

Advanced Kata of the Month: **Chinte**



shuhari
institute 

“Rare Hands” 珍手

Translated from ancient Chinese roots into its modern form by Anko Itosