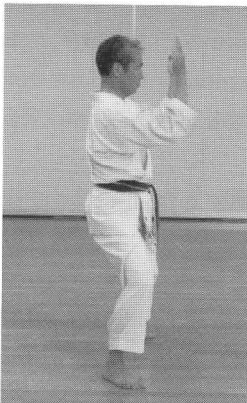
Pivoting on left foot, step right foot forward to the south (front), and stand in Right-Zenkutsudachi.

At the same time, having crossed both arms, right arm inside and both palms facing outside, execute Left and Right-Shuto-Jodan-Sotouke.

<Note>

- In movement 12, execute Shuto-Uke, with ulnar sides of both arms.
- Both forearms must run vertically paralleled to each other. Don't extend elbows widely.

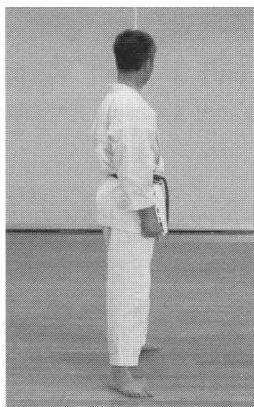
**【Movement 13】**



Pivoting on right foot, turn the body to left (in 90 degrees) facing east, to stand in narrow Shikodachi (wider Hachijidachi). While both hands are remaining as Shuto, cross them with right arm outside, and turn around them, palm facing inside, and execute Two-handed-Haito-Jodan-Sotouke.

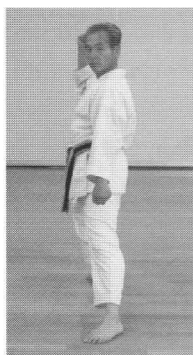
<Note>

- Execute Shuto-Uke with radius sides of both Shuto.

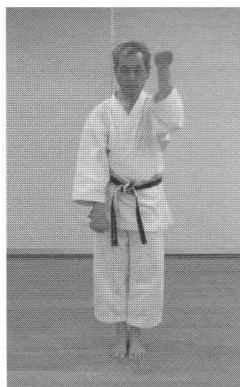
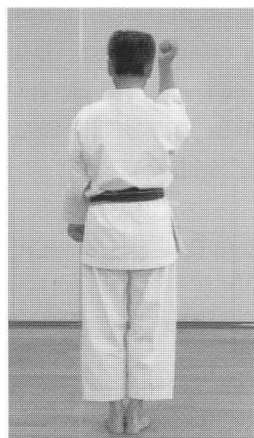
**【Movement 14】**

Without changing foot position, stretch both knees gently and stand in stance with feet apart for narrow Shikodachi.

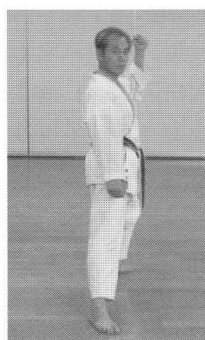
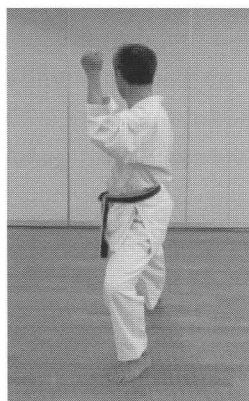
Turn the face toward north (left), and change both Shuto to fists and lower them to each side of the body.

**【Movement 15】**

Pivoting on right foot, step left foot toward north (right back). Bending right knee, lean the body toward south and stand in Right Kokutsudachi. Hold left fist in Gedan and right fist in Jodan position.

**【Movement 16-1】**

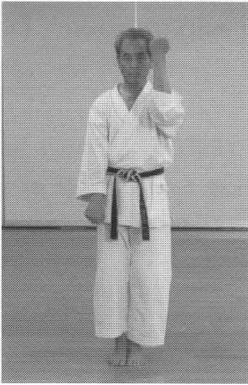
While pulling right foot to left foot together, raise the body straight up once.

**【Movement 16-2】**

Step right foot forward to north (right back), and lean body toward south. Stretching right knee, execute Left-Kokutsudachi. Hold right fist in Gedan and hold left fist in Jodan.

