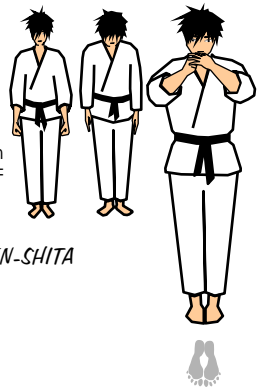
JITTE 1 / 2

24 MOVES, ABOUT 1 MINUTE

LIGHTLY COVER RIGHT FIST WITH LEFT HAND AND BRING 20cm IN FRONT OF CHIN

YOI
SASHO UKEN-SHITA AGO-MAE

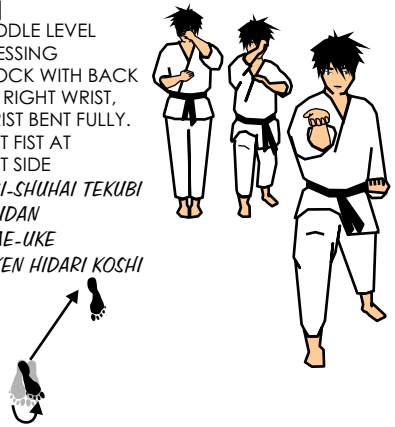


HEISOKU-DACHI

1

MIDDLE LEVEL PRESSING BLOCK WITH BACK OF RIGHT WRIST, WRIST BENT FULLY. LEFT FIST AT LEFT SIDE

MIGI-SHUHAI TEKUBI CHUDAN OSAE-UKE
SAKEN HIDARI KOSHI

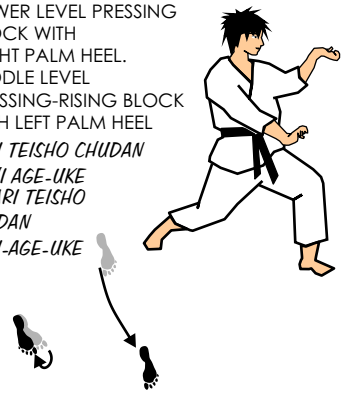


MIGI ZENKUTSU-DACHI

2

LOWER LEVEL PRESSING BLOCK WITH RIGHT PALM HEEL. MIDDLE LEVEL PRESSING-RISING BLOCK WITH LEFT PALM HEEL

MIGI TEISHO CHUDAN OSHI AGE-UKE
HIDARI TEISHO CHUDAN OSHI-AGE-UKE

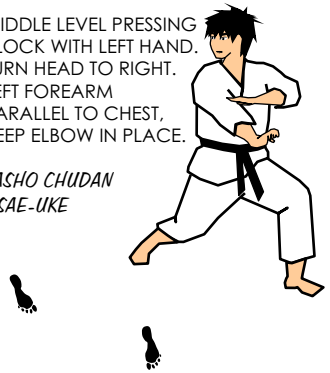


HIDARI ZENKUTSU-DACHI

3

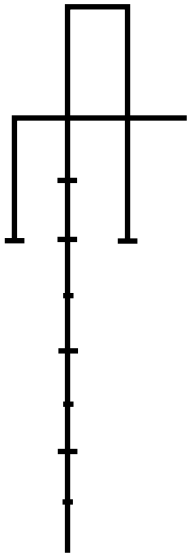
MIDDLE LEVEL PRESSING BLOCK WITH LEFT HAND. TURN HEAD TO RIGHT. LEFT FOREARM PARALLEL TO CHEST, KEEP ELBOW IN PLACE.

SASHO CHUDAN OSAE-UKE



HIDARI ZENKUTSU-DACHI

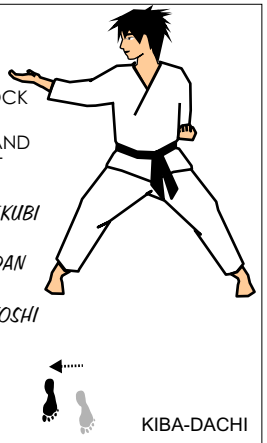
Jitte means "Ten Hands." Mastery of the kata implies that the karateka is able to perform the actions of ten men, further inferring that one has the ability to fight off ten armed opponents. Jitte is a very robust and "heavy" kata, having many powerful techniques. Even the slow movements are executed with a certain vigour and tension.



