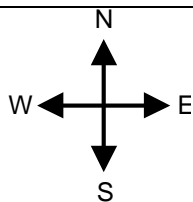


Movement Chart for Seiunchin – Page 1 of 7



Grid is marked in single shoulder-width divisions

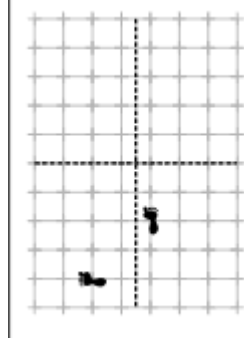
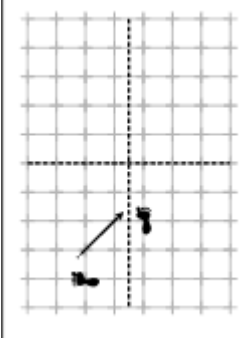
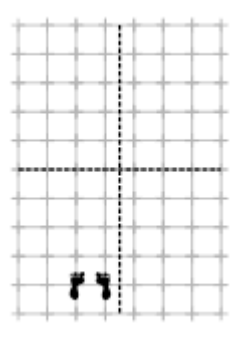
Kata available on video and DVD from your sensei.



Start

1 – Ichi

2 – Ni



Start in parallel stance facing north. Bring your heels together. Bow. Return to parallel stance.

Whilst looking north, turn your left foot 90 degrees anti-clockwise and turn your body 45 degrees to face north-west.

Move your hands back in towards each other in front of your groin. When they meet each other, roll your fingers and hands in towards you, and raise your hands to head level. As much as possible, the backs of your open hands should be flat against each other, with your little fingers nearest to you.

At the same time, lower your body to sumo stance height, with your knees bent, and cross your open hands in front of your groin, with your left hand in front of your right and your palms facing your body.

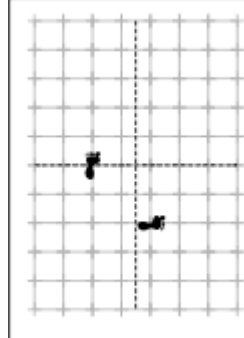
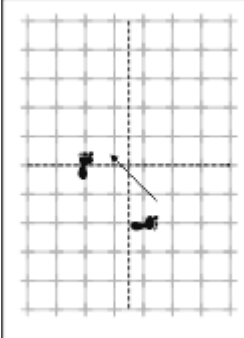
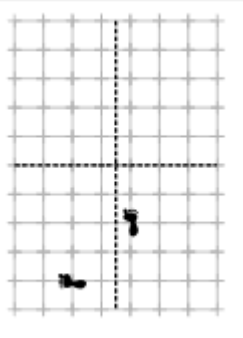
Starting with your index fingers, roll your fingers closed one after the other into two fists. Slowly, with great tension, lower your fists until they are back in front of your groin facing more or less downwards, keeping your hands in contact with each other all the way. Once your fists are in front of your groin, continue to move your arms apart until your fists are in position just in front of your knees.

Move your right foot out to the north-east into sumo stance. When your foot lands, slowly move both hands out to the sides of your knees so that they finish facing towards your knees and 3-6 inches away from them.

3 – San

4 – Shi

5 – Go



Open both hands. Move your left hand across your body until it's just in front of your right bicep with the palm facing upwards. Now sharply pull the hand back to the centre of your body facing south-west to north-east, just below your solar plexus with the palm facing upwards.

Continue looking north. Turn your right foot 90 degrees clockwise, whilst moving your left foot up beside it. Turn your body 45 degrees to face north-east.