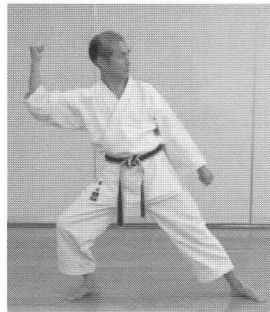
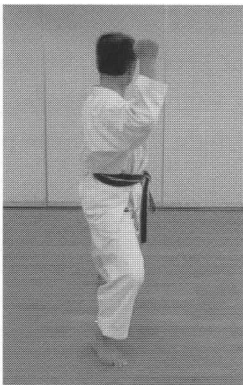


## 【Movement 17-1】



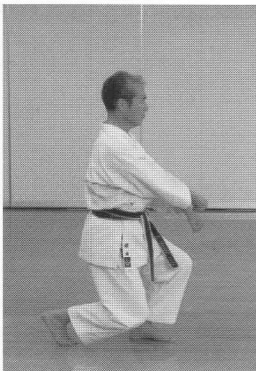
Pivoting on right foot, turn the body back around to left, pulling left foot, to face the front. Then, raise the body straight up once, looking toward south (front) briefly.

## 【Movement 17-2】



Turning the body to left, step left foot forward to north (right back) and lean the body toward south (facing north, but body faces east). Execute Kokutsudachi (stretch left knee). Hold left fist in Gedan, and right fist in Jodan position.

## 【Movement 18】

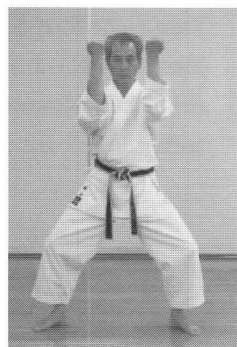
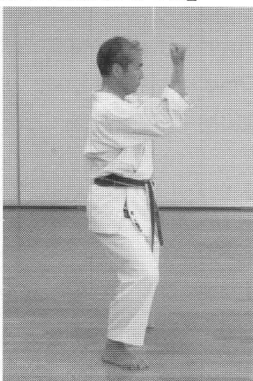


Bring right foot just behind left foot, standing on tips of toe. Hold both fists at lower sides of the body once. Then, execute Gedan-Uke, lowering the body further more, with both fists at the same time. (Cross both arms, with right arm on top of the left.)

<Note>

- Body weight should be put at the center of both feet spread apart.
- Hold upper body standing upright.
- Put right foot just behind left foot, with both feet placed apart widely and with knees deeply bended.

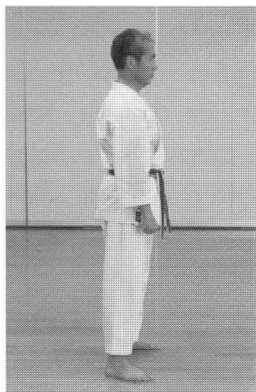
## 【Movement 19】



Standing on left foot, step right foot toward south (right) to stand in narrow Shikodachi (while Hachijidachi), and execute Jodan-Soto-Uke with radius side of both fists at the same time (palm facing inside).



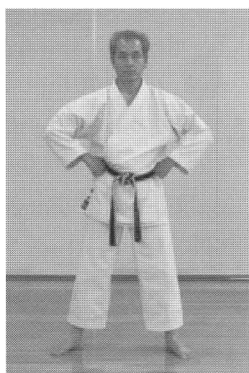
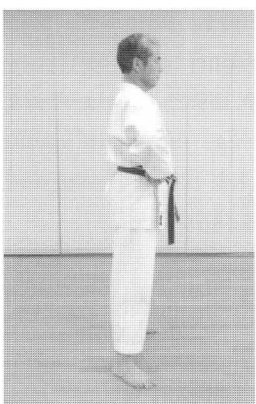
## 【Movement 20】



Stretch both knees slowly to stand in the same position.

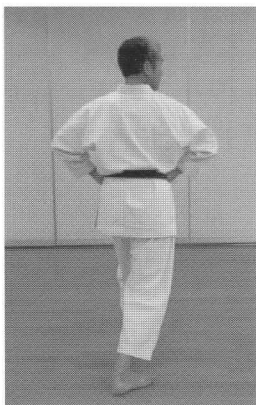
Lower both fists toward the front of thighs naturally.