4

MIDDLE LEVEL HOOKING BLOCK TO RIGHT SIDE WITH RIGHT HAND WRIST. LEFT FIST AT LEFT SIDE

MIGI SHUHAI TEKUBI MIGI SOKUMEN CHUDAN KAKE-UKE
SAKEN HIDARI KOSHI

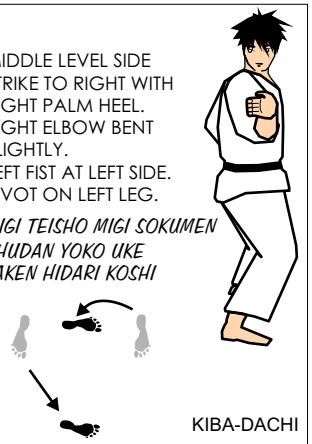


KIBA-DACHI

5

MIDDLE LEVEL SIDE STRIKE TO RIGHT WITH RIGHT PALM HEEL. RIGHT ELBOW BENT SLIGHTLY. LEFT FIST AT LEFT SIDE. PIVOT ON LEFT LEG.

MIGI TEISHO MIGI SOKUMEN CHUDAN YOKO UKE
SAKEN HIDARI KOSHI

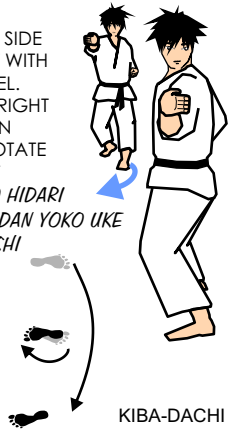


KIBA-DACHI

6

MIDDLE LEVEL SIDE STRIKE TO LEFT WITH LEFT PALM-HEEL. RIGHT FIST AT RIGHT SIDE. PIVOT ON RIGHT LEG, ROTATE HIPS TO RIGHT

HIDARI TEISHO HIDARI SOKUMEN CHUDAN YOKO UKE
UKEN MIGI KOSHI



KIBA-DACHI

7

MIDDLE LEVEL SIDE STRIKE TO RIGHT WITH RIGHT PALM-HEEL. LEFT FIST AT LEFT SIDE. PIVOT ON LEFT LEG, ROTATE HIPS TO LEFT.

MIGI TEISHO MIGI SOKUMEN CHUDAN YOKO UKE
SAKEN HIDARI KOSHI

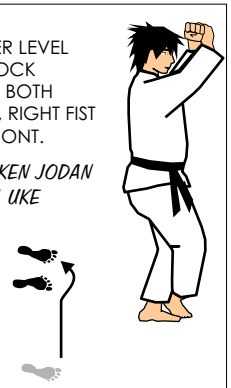


KIBA-DACHI

8

UPPER LEVEL X BLOCK WITH BOTH FISTS, RIGHT FIST IN FRONT.

RYO KEN JODAN KOSA UKE



MIGI ASHI MAE KOSA-DACHI

9

LOWER LEVEL SWEEPING BLOCK TO BOTH SIDES WITH BOTH FISTS. BACKS OF FISTS OUTWARDS, MAXIMUM 20cm FROM BODY.

RYO KEN RYO GAWA GEDAN UCHI-HARAI



HIDARI-E- YORI ASHI

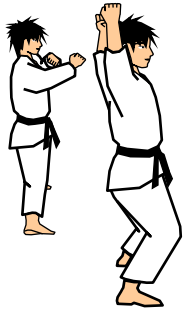
KIBA-DACHI

10

MOUNTAIN POSTURE. (UPPER LEVEL REVERSE WEDGE BLOCK). GRADUAL YORI ASHI TO LEFT. CROSS ARMS IN FRONT OF CHEST.