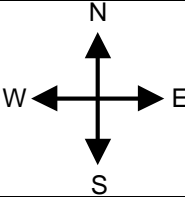

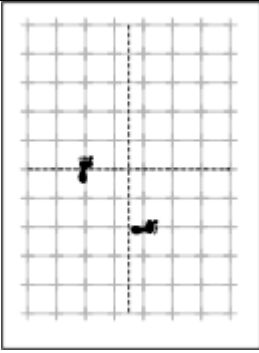
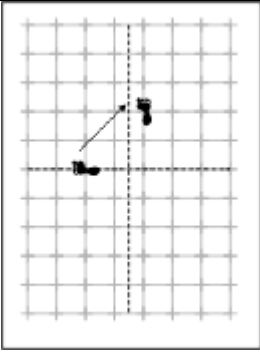
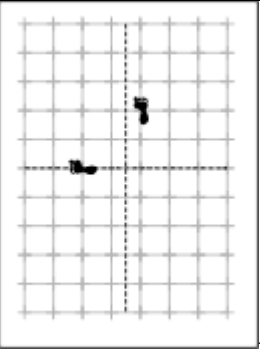
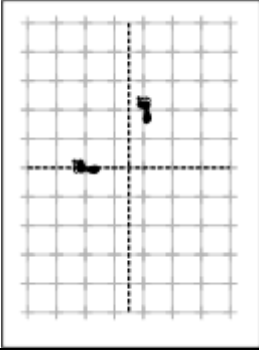
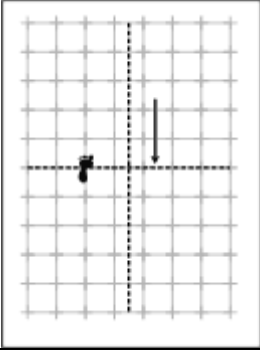
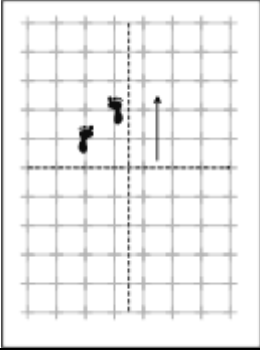
Repeat step 2.

At the same time, swing your right forearm in a semi-circle, back towards your left knee, and up in front of your body and ending in front of your right shoulder, performing an open handed hooking block. At the end of the block, rotate your right forearm 180 degrees so that your palm is facing away from you, then, bending the right hand back as far as possible (with your fingers point upwards), retract the hand to your side, level with your lower ribs.

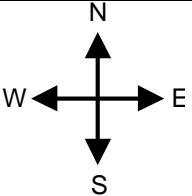

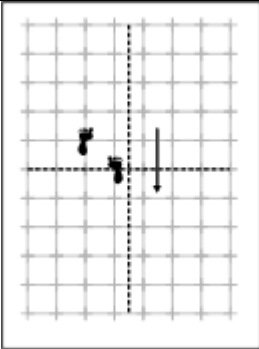
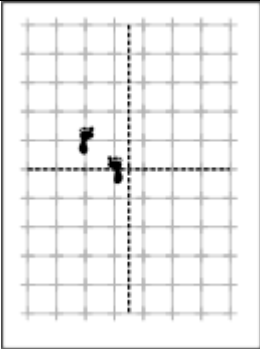
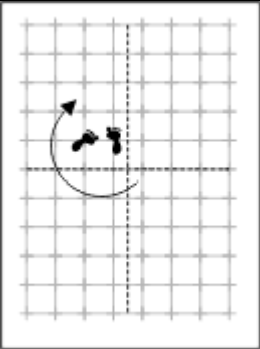
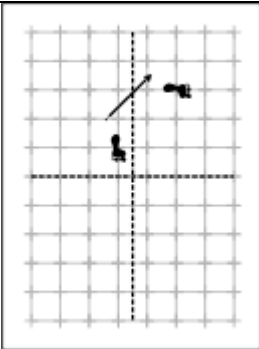
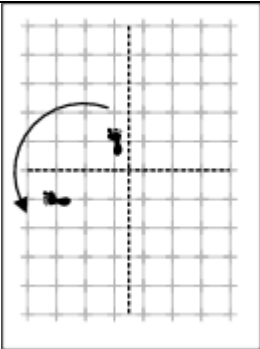
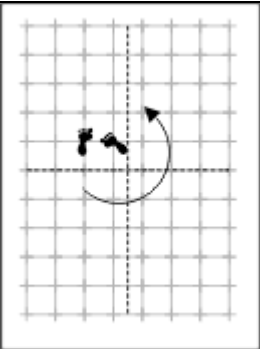
Keeping your body at sumo stance height, with your knees bent, cross your open hands in front of your groin, with your left hand in front of your right and your palms facing your body. Move your left foot out to the north-west into sumo stance.

