

JITTE

(SANCHIN STANCE - feet should be in normal natural stance, move the left foot back in line with the right heel, pivot on the ball of the right foot turning the heel 45 degrees to the right, pivot on the ball of the left foot turning the heel 45 degrees to the left, tucking the rear under.)

1) FROM NATURAL STANCE, TO ATTENTION, MOVE THE RIGHT FIST UP TO THE CENTRE OF THE BODY, LIGHTLY CUPPING THE LEFT HAND OVER THE RIGHT, IN A PYRAMID COVERING THE SOLAR PLEXUS. MOVE THE LEFT FOOT BACK INTO SANCHIN STANCE WHILE DROPPING THE RIGHT HAND DOWN TO WAIST, OPEN THE HAND AND BRING IT TO THE RIGHT SIDE DOING A RIGHT BACK HAND BLOCK (BLOCKING A PUNCH TO THE MID SECTION) AT SHOULDER HEIGHT (KEEPING ELBOW TUCKED IN AT THE FRONT OF THE BODY, COVERING THE RIBS), LEFT FIST IS REACTION.

2) WHILE SLIDING THE LEFT FOOT FORWARD INTO SANCHIN STANCE, THE RIGHT OPEN HAND DROPS DOWN (PALM DOWN) (BLOCKING ANOTHER PUNCH TO THE MID SECTION) INTO COMI IN FRONT OF THE SOLAR PLEXUS, THE LEFT FIST DOES A BACK FIST TO THE NOSE THEN COMES DOWN AS A COMI IN FRONT OF THE BODY AT MID SECTION, THEN LOOKING TO THE RIGHT, THE RIGHT OPEN HAND DOES AN EXTENDED REVERSE HATO (MID SECTION HEIGHT) TO THE RIGHT SIDE AS THE RIGHT FOOT MOVES FORWARD TO LINE UP WITH THE LEFT FOOT THEN SLIDES SIDWAYS INTO SUMO STANCE, LEFT FIST IS REACTION.

3) LOOKING FORWARD, PIVOT ON THE LEFT FOOT TURNING TO THE LEFT 90 DEGREES, WHILE PIVOTING THE LEFT ARM CROSSES IN FRONT OF THE MID SECTION FORMING A COMI, RIGHT HAND TRAILS (PREPARING FOR SCOOP BLOCK), AS YOU COMPLETE THE SUMO STANCE THE RIGHT HAND COMPLETES THE SCOOP BLOCK, AT THE SAME TIME THE LEFT FIST RETURNS TO LEFT HIP AS REACTION HAND.

4) PIVOT ON THE RIGHT FOOT TURN RIGHT 180 DEGREES, WHILE PIVOTING THE RIGHT ARM CROSSES IN FRONT OF THE MID SECTION FORMING A COMI, LEFT HAND TRAILS (PREPARING FOR SCOOP BLOCK), AS YOU COMPLETE THE SUMO STANCE THE LEFT HAND COMPLETES THE SCOOP BLOCK, AT THE SAME TIME THE RIGHT FIST RETURNS TO RIGHT HIP AS REACTION HAND.

5) PIVOT ON THE LEFT FOOT TURN LEFT 180 DEGREES, WHILE PIVOTING THE LEFT ARM CROSSES IN FRONT OF THE MID SECTION FORMING A COMI, RIGHT HAND TRAILS (PREPARING FOR SCOOP BLOCK), AS YOU COMPLETE THE SUMO STANCE THE RIGHT HAND COMPLETES THE SCOOP BLOCK, AT THE SAME TIME THE LEFT FIST RETURNS TO LEFT HIP AS REACTION HAND.