## 【Movement 21】



Stand naturally, and fold fists on both waists with back of hands facing front and spread both elbows outward.

## 【Movement 22】

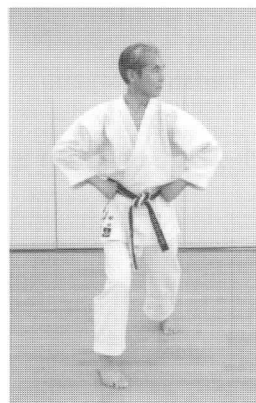


In the same position, while lowering the body, twist the waist fully to left. Execute Right-Chudan-Hijiuke, blocking Chudan-Tsuki from the front with right elbow.

<Note>

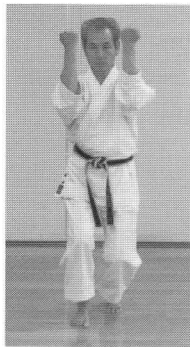
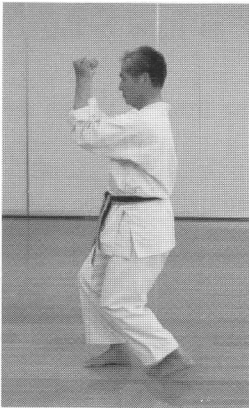
- Hijiuke must be performed with the elbow by starting from the original position held on the waist.
- Tachiashi (Standign leg/foot) naturally turns according as waist turns.

## 【Movement 23】



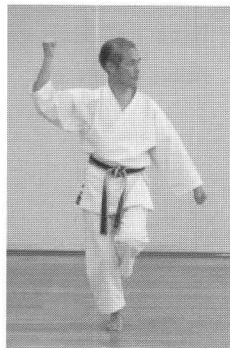
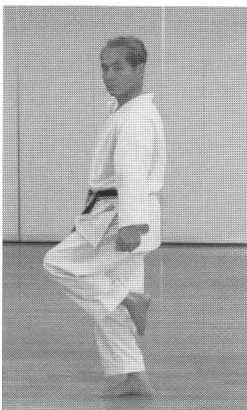
Twist the waist fully to right, and execute Left-Chudan-Hijiuke.

**【Movement 24】**



Pivoting on right foot, turn to right to face the west (backward), then bring left foot on tips of toe behind right foot on left side. Crossing both arms with right one outward, execute Jodan-Soto-Uke with radius sides of both fists at the same time (palms facing inside).

**【Movement 25-1】**

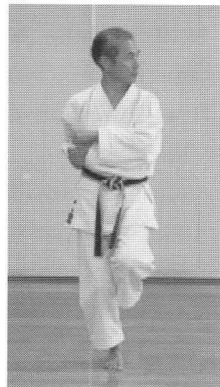
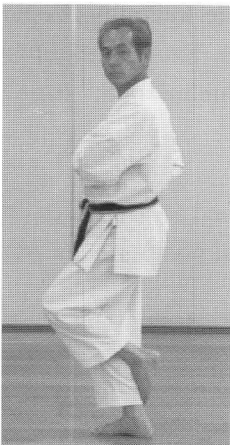


Pivoting on right foot, at the same time with turning the face toward south (front), bend left knee and raise left foot so that left instep touches back of right knee lightly ( to dodge opponent's side kick against left foot). Hold left fist in Gedan and right fist in Jodan position on right side.

<Note>

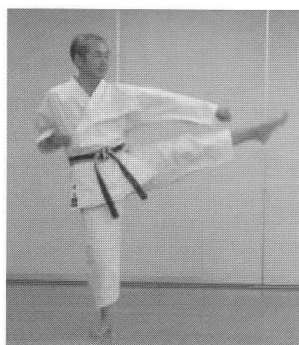
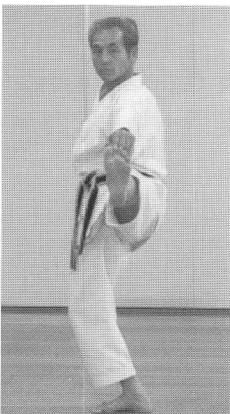
- In movements 25~27, the knee of standing foot faces sideways.