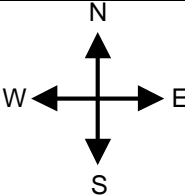

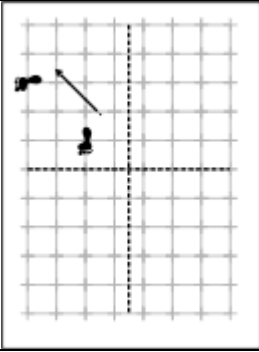
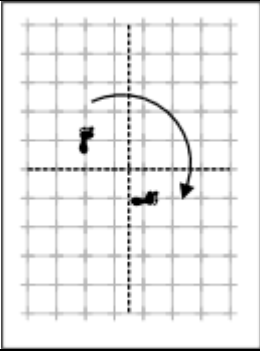
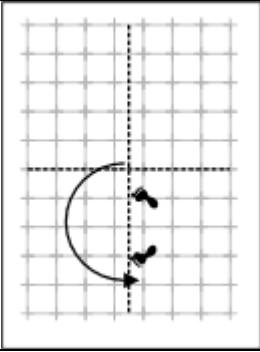
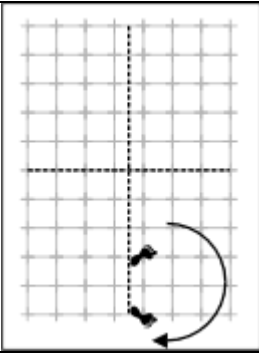
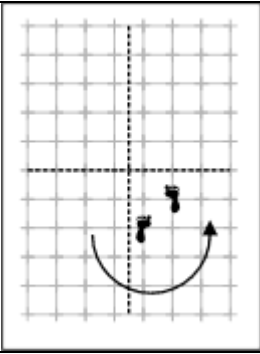
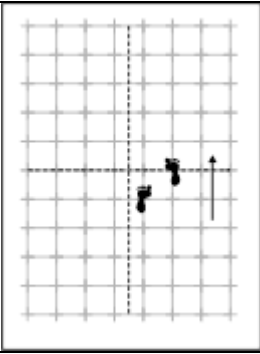
When your foot lands, slowly move both hands out to the sides of your knees so that they finish facing towards your knees and 3-6 inches away from them.

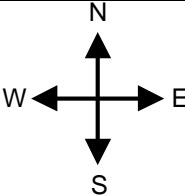

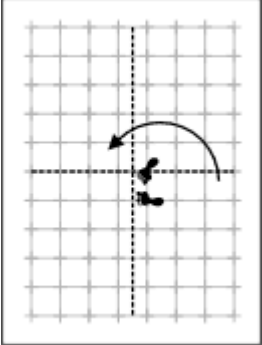
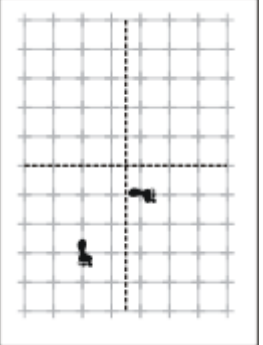
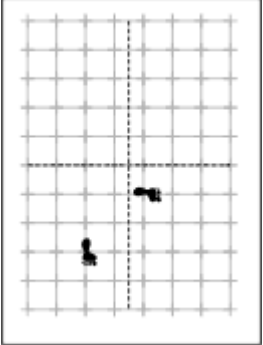
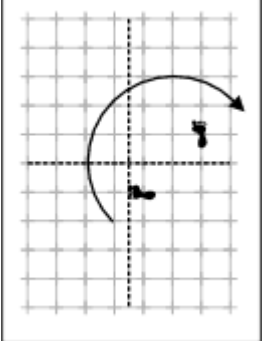
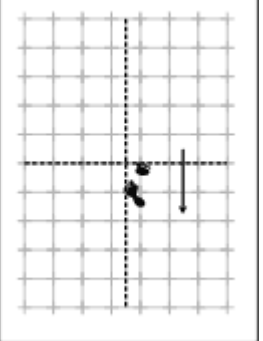
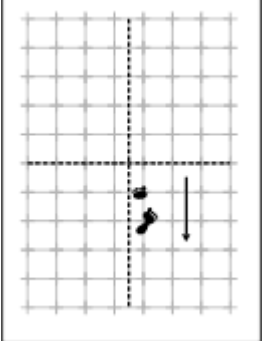
As you retract the right hand, extend your left hand out to the north in a three-finger spear-hand strike. Remember to pull your middle finger back so that it's in line with the two fingers either side of it.

