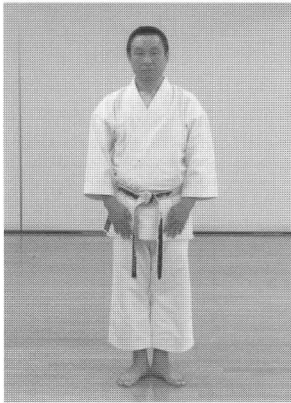
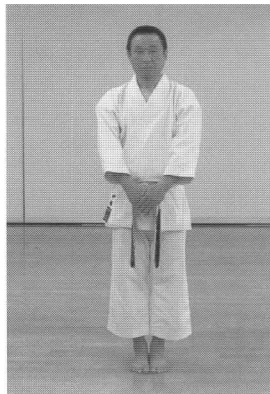


NAIHANCHI

【Ready position 1】



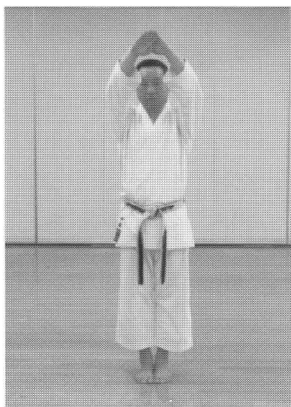
【Ready position 2】



<Ready position 1>
Stand in Musubiadachi.
Same as in PINAN SHODAN.

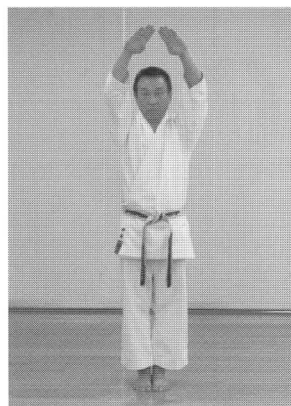
<Ready position 2>
From Musubidachi, stand in Heisokudachi.
Hold both Kaishu (open-hands) in Gedan in front of the center of the body, with left hand over back of right hand.

【Movement 1-1】



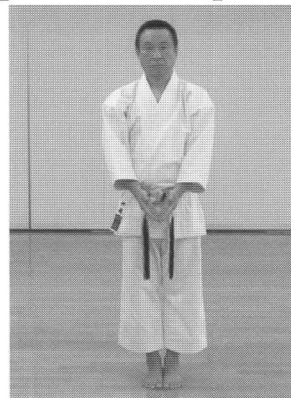
Slowly raise the overlapped both hands above the forehead.

【Movement 1-2】



Spread both hands apart, changing them to shutoes, and move each shuto in an arc line motion as if tracing the edge of an open umbrella.

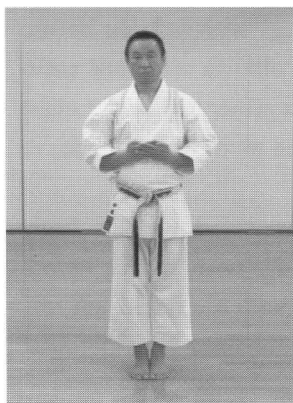
【Movement 1-3】



Lower both Shuto until both medical (third) fingers touch together in Gedan position, with palm facing the front.

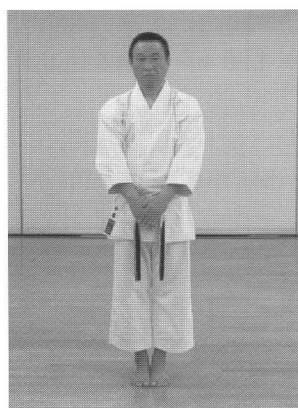
<Note>
The outsides of both medical fingers touch together lightly, with right little finger lightly placed on left little finger.

【Movement 1-4】



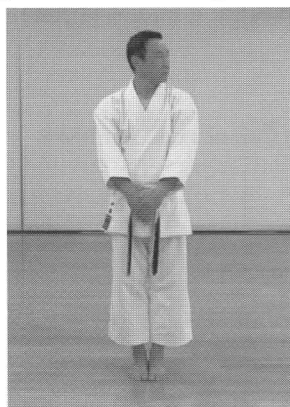
Twisting both wrists with right hand inside. Raise the overlapped both hands toward the lower part of the pit of the stomach (solar plexus).