**【Movement 25-2】**



Hold left arm horizontally in front of the chest, and pull right arm to right side of the body, placing both fists on right chest (both fists touching the body lightly, with left fist on top).

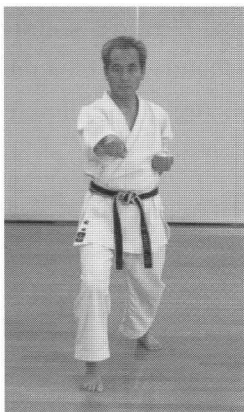
**【Movement 25-3】**



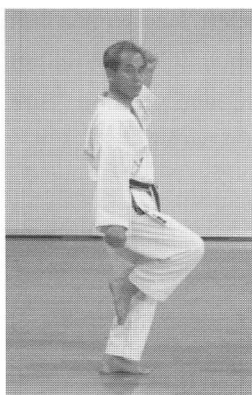
While brushing sideways opponent's Chudan-Tsuki with left fist, execute left Chudan-Yokogeri.

<Note>

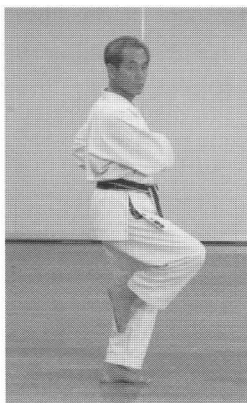
- Kicking in Movements 25~27 are executed in Yokogeri.

**【Movement 25-4】**

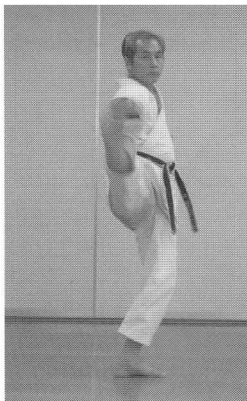
Put left foot down and take right foot a step forward. Execute Right-Chudanzuki, with left fist pulled back to the left side of the body.

**【Movement 26-1】**

Standing on left foot, bend right knee and raise right foot until right instep lightly touches back of left knee (to dodge opponent's side kick from the front against right foot). Hold right fist at Gedan on right side and left fist at Jodan on left side.

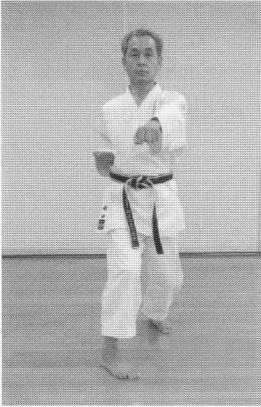
**【Movement 26-2】**

Standing on left foot, hold right arm horizontally in front of the chest, and pull left arm to left side of the body, until both fists come together (right fist on top).

**【Movement 26-3】**

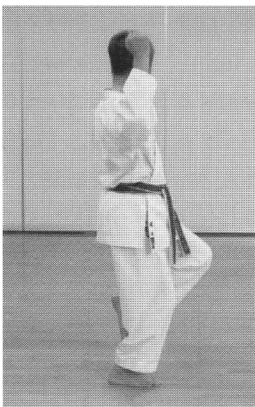
Continuously, execute Right-Chudan-Barai and Right-Chudan-Yokogeri at the same time. Left fist remains the same.

**【Movement 26-4】**



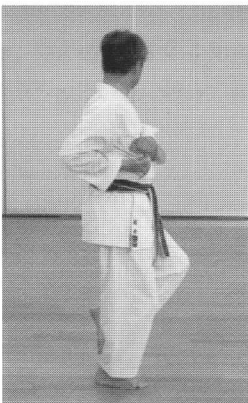
Put down right foot forward (toward south) and stand in Right-Tate-Seishandachi. Execute Left-Chudan-Gyakuzuki, with right fist pulled to right side of the body.

**【Movement 27-1】**



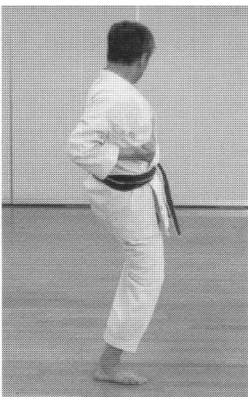
Standing on right foot, raise left foot so that left instep touches back of right knee lightly. Hold left fist in Gedan and right fist in Jodan position. Turn the face toward the north (right back).