	<p>Grid is marked in single shoulder-width divisions.</p>	
<p>6 – Roku</p>	<p>7 – Shichi</p>	<p>8 – Hachi</p>
		
<p>Open both hands. Move your right hand across your body until it's just in front of your left bicep with the palm facing upwards. Now sharply pull the hand back to the centre of your body facing south-east to north-west, just below your solar plexus with your palm facing upwards.</p> <p>At the same time, swing your left forearm in a semi-circle, back towards your right knee, and up in front of your body and ending in front of your left shoulder, performing an open handed hooking block. At the end of the block, rotate your left forearm 180 degrees so that your palm is facing away from you, then, bending the left hand back as far as possible (with your fingers point upwards), retract the hand to your side, level with your lower ribs.</p> <p>As you retract the left hand, extend your right hand out to the north in a three-finger spear-hand strike. Remember to pull your middle finger back so that it's in line with the two fingers either side of it.</p>	<p>Continue looking north. Turn your left foot 90 degrees anti-clockwise, whilst moving your right foot up beside it. Turn your body 45 degrees to face north-west.</p> <p>Keeping your body at sumo stance height, with your knees bent, cross your open hands in front of your groin, with your left hand in front of your right and your palms facing your body. Move your right foot out to the north-east into sumo stance.</p> <p>When your foot lands, slowly move both hands out to the sides of your knees so that they finish facing towards your knees and 3-6 inches away from them.</p>	<p>Repeat step 2.</p>
<p>9 – Ku</p>	<p>10 – Ju</p>	<p>1 – Ichi</p>
		
<p>Repeat step 3.</p>	<p>Continue to look forwards. Bending your left knee slightly, pull your right foot back and it lift it sharply behind you in a rising heel kick, striking to the groin of an opponent behind you. Your thighs should be parallel and together.</p> <p>At the same time, extend the open palm of your left hand and a little distance in front of you, and simultaneously perform a backhand strike to the open palm with your right hand.</p>	<p>Drop your right foot in front of you and immediately shuffle forwards a further shoulder-width (more or less) into natural stance.</p> <p>As you shuffle forwards, you should sharply extend the right hand out from the palm it's resting on, in a lunge punch. As the right hand extends, the open left hand slides to the side of the fist, fingers facing forwards, to provide reinforcement.</p>

