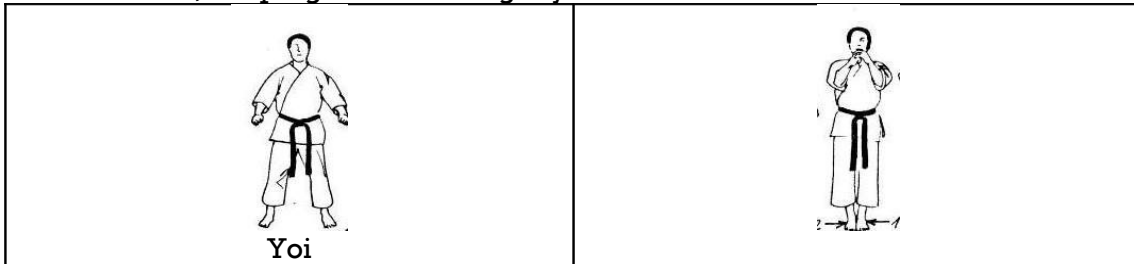


Jiin

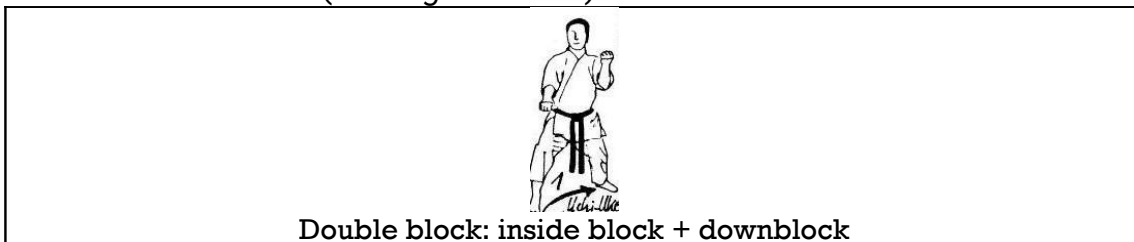
Preparation

From yoi, step the right leg alongside the left leg. Clasp the closed right fist into the left hand to chudan level, keeping the knees slightly flexed.



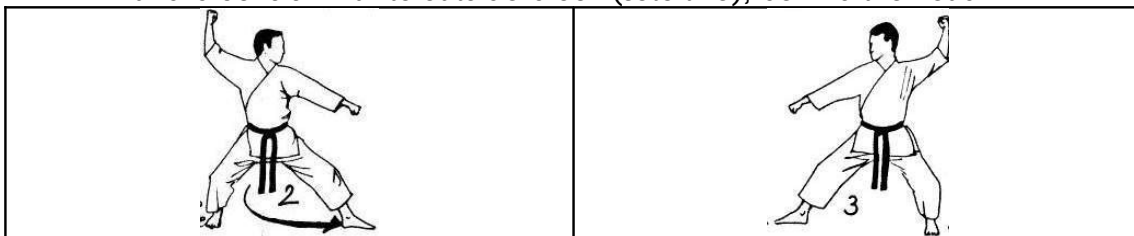
Combination 1

- Step the left leg straight back into right fighting stance (*zenkutsu dachi*), blocking inside block (*chudan uchi uke*) with the right hand, and circling the left hand down into closed fist downblock (*sieken gedan barai*).



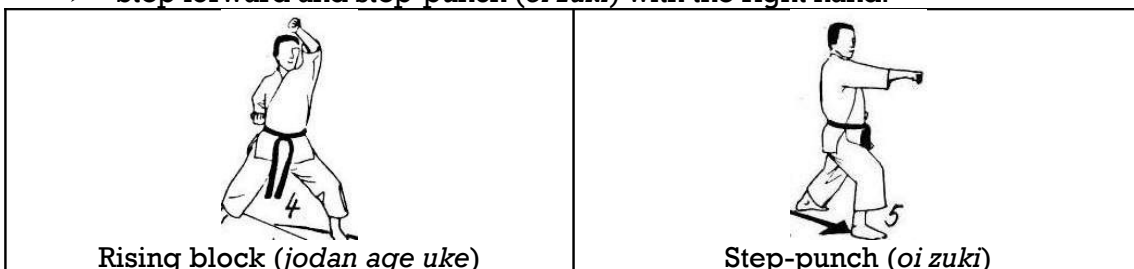
Combination 2

- Bring the left leg back alongside the right leg. Look over right shoulder towards 3 o'clock. Step the left leg out towards 9 o'clock into right in-line stance (*kokutsu dachi*) with weight over the left leg. Down block (*sieken gedan barai*) with the right hand, as the left hand blocks similar to outside block (*soto uke*), behind the head.
- Keeping the feet in the same position, shift weight over the right leg, into left in-line stance (*kokutsu dachi*). Down block (*sieken gedan barai*) with the left arm, as the right hand blocks similar to outside block (*soto uke*), behind the head.