**【Movement 27-2】**



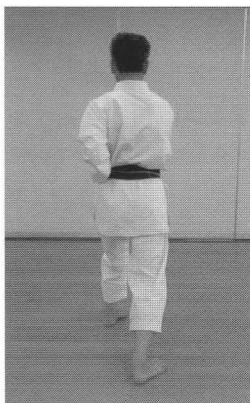
Hold left arm horizontally in front of the chest and paralleled with the chest slightly touching the body. Pull right fist to right side of the body.

**【Movement 27-3】**



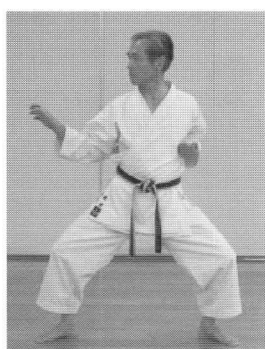
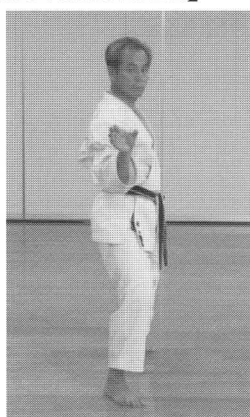
While executing Left-Chudan-Barai, execute Left-Chudan-Yokogeri.  
Right fist remains the same.

## 【Movement 27-4】



Put down left foot forward (toward the north) to stand in Left-Tate-Seishandachi. Simultaneously, execute Right-Chudan-Gyakzuki. Pull left fist to left side of the body.

## 【Movement 28】

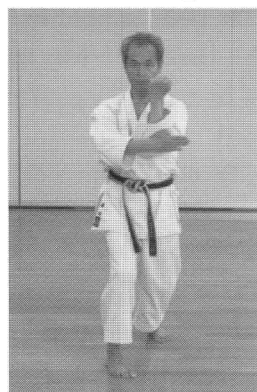


Pivoting on left foot, turn the body to right to stand in Shikodachi position. As soon as turning the face toward the south (frontward), execute Chudan-So-touke with Right Kakete.

<Note>

- To perform Right-Kakete-Uke, bend right wrist outward (in order to grab opponent's arm) with use of ulnar side of right Kaishu. Be careful not to raise right fingertips higher than the right shoulder.

## 【Movement 29】

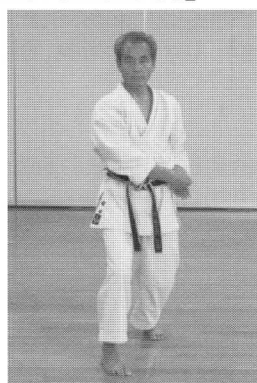


Pivoting on left foot, slide right foot slightly toward right (toward south) to stand in Right-Tate-Seishandachi. Execute Left-Chudan-Hijiate (elbow attack) hitting against the right palm.

<Note>

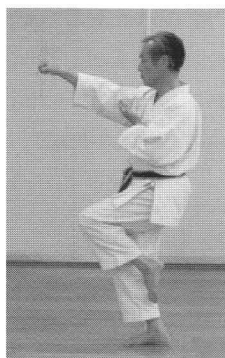
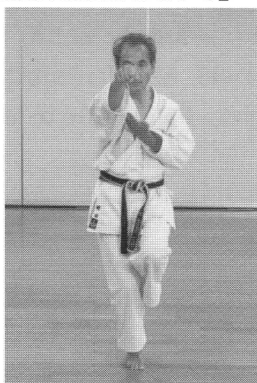
- Twist the waist toward right sufficiently, and perform Hijiate (elbow attack).
- To perform Left-Hijiate, hold left elbow up and execute left elbow attack toward the center of the body in Chudan hitting upward.

## 【Movement 30】



Returning the twisted waist a little, change left fist to Shuto, and hold it on the left waist with the palm facing upward and fingers pointing downward, while placing right fist on the left palm lightly with back of hand facing downward.