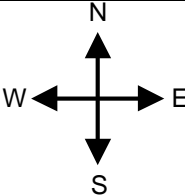

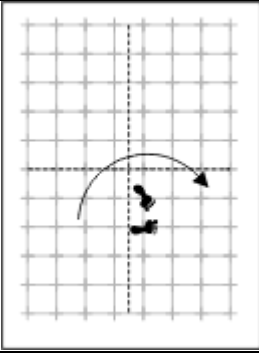
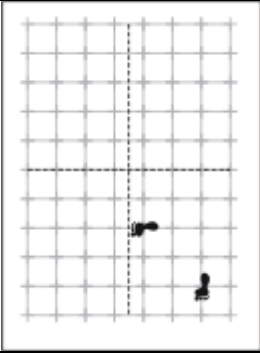
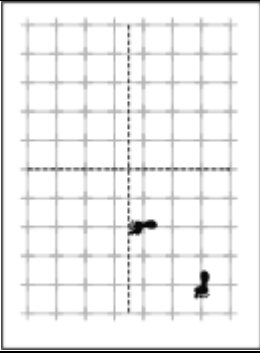
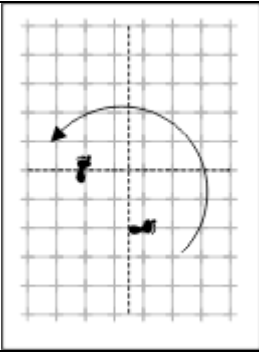
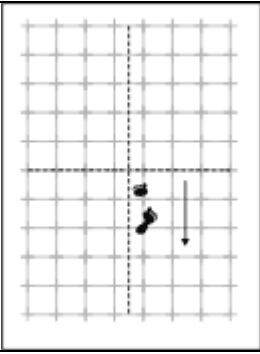
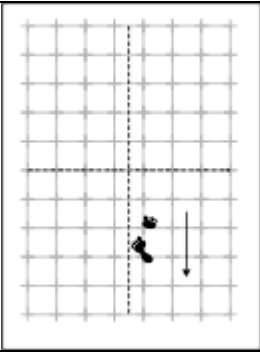
Movement Chart for Seiunchin – Page 3 of 7

	<p>Grid is marked in single shoulder-width divisions.</p>	
<p>2 – Ni</p>	<p>3 – San</p>	<p>4 – Shi</p>
		
<p>Step your right foot back two shoulder-widths into natural stance. As you do so, retract your right hand to your side. Leave your open left hand extended in a guard.</p>	<p>Perform a rising elbow strike with your right arm ensuring that you turn your hips anti-clockwise to accentuate the strike. As the strike completes, press your open left hand against the inside of the elbow in symbolic reinforcement.</p>	<p>Lower your right fist so that it's just in front of your left hip, back of the hand facing upwards. It should be pressed against the palm of your open left hand which is partially retracted to your side.</p> <p>At the same time, turn your head and look north-east. Move your right foot in next to your left then back out to the north-east in an arcing movement. As it moves back outwards, pivot to face north-east, ending up in right-foot forwards pigeon-toed stance.</p> <p>At the same time as you turn into the new stance, slowly and with great tension, rotate your right arm up from your left side, performing an inside hooking block. Whilst the arm rises to block, the open left hand slides off the knuckles to end up pressing the side of the arm in reinforcement, fingertips by the right wrist joint.</p>
<p>5 - Go</p>	<p>6 - Roku</p>	<p>7 – Shichi</p>
		
<p>Pivoting on your right foot, step your left foot to the north-east to end up in sumo stance with your body facing south-east. You should be looking to the north-east.</p> <p>As you step into stance, drop your left hand out to your left side clenching it into a fist, striking with a groin-level hammer-fist to the north-east. The hand should be dropped with no former preparation.</p> <p>At the same time, retract the right fist to your right side.</p>	<p>Pivoting on your right foot again, turn anti-clockwise 180 degrees so that your body is facing north-west in sumo stance. Continue looking north-east.</p> <p>As you turn into stance, perform a GKR block with your right hand - in other words, raise your right fist to head height, then swing it in a downwards circle past your face, your left shoulder and your groin, until it ends up to the right side of your right leg, about a foot or so away from your leg. The back of your fist should be facing away from your thigh.</p> <p>At the same time, retract your left hand to your side.</p>	<p>Turn your head to the north-west. Pivoting on your right foot so that your body is facing north-west, move your left foot up beside the right, then extend it out in a left-foot forwards pigeon-toed stance facing north-west.</p> <p>As you move your left foot in beside the right, bring your left fist across your body to a point just in front of your right hip. Press the palm of your open right hand against your left fist. Your right arm should be semi-retracted.</p> <p>As your left foot extends into pigeon-toed stance, perform an inside hooking block slowly with great tension using your left arm. Your right hand slides from the front of the fist to the side of the arm in reinforcement, fingertips by the left wrist joint.</p>