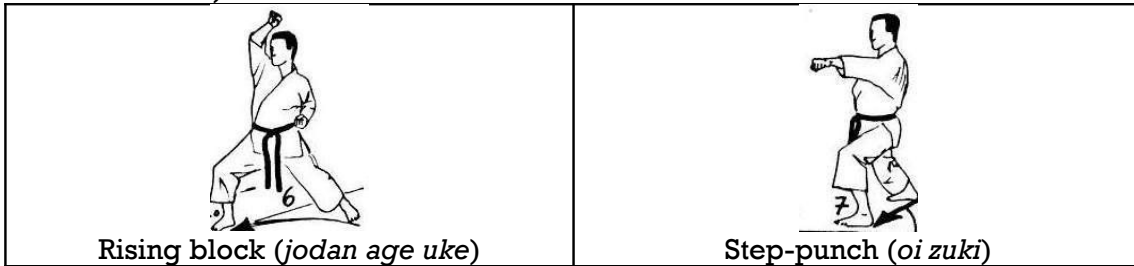
Combination 3

- Turn towards 9 o'clock, so that you are in left fighting stance (*zenkutsu dachi*). Pull the left hand back (*hikite*) to the left hip, then rising block (*jodan age uke*) with the left hand.
- Step forward and step-punch (*oi zuki*) with the right hand.



Combination 4

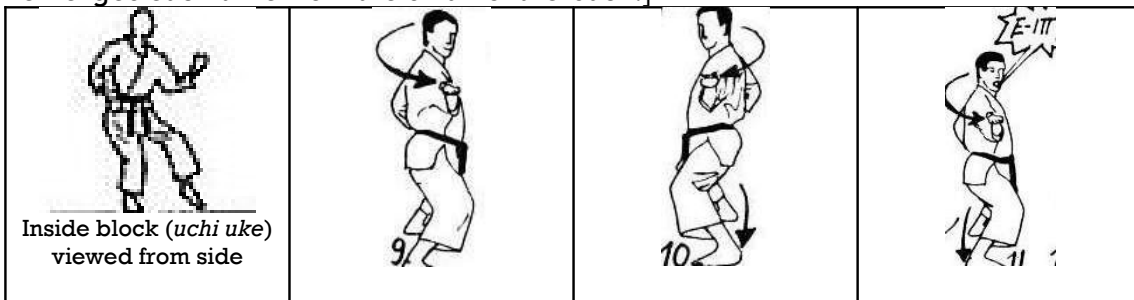
- Look over the right shoulder towards 3 o'clock. Pull the right hand back sharply to the right hip; rising block (*jodan age uke*) with the right hand,
- stepping forward into left fighting stance (*zenkutsu dachi*) and step-punching (*oi zuki chudan*) with the left hand.