YAMA-GAMAE (JODAN KAKIWAKE UKE)





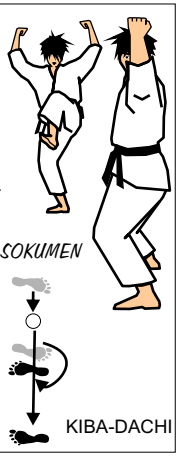
HIDARI-E- YORI ASHI

KIBA-DACHI

11

UPPER LEVEL SIDE-SWEEPING STRIKE WITH LEFT WRIST. KEEPING MOUNTAIN POSTURE, TURN HEAD TO RIGHT, ROTATE HIPS TO RIGHT.

HIDARI-ASHI-FUMIKOMI HIDARI-ZENWAN HIDARI-SOKUMEN JODAN-UCHI-HARAI

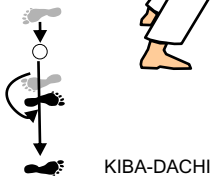


KIBA-DACHI

12

UPPER LEVEL SIDE-SWEEPING STRIKE WITH RIGHT WRIST. ROTATE HIPS TO LEFT.

MIGI-ASHI-FUMIKOMI MIGI-ZENWAN MIGI-SOKUMEN JODAN-UCHI-HARAI



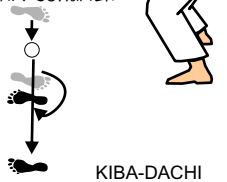
KIBA-DACHI

13

KIAI

UPPER LEVEL SIDE-SWEEPING STRIKE WITH LEFT WRIST. ROTATE HIPS TO RIGHT. TURN HEAD AT SAME TIME AS HIP ROTATION.

HIDARI-ASHI-FUMIKOMI HIDARI-ZENWAN HIDARI-SOKUMEN JODAN-UCHI-HARAI



KIBA-DACHI

JITTE 2 / 2

14

THRUST BOTH FISTS DOWN TO THE SIDE OF THE BODY. KEEP BOTH FEET IN PLACE, LIGHTLY STRAIGHTEN KNEES. CALMLY WITHDRAW POWER.

RYO KEN RYOGAWA GEDAN KAKIWAKE



HACHIJI-DACHI

15

RIGHT HAND IN FRONT OF RIGHT SHOULDER, MAKING KOKO (TIGER'S MOUTH) LEFT FIST AT LEFT SIDE. TURN FACE TO RIGHT, QUICKLY BRING RIGHT HAND DIAGONALLY UP.

MIGI CHUDAN TSUKAMI UKE
SAKEN HIDARI KOSHI





MIGI ZENKUTSU-DACHI

16

BLOCKING STICK ATTACK WITH TIGER MOUTHS. TURN BODY SLIGHTLY TO RIGHT. HANDS SHOULD FORM A VERTICAL STRAIGHT LINE.

RYOTE- BO-TSUKAMI UKE



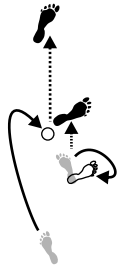


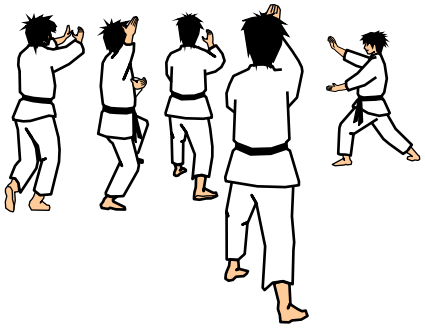
MIGI ZENKUTSU-DACHI

17

RIGHT HAND ABOVE RIGHT SHOULDER, LEFT HAND AT RIGHT SIDE OF CHEST. ROTATE HIPS TO RIGHT, RAISE LEFT LEG HIGH. UPPER LEVEL THRUST WITH RIGHT HAND. LOWER LEVEL THRUST WITH LEFT HAND. QUICKLY ADVANCE LEFT FOOT, GRADUALLY APPLY POWER.