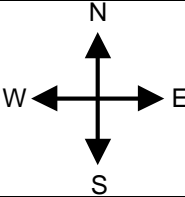

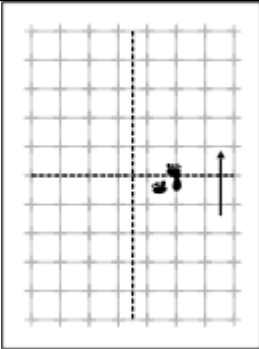
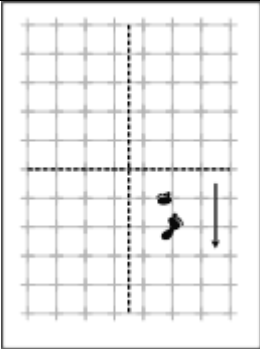
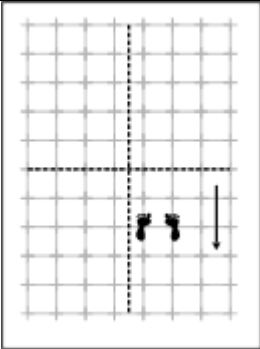
	<p>Grid is marked in single shoulder-width divisions.</p>	
<p>8 – Hachi</p>	<p>9 – Ku</p>	<p>10 - Ju</p>
		
<p>Pivoting on your left foot, step your right foot to the north-west to end up in sumo stance with your body facing south-west. You should be looking to the north-west.</p> <p>As you step into stance, drop your right hand out to your right side clenching it into a fist, striking with a groin-level hammer-fist to the north-west. The hand should be dropped with no former preparation. At the same time, retract the left fist to your left side.</p>	<p>Pivoting on your left foot again, turn clockwise 180 degrees so that your body is facing north-east in sumo stance. Continue looking north-west.</p> <p>As you turn into stance, perform a GKR block with your left hand - in other words, raise your left fist to head height, then swing it in a downwards circle past your face, your right shoulder and your groin, until it ends up to the left side of your left leg, about a foot or so away from your leg. The back of your fist should be facing away from your thigh.</p> <p>At the same time, retract your right- hand to your side.</p>	<p>Look north. Bring your left foot in beside your left and at the same time raise and cross both hands in front of your face at forehead height. Your left hand should be horizontal, fingers facing to the east, palm facing outwards. Your right hand should be vertical, fingers facing upwards, palm facing inwards. Both hands should be open and the right hand should be nearest to your body.</p> <p>Continue moving your left foot smoothly south, to form sumo stance facing west. As you move into stance, your right hand drops down to deliver a groin-level palm-heel strike to your right side, just above and outside your right knee. At the same time, your left hand remains in the same position relative to your head, so as you turn your body, the fingers will end up pointing north.</p> <p>This entire set of manoeuvres is performed smoothly with tension, and no pauses as you shift stances or hand positions.</p>
<p>1 – Ichi</p>	<p>2 – Ni</p>	<p>3 - San</p>
		