Combination 5

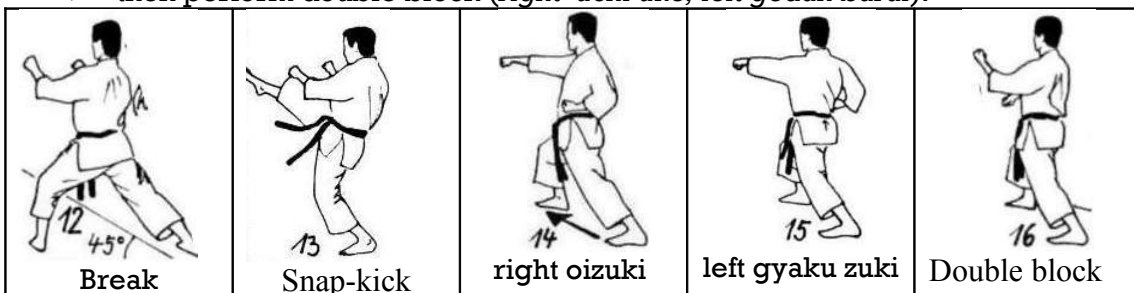
- Look over the left shoulder, towards 12 o'clock. Take the left leg round into cat stance (*nekoashi dachi*) slowly performing inside block (*uchi uke*) with the left hand.
- With the same hand, rotate the wrist anti-clockwise, performing kakate. With the right hand in the small of the back, step forward on the right leg into straddle stance (*shiko dachi*), facing towards 9 o'clock. Pull the left hand back to the solar plexus, maintaining the kakate, stretching out your opponent's arm, with their elbow facing downwards. As the right hand emerges from behind the back, palm facing upwards, strike up as if applying pressure underneath the opponent's arm/elbow.
- Rotate the right hand, gripping kakate. Step forward on the left leg, into straddle stance (*shiko dachi*), facing towards 3 o'clock. Repeat the same manoeuvre as above, pulling the right hand back to the solar plexus, applying the lock with the left palm heel.
- Finally, perform kakate one more time with the left hand, stepping into straddle stance (*shiko dachi*) facing 9 o'clock, and striking the chin/groin with the right hand with **Kiai**.

[Ensure that the hand which strikes under the elbow/chin/groin in the straight-arm lock emerges each time from the small of the back.]



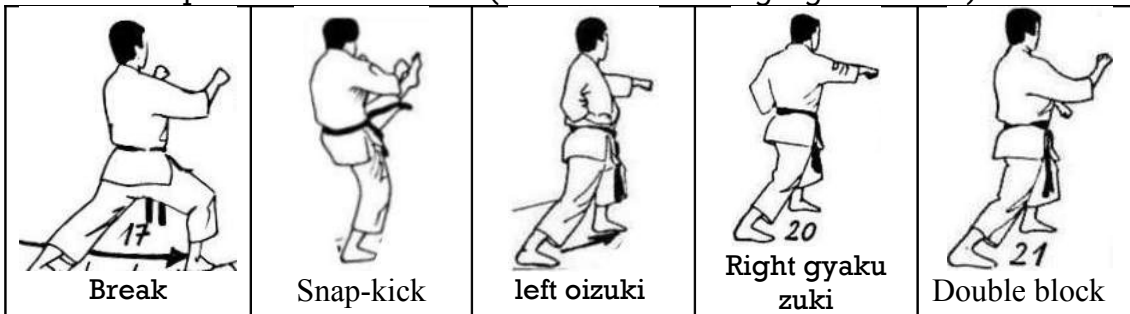
Combination 6

- Looking over the left shoulder, turn towards 5 o'clock, into left cat-stance (*neko dachi*). Bring both hands up, closed fists, in front of the face and then break downwards and out to the side, as if breaking a lapel grab.
- Snap-kick (*mae geri*) with the right leg, landing into right fighting stance (*zenkutsu dachi*).
- Perform double punch (*right oizuki then left gyaku zuki*) to chudan level,
- then perform double block (*right uchi uke, left gedan barai*).



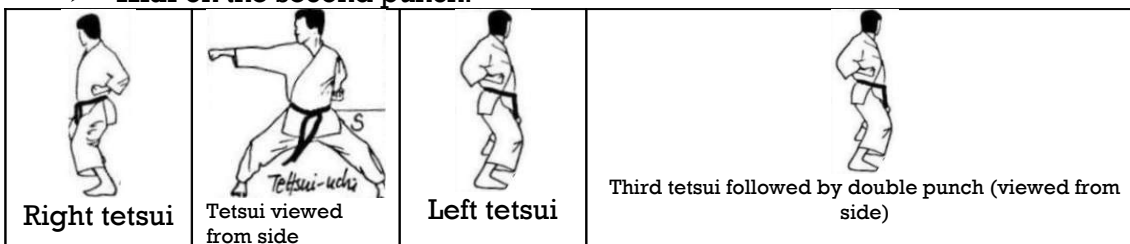
Combination 7

- Look over the right shoulder, towards 7 o'clock. Turn into right cat-stance (*neko dachi*). Bring both hands up, closed fists, to the face, performing the break from the lapel grab once more.
- Snap-kick (*mae geri*) with the left leg, landing in left fighting stance (*zenkutsu dachi*).
- Perform double punch (*left oizuki then right gyaku zuki*) to chudan level,
- then perform double block (*left uchi uke then right gedan barai*).