【Movement 1-5】



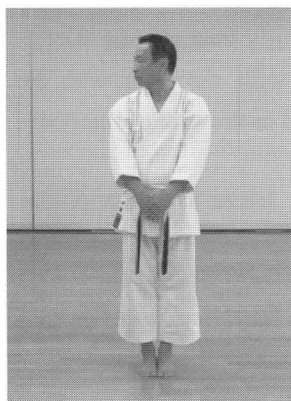
In continuous motion, twist back both wrists and return to the Ready position 2 (with left hand over back of right hand).

【Movement 1-6】



Turn face fully to the east (to left) slowly.

【Movement 1-7】

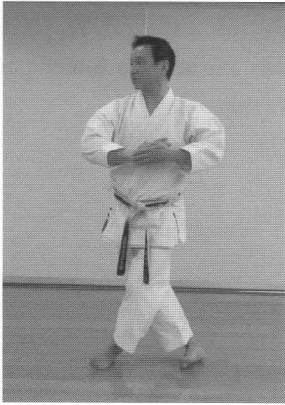


In succession, turn face fully to the west (to right) slowly.

<Note>

- Turn face fully and slowly with the same rate of speed in both directions.

【Movement 2-1】



Move left leg to the west (to right) in Chidoriashi motion, and cross both legs with left leg before right leg. Stretching both elbows sideward naturally, raise both palms put together toward the chest around the lower part of the pit of the stomach.

<Note>

- While executing Chidoriashi, lower the body slightly and cross both legs with left leg before right leg. Upon landing with a crossed left leg, the left leg should touch the floor with the outer side of the leg first.

【Movement 2-2】



Move right foot to the west (to right) and stand in Naihanchi position. Simultaneously, execute a Chudan-Tsuki-Uke with right shuto. Left fist pulled to the left side of the body.

<Note>

- The height of a right Shuto-Tsuki-Uke is a little lower than the height of right shoulder.

【Movement 3】

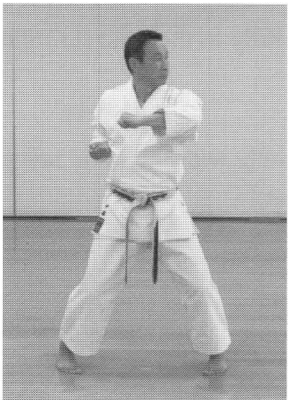


Twist upper body fully to face the west (right), and execute Chudan-Hijiatae with left elbow.

<Note>

- The height of Left-Chudan-Hijiatae is a little lower than that of right shoulder.
- Maintain the lower body in orderly posture.

【Movement 4】

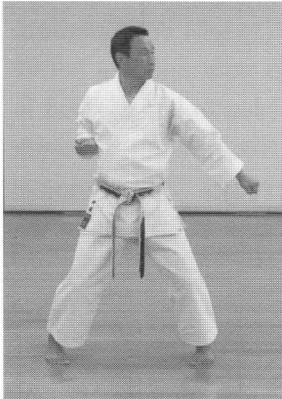


Untwist the upper body to face south (front), with face fully looking east (left). Hold left forearm horizontally in front of, and paralleled with, the chest, with the palm of the left fist facing downward. Right fist is pulled to the side of the body.

<Note>

- Make the most of untwisting force of the upper body, return to Naihanchidachi facing the front.
- Hold left arm at the position of naturally falling down from left shoulder. The distance between the forearm and the body facing the front is wider than that of PINAN GODAN'S Movement 3.

【Movement 5】



With the face looking east (left), execute Gedan-Barai.