<p>Continue to look north. Bring your right foot in beside your left and at the same time raise and cross both hands in front of your face at forehead height. Your right hand should be horizontal, fingers facing to the west, palm facing outwards. Your left hand should be vertical, fingers facing upwards, palm facing inwards. Both hands should be open and the left hand should be nearest to your body.</p> <p>Continue moving your right foot smoothly south past your left foot, to form sumo stance facing east. As you move into stance, your left hand drops down to deliver a groin-level palm-heel strike to your left side, just above and outside your left knee. At the same time, your right hand remains in the same position relative to your head, so as you turn your body, the fingers will end up pointing north.</p> <p>This entire set of manoeuvres is performed smoothly with tension, and no pauses as you shift stances or hand positions.</p>	<p>Turn your body to the north and as you do so, retract your right hand to your right side. Quickly take a big step north with your right leg, then bring your left leg up closer to finish in natural stance.</p> <p>As you step forward, deliver a rising elbow strike with the right arm. Move the open left hand up to the inside of the right elbow in symbolic reinforcement. The palm of the left hand is by the elbow, with the fingers resting against the forearm and pointing up towards the right hand.</p>	<p>Take a quick shuffle step north (move the front foot forwards about a shoulder-width, then move the back foot a shoulder-width to catch up). As you do so, deliver a forward backfist using the right arm. The left hand remains pressed against the inside of the right elbow in reinforcement.</p>

	<p>Grid is marked in single shoulder-width divisions.</p>	
<p>4 – Shi</p>	<p>5 – Go</p>	<p>6 – Roku</p>
		
<p>Step the front foot across so that it's in front of the back one. The left hand remains by the right elbow. Pivoting on the balls of both feet, turn your body anti-clockwise until you are facing south-west in pigeon-toed stance.</p> <p>As you complete your turn, perform a double block, with the right hand down and the left hand up. Your head turns naturally with your body.</p>	<p>Continue looking south-west. Open your left hand and turn it to face outwards in a symbolic grab.</p> <p>Explosively step your right foot to the south-west into sumo stance, with your body facing south-east. You should be looking south-west.</p> <p>As you step into stance, drive your hips around whilst delivering a jaw-level uppercut punch with your right arm to the south-west. The punch should be really close to your body, and should end up with the fist at jaw-level about a foot away from your right shoulder.</p> <p>As you deliver the punch, move your open left hand to a guard position against your chest, just to the right of your solar plexus, palm facing to your right, fingers facing upwards.</p>	<p>Continue looking south-west.</p> <p>Without turning your body, deliver a front backfist to the south-west using your right hand. Immediately follow this with a groin-level hammerfist strike to the south-west using the same arm.</p> <p>As you deliver the hammerfist, your left hand should close into a fist and retract to your left side.</p>
<p>7 – Shichi</p>	<p>8 – Hachi</p>	<p>9 – Ku</p>
		
<p>Pivoting on your left foot, turn your body clockwise and move your right foot north-east into sumo stance with your body facing north-west.</p> <p>Continue looking south-west.</p> <p>As you pivot into stance, deliver a GKR block with your left hand - in other words, raise your left fist to head height, then swing it in a downwards circle past your face, your right shoulder and your groin, until it ends up to the left side of your left leg, about a foot or so away from your leg. The back of your fist should be facing away from your thigh.</p> <p>As you perform the block, retract your right fist to your right side.</p>	<p>Look north.</p> <p>Pull your right foot towards your left and move into right-foot-forward cat stance.</p> <p>As you move into stance perform a rising elbow block with your right arm - in other words, raise your right elbow slowly to nose-level whilst moving your right fist to the front of your left shoulder. The move starts slowly, but finishes with a snap to give it power.</p> <p>As you perform the block, retract your left fist to your left side.</p>	<p>Step your right foot behind your left, moving into left-foot-forward cat stance.</p> <p>As you move into stance perform a rising elbow block with your left arm - in other words, raise your left elbow slowly to nose-level whilst moving your left fist to the front of your right shoulder. The move starts slowly, but finishes with a snap to give it power.</p> <p>As you perform the block, retract your right fist to your right side.</p>

Movement Chart for Seiunchin – Page 6 of 7

	<p>Grid is marked in single shoulder-width divisions.</p>	
<p>10 - Ju</p>	<p>1 - Ichi</p>	<p>2 - Ni</p>
		