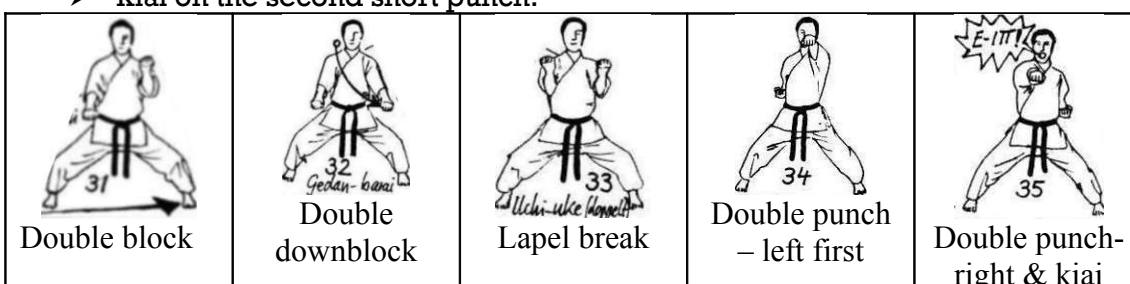
Combination 8

- Looking over the right shoulder, take the right leg all the way behind so that you are facing toward 3 o'clock, in straddle stance (*shiko dachi*). Strike chudan hammerfist (*tetsui*) with the right hand.
- Looking behind, over the left shoulder, take the left leg all the way around so that you are in straddle stance (*shiko dachi*), facing towards 9 o'clock. Strike chudan hammerfist (*tetsui*) with the left hand.
- Look over the left shoulder, take the left leg around so that you perform chudan hammerfist (*tetsui*) with the left hand once more, in straddle stance (*shiko dachi*), facing towards 6 o'clock. Looking over the left shoulder, towards 3 o'clock, punch shoulder level twice - first with the left hand, then with the right hand.
- **Kiai** on the second punch.



Combination 9

- Take the left leg all the way behind the right leg, and turn into straddle stance (*shiko dachi*), facing towards 12 o'clock. Downblock (*sieken gedan barai*) with the left hand as if a snap-kick (*mae geri*) is coming from an attacker at 12 o'clock, as you inside-block (*chudan uchi uke*) with the right hand.
- Swiftly, continue the right hand downwards, performing right down-block (*sieken gedan barai*). Do not pull the left hand back to the chambered position, instead leaving it in the previous position for the gedan barai.
- Pull both hand into the hips and then up in front of the eyes, once more breaking downwards on a lapel grasp.
- Perform double short punch to jodan level, first with the left hand, then with the right hand.
- **Kiai** on the second short punch.



Combination 10

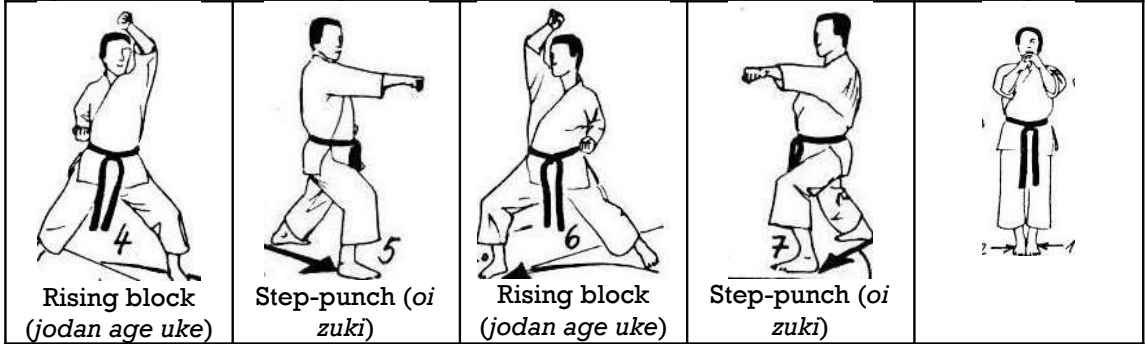
This combination is identical to combination 3 - left zenkutsu dachi, left age uke, step forward into right oi zuki.

Combination 11

Identical to combination 4 - look over the right shoulder, right age uke, left oi zuki

End of Kata

Step the left leg back past the right leg, then follow by bringing the right leg back to the left leg. Clasp the closed right fist in the left hand, solar plexus level, knees slightly bent.



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