**【Movement 31-1】**

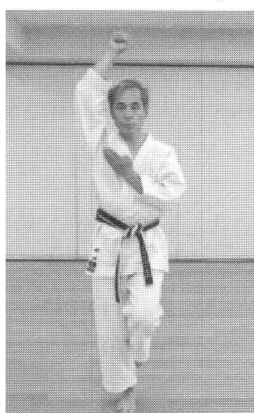


Standing on right foot, raise left foot until left instep lightly touches the back of right knee. Execute Right-Uraken-Jodan-Sukuiuchi (to opponent's nose). Hold left Shuto in front of the chest with the palm facing inside.

<Note>

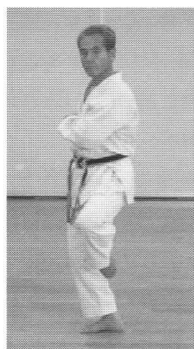
- To perform Sukuiuchi, strike opponent a blow at nose perpendicularly upward from below in scooping motion.

**【Movement 31-2】**



Directly, hold right fist above the head.

**【Movement 31-3】**



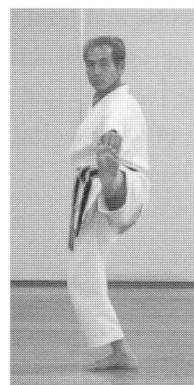
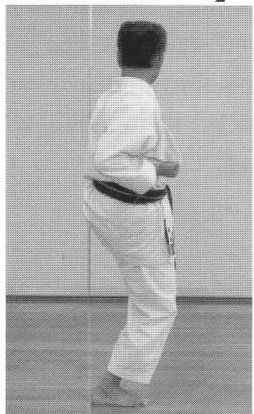
Pivoting on right foot, turn the body to right facing backward (toward north). Hold both fists on right chest side, with left fist on top and right fist below.

Left knee faces approximately the north (right back).

<Note>

- When standing on one leg (foot) in Movement 31, the bent knee of the other leg (foot) faces almost right front, different from in Movements 25~27.

**【Movement 31-3】**

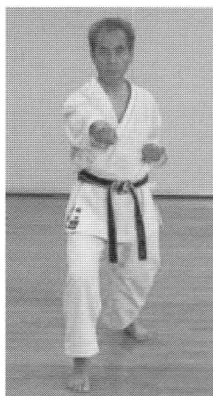
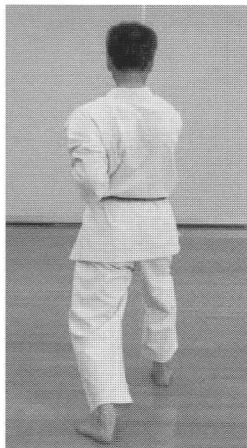


While executing Left-Chudan-barai, execute Left-Chudan-Maegeri. Right fist remains the same.

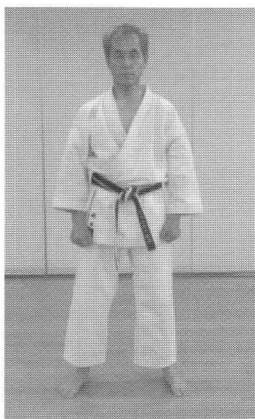
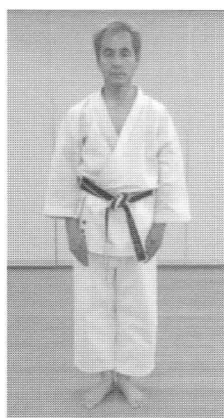
<Note>

- Kicking in Movement 31 must be Maegeri (with the sole facing downward).



**【Movement 31-4】**

Put down left foot toward north and take right foot a step forward north to stand in Right Zenkutsudachi. Execute Right-Chudan-Junzuki. Pull back left fist to left side of the chest.

**【Yame】****【Naore】**

## &lt;Yame/Stop&gt;

Pivoting on right foot, turn around to left to face the front. Pull left foot back to east of right foot and return to Ready1 posture in Hachijidachi. Lower both hands naturally in front of thighs.

## &lt;Naore/Stand&gt;

Same as in PINAN SHODAN.

Pull left foot, then right foot, to return to Musubi-dachi. Open both hands and place them lightly on thighs.