- 6) LOOKING FORWARD, BRING THE RIGHT FOOT BEHIND THE LEFT RESTING ON THE BALL OF THE FOOT (REVERSE CAT STANCE), BRING BOTH FISTS UP (RIGHT FIST ON THE OUT SIDE) CROSSING INTO AN "X" BLOCK IN FRONT OF THE SOLAR PLEXUS, THEN DRIVE THE TWO FIST DOWN ON BOTH SIDES INTO LOW BLOCKS (TETTSUI), DROP RIGHT HEEL, THEN STEP OUT WITH THE LEFT LEG INTO SUMO STANCE AS BOTH FIST COME UP PALMS OUT FACE LEVEL, RIGHT FIST TO THE OUT SIDE) DOING A DOUBLE SIDE BLOCKS TO THE SIDES OF THE HEAD AT EAR HEIGHT (PALMS IN).
- 7) LOOKING TO THE RIGHT, PIVOT ON THE RIGHT FOOT TURN RIGHT 180 DEGREES WITH BOTH ARMS STILL UP IN BLOCK POSITION LANDING IN SUMO STANCE, BLOCKING WITH THE LEFT FIST.
- 8) PIVOT ON THE LEFT FOOT TURN LEFT 180 DEGREES WITH BOTH ARMS STILL UP IN BLOCK POSITION LANDING IN SUMO STANCE, BLOCKING WITH THE RIGHT FIST.
- 9) PIVOT ON THE RIGHT FOOT TURN RIGHT 180 DEGREES WITH BOTH ARMS STILL UP IN BLOCK POSITION LANDING IN SUMO STANCE, BLOCKING WITH THE LEFT FIST. SLIDE THE RIGHT FOOT UP INTO NATURAL STANCE WHILE BRING THE FISTS DOWN AND CROSSING AT SOLAR PLEXUS LEVEL (RIGHT FIST TO THE OUT SIDE) INTO NATURAL STANCE.
- 10) LOOKING TO THE RIGHT, PIVOTING ON THE BALL OF THE LEFT FOOT TURN TO THE RIGHT 90 DEGREES INTO RIGHT CAT STANCE WHILE DOING A RIGHT SHUTO BLOCK TO THE FRONT AT MID SECTION, LEFT IS OPEN HAND PALM UP IN FRONT OF THE SOLAR PLEXUS.
- 11) SLIDE THE RIGHT FOOT FORWARD INTO RIGHT FRONT FORWARD STANCE WHILE BRINGING BOTH HANDS BACK TO THE HIPS AND THEN AT THE SAME TIME DO A RIGHT PALM HEEL STRIKE TO THE FLOATING RIB (PUSHING UP, PALM IN) AND A LEFT PALM HEEL STRIKE TO THE SIDE OF THE JAW (PALM IN).
- 12) SLIDE THROUGH WITH THE LEFT FOOT INTO LEFT FORWARD STANCE WHILE BRINGING THE HANDS BACK TO THE HIPS AND THEN AT THE SAME TIME DO A LEFT PALM HEEL STRIKE TO THE FLOATING RIBS (PUSHING UP, PALM IN) AND A RIGHT PALM HEEL STRIKE TO THE SIDE OF THE JAW (PALM IN).

13) SLIDE THROUGH WITH THE RIGHT FOOT INTO RIGHT FORWARD STANCE WHILE BRINGING THE HANDS BACK TO THE HIPS AND THEN AT THE SAME TIME DO A RIGHT PALM HEEL STRIKE TO THE FLOATING RIBS (PUSHING UP, PALM IN) AND A LEFT PALM HEEL STRIKE TO THE SIDE OF THE JAW (PALM IN).

14) LOOKING TO THE LEFT BUT TURNING 270 DEGREES (3/4 TURN) SLIDE THE LEFT FOOT OUT TO SIDE WITH THE LEFT LEG STRAIGHT, AND THE RIGHT KNEE IS BENT (KOKUTSU DACHI). DO A LEFT LOW BLOCK OVER THE LEFT LEG WHILE DOING A RIGHT INSIDE MIDDLE BLOCK OVER THE RIGHT LEG PROTECTING THE SIDE OF THE HEAD. LOOKING TO THE RIGHT, PIVOT ON FEET REVERSING THE ABOVE MOVES.

15) TURNING YOUR HEAD TO LOOK FORWARD, STEP OUT INTO LEFT FORWARD STANCE WITH A LEFT HIGH BLOCK, RIGHT FIST REACTION. SLIDE FORWARD INTO RIGHT FORWARD STANCE WITH A RIGHT HIGH BLOCK, LEFT FIST REACTION.

16) LOOKING OVER THE LEFT SHOULDER, BRING THE LEFT FOOT UP PIVOT ON THE BALL OF THE RIGHT FOOT, TURN LEFT 180 DEGREES, STEP OUT INTO LEFT FRONT STANCE WITH A LEFT HIGH BLOCK, RIGHT FIST REACTION. SLIDE FORWARD INTO RIGHT FORWARD STANCE WITH A RIGHT HIGH BLOCK WITH **KIAI**, LEFT FIST REACTION.

17) SLIDE THE LEFT FOOT FORWARD TO THE RIGHT FOOT, TURN 180 DEGREES TO THE LEFT STILL LOOKING OVER THE RIGHT SHOULDER THE FEET TOGETHER WITH THE RIGHT FIST UP TO THE CENTRE OF THE BODY, LIGHTLY CUPPING THE LEFT HAND OVER THE RIGHT INTO A PYRAMID. THEN AFTER THE COUNT OF 1,2,3 TURN THE HEAD TO THE FRONT, 1,2,3, HANDS TO THE SIDE INTO ATTENTION STANCE.