【Movement 6-1】

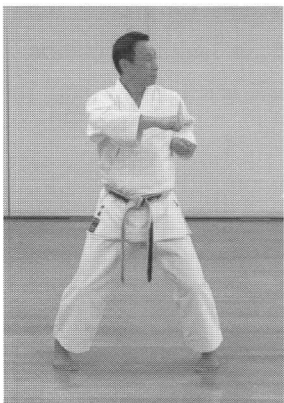


Strike toward diagonally left front (in the direction of 45 degrees) with right fist. Left fist is pulled to the side of the body.

<Note>

- The target for Tsuki is a little lower than the shoulder.

【Movement 6-2】



Hold the right forearm horizontally in front of the chest. The left fist is in Hikite.

<Note>

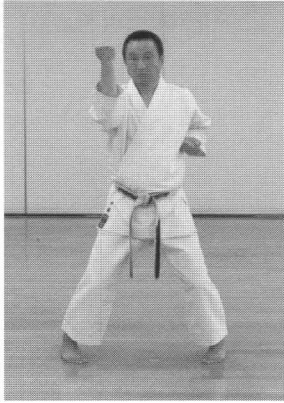
- The right forearm does not need to be paralleled with the chest.
- The height of right forearm is a little lower than that of right shoulder.
- Do not twist the waist. Act with the tightened body.

【Movement 7-1】



Maintaining the posture, move the right leg to the east (to left) in Chidoriashi motion, and cross both legs with right leg before left leg.

【Movement 7-2】



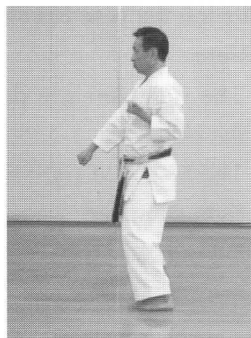
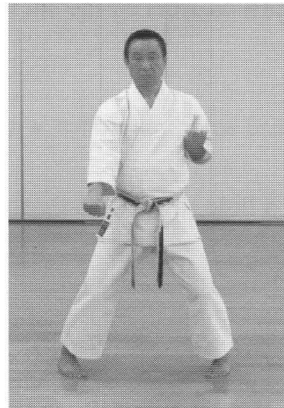
Move right leg to the east (to left) in Chidoriashi motion and cross both legs with right leg before left leg. Move left foot further to left to stand in Naihanchidachi with the face looking the south (front). Simultaneously execute Jodan-Sotouke with right fist. Left fist is kept at the side of the body in Hikite.

【Movement 8-1】



Lightly thrust out the left fist forward.

【Movement 8-2】

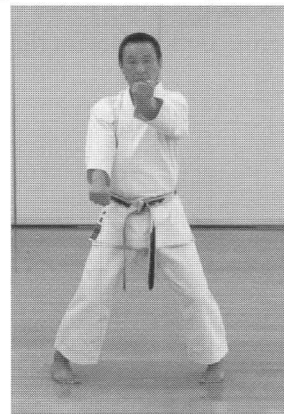


Successively execute scooping-up motion with left fist, and return it to stand in Tsukiage position. At the same time, block with right fist in Gedan-Barai.

<Note>

- Do not cross both fists.
- Execute Right-Gedan-Barai, utilizing the motion to stand in Left-Tsukiage position.

【Movement 9-1】

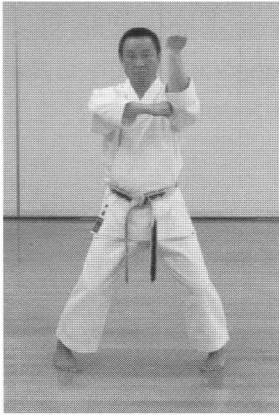


Execute Left-Jodan-Tsukiage.

<Note>

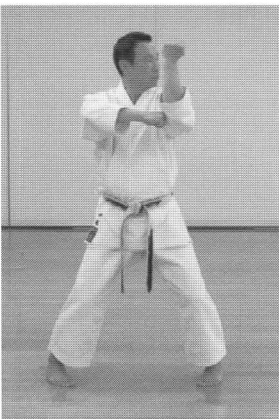
- Don't turn the fist in executing Tsukiage, and keep it with palm-side facing upward.

【Movement 9-2】



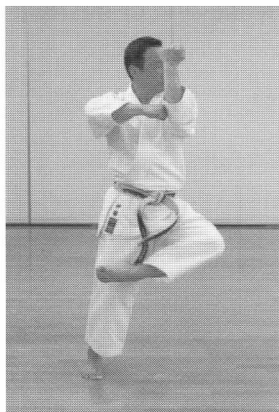
Execute Left-Jodan-Sotouke. Keeping right fist with palm-side facing downward, hold right forearm horizontally in front of the chest and parallel with the chest. Also, hold right fist so as to touch left elbow lightly.

【Movement 10】



Turn the face to the east (to left).

【Movement 11-1】



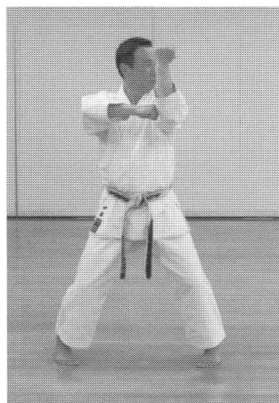
Lift left foot and move it toward the front of right knee. Turn left ankle as if to show the sole of left foot facing upward.

<Note>

- Raise left foot in a big way toward the front of right knee.
- Keep the body to hold its shape.

Maintain the center of gravity kept unchanged in its position.

【Movement 11-2】



Pull the left foot back to stand in Naihanchidachi.

【Movement 12】



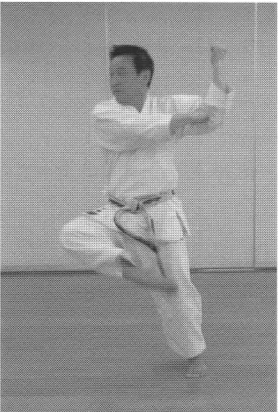
Keeping the posture for both forearms and the lower body unmoved, twist the upper body fully to the east (to left) and execute Left-Jodan-Sotouke.

【Movement 13】



Turn the face to the west (to right).

【Movement 14-1】



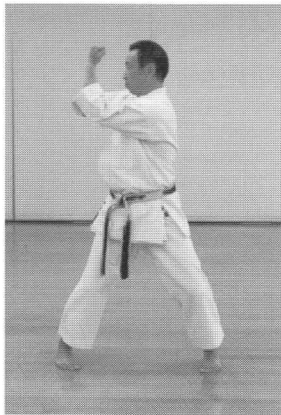
Turn right ankle as if to show the sole of the right foot facing upward.

【Movement 14-2】



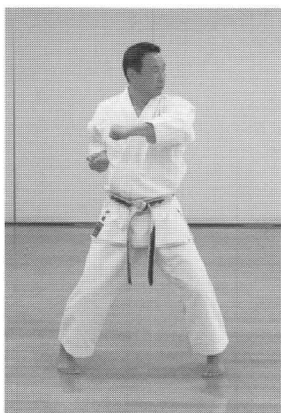
Pull the right foot back and return to Naihanchidachi.

【Movement 15】



Keeping the posture for both forearms and the lower body unchanged, twist the upper body fully to the west (to right) and execute Left-Jodan-Uchiuke.

【Movement 16】



Untwist the upper body to face the south (left). Simultaneously, hold left forearm horizontally in front of the chest and paralleled with the chest, with palm-side of the left fist facing downward. Pull right fist to right side of the body.

【Movement 17】

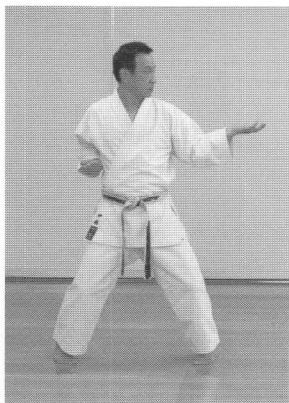


With the upper body facing the east (left), execute Left-Chudan-Zuki and Right-Chudan-Kagizuki.

<Note>

- The height of both arms in executing Zuki (pronounced so, not tsuki, in this technique) is rather lower than that of the shoulders.

【Movement 18】



Twisting the left fist outwardly, change it to Kaishu (open hand), with the left palm facing upward. Pull left elbow to the side of the body. Right fist is pulled to the side of the body.

<Note>

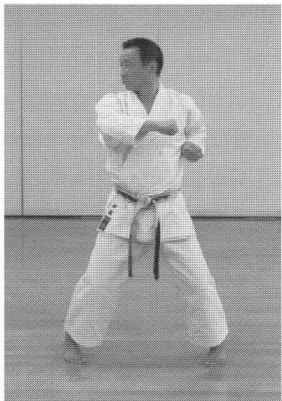
- This is a counter technique to twist the opponent's hand, when the other party tries to catch self's thrusting wrist. Execute slowly with might and main.

【Movement 19】



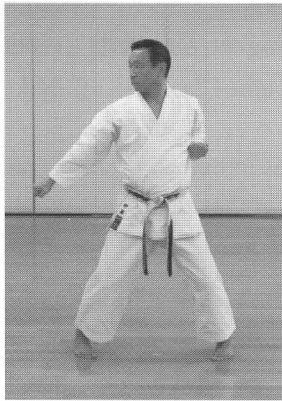
Invert motion described in Movement 3.

【Movement 20】



Invert motion described in Movement 4.

【Movement 21】



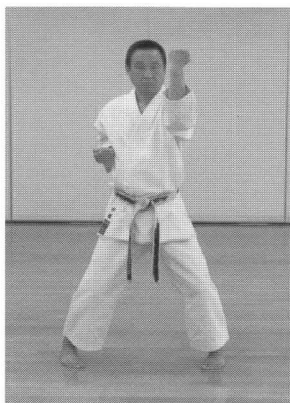
Invert motion described in Movement 5.

【Movement 22】



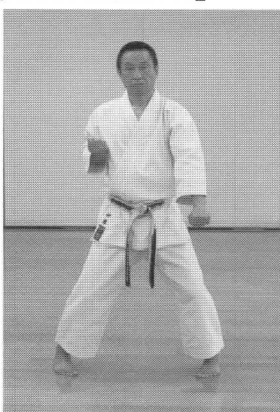
Invert motion described in Movement 6.

[Movement 23]



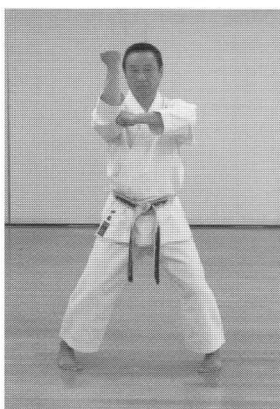
Invert motion described in Movement 7.

[Movement 24]



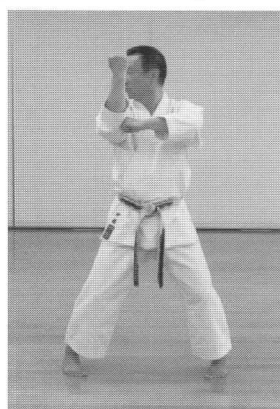
Invert motion described in Movement 8.

[Movement 25]



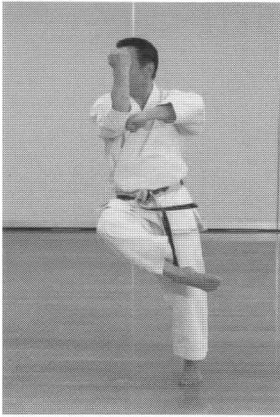
Invert motion described in Movement 9.

[Movement 26]



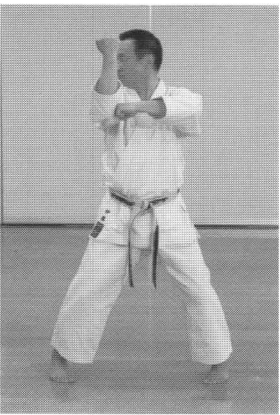
Invert motion described in Movement 10.

【Movement 27-1】



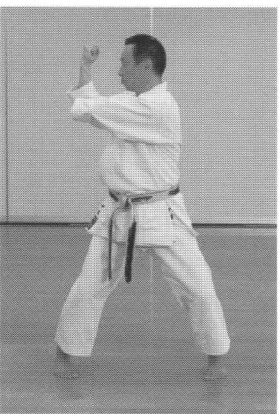
Invert motion described in Movement 11-1.

【Movement 27-2】



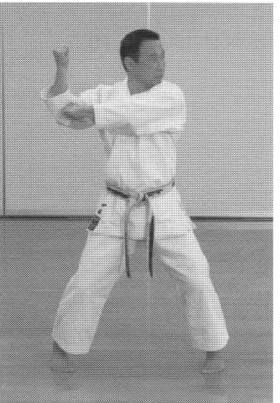
Invert motion described in Movement 11-2.

【Movement 28】



Invert motion described in Movement 12.

【Movement 29】



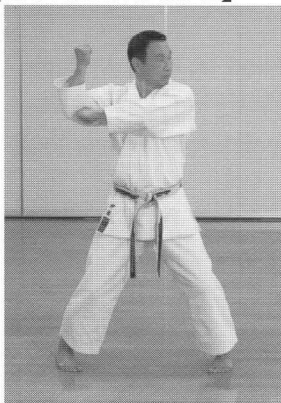
Invert motion described in Movement 13.

【Movement 30-1】



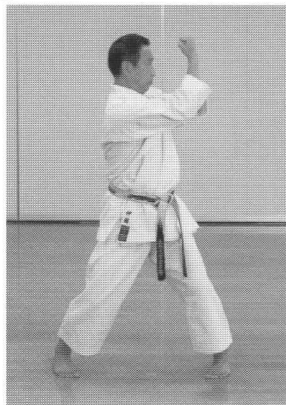
Invert motion described in Movement 14-1.

【Movement 30-2】



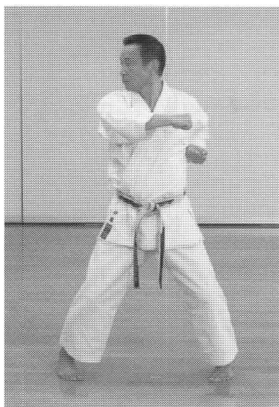
Invert motion described in Movement 14-2.

【Movement 31】



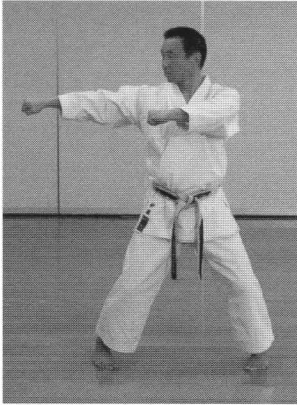
Invert motion described in Movement 15.

【Movement 32】



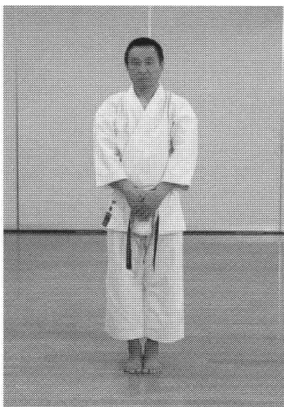
Invert motion described in Movement 16.

【Movement 33】

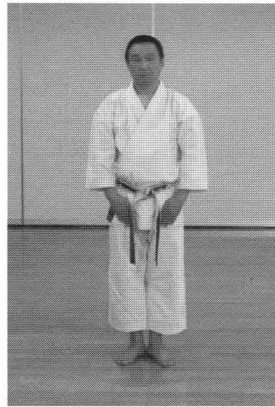


Invert motion described in Movement 17.

【Yame】



【Naore】



<Yame>

Pull right leg to left to stand in Heisokudachi. Hold both Kaishu (open hands) in Gedan in front of the center of the body, with left hand over back of the right hand.

<Naore>

Return to Ready position 1.
Same as in PINAN SHODAN.