<p>Step the left foot across to the right so that it's in front of the toes of the back one.</p> <p>Pivoting on the balls of both feet, turn your body clockwise until you are facing south-east in pigeon-toed stance.</p> <p>As you complete your turn, perform a double block, with the right hand up and the left hand down. Your head turns naturally with your body.</p>	<p>Continue looking south-east. Open your right hand and turn it to face outwards in a symbolic grab.</p> <p>Explosively step your left foot to the south-east into sumo stance, with your body facing south-west. You should be looking south-east.</p> <p>As you step into stance, drive your hips around whilst delivering a jaw-level uppercut punch with your right arm to the south-east. The punch should be really close to your body, and should end up with the fist at jaw-level about a foot away from your left shoulder.</p> <p>As you deliver the punch, move your open right hand to a guard position against your chest, just to the left of your solar plexus, palm facing to your left, fingers facing upwards.</p>	<p>Continue looking south-east.</p> <p>Without turning your body, deliver a front backfist to the south-east using your left hand. Immediately follow this with a groin-level hammerfist strike to the south-east using the same arm.</p> <p>As you deliver the hammerfist, your right hand should close into a fist and retract to your right side.</p>
<p>3 - San</p>	<p>4 - Shi</p>	<p>5 - Go</p>
		
<p>Pivoting on your right foot, turn your body anti-clockwise and move your left foot north-west into sumo stance with your body facing north-east. Continue looking south-east.</p> <p>As you pivot into stance, deliver a GKR block with your right hand - in other words, raise your right fist to head height, then swing it in a downwards circle past your face, your left shoulder and your groin, until it ends up to the right side of your right leg, about a foot or so away from your leg. The back of your fist should be facing away from your thigh.</p> <p>As you perform the block, retract your left fist to your left side.</p>	<p>Look north.</p> <p>Pull your left foot towards your right and move into left-foot-forward cat stance.</p> <p>As you move into stance perform a rising elbow block with your left arm - in other words, raise your left elbow slowly to nose-level whilst moving your left fist to the front of your right shoulder. The move starts slowly, but finishes with a snap to give it power.</p> <p>As you perform the block, retract your right fist to your right side.</p>	<p>Step your left foot behind your right, moving into right-foot-forward cat stance.</p> <p>As you move into stance perform a rising elbow block with your right arm - in other words, raise your right elbow slowly to nose-level whilst moving your right fist to the front of your left shoulder. The move starts slowly, but finishes with a snap to give it power.</p> <p>As you perform the block, retract your left fist to your left side.</p>

Movement Chart for Seiunchin – Page 7 of 7

	<p>Grid is marked in single shoulder-width divisions.</p>	
<p>6 - Roku</p>	<p>7 - Shichi</p>	<p>End</p>
		
<p>Without lowering your right elbow, open your left hand, and with the fingers pointing upwards, raise the left hand up to the left side of the head, then extend the left arm forwards executing a palm-heel block to the north. Leave the hand extended.</p> <p>Quickly shuffle forwards, stepping your right foot out, and pulling your left foot up behind, to end up in reverse cat stance, the left foot back. Both legs should be bent.</p> <p>As you reach the end of the shuffle, perform a fast forward backfist to the north using your right fist. Leave the right arm up in front of your right shoulder, fist at shoulder-height, back of the hand facing north. You should press your left palm against the left side of your right elbow.</p>	<p>Extend both arms far out in front of you, hands open, palms up, sides of the hands touching each other, hands above head-level.</p> <p>Smoothly roll back onto the sole of your left foot, then take a big step backwards with your right foot and drag your left foot back towards it to form left-foot-forward cat stance.</p> <p>As you move backwards, bring your elbows together, keeping your arms high.</p> <p>As you settle into stance, rotate your forearms so that your palms are flat against each other, then move your elbows apart until the angle between your two hands is 90 degrees (a right angle).</p>	<p>Pull your left foot back and stand in parallel stance. Bow.</p>

Disclaimer - This chart is not intended to be a definitive description of Kata Seiunchin. It's a reminder of the key moves and is designed for use in conjunction with instruction by your sensei. For queries or corrections, please email me at matb@cix.co.uk Visit www.gkrkarate.org for more great stuff.