BO-TORIAGE
BO-OSHIMODOSHI



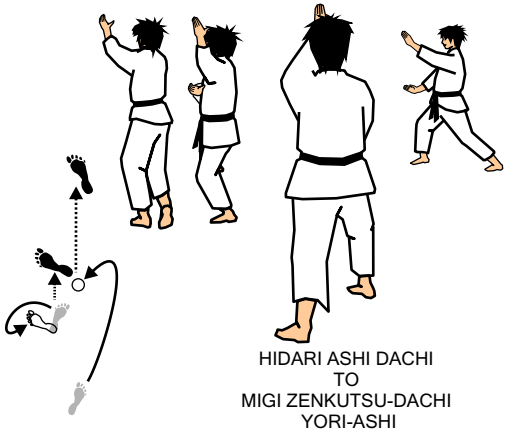


MIGI ASHI DACHI
TO
HIDARI ZENKUTSU-DACHI
YORI-ASHI

18

LEFT HAND ABOVE LEFT SHOULDER, RIGHT HAND AT LEFT SIDE OF BODY. TURN TORSO SLIGHTLY TO LEFT. UPPER LEVEL THRUST WITH LEFT HAND. LOWER LEVEL THRUST WITH RIGHT HAND. YORI-ASHI WITH RIGHT FOOT.

BO-TORIAGE
BO-OSHIMODOSHI

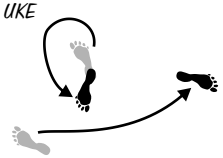


HIDARI ASHI DACHI
TO
MIGI ZENKUTSU-DACHI
YORI-ASHI

19

UPPER LEVEL BLOCK, INSIDE OUTWARD, TO RIGHT SIDE WITH RIGHT FIST. LOWER LEVEL BLOCK TO LEFT SIDE WITH LEFT FIST.

MIGI SOKUMEN JODAN UCHI UKE
HIDARI SOKUMEN GEDAN UKE





MIGI KOKUTSU-DACHI

20

UPPER LEVEL BLOCK, INSIDE OUTWARD, TO LEFT SIDE WITH LEFT FIST. LOWER LEVEL BLOCK TO RIGHT SIDE WITH RIGHT FIST.

HIDARI SOKUMEN JODAN UCHI UKE
MIGI SOKUMEN GEDAN UKE





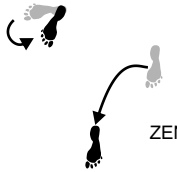


HIDARI KOKUTSU-DACHI

21

UPPER LEVEL RISING BLOCK WITH LEFT FIST.

HIDARI JODAN AGE-UKE



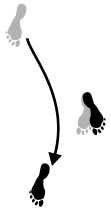


HIDARI ZENKUTSU-DACHI

22

RIGHT UPPER LEVEL RISING BLOCK.

MIGI JODAN AGE-UKE





MIGI ZENKUTSU-DACHI

23

LEFT UPPER LEVEL RISING BLOCK. USING RIGHT LEG AS PIVOT, ROTATE HIPS.

HIDARI JODAN AGE-UKE





HIDARI ZENKUTSU-DACHI

24

RIGHT UPPER LEVEL RISING BLOCK.

MIGI JODAN AGE-UKE



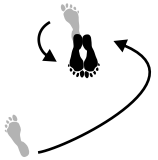


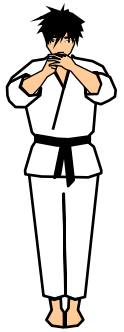
MIGI ZENKUTSU-DACHI

NAORE

USING RIGHT LEG AS PIVOT,TURN TO LEFT AND BRING LEFT FOOT TO THE RIGHT FOOT. RETURN TO YOI.

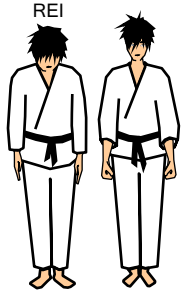
SASHO-UKEN-SHITA -AGO-MAE





HEISOKU-DACHI

REI



MUSUBI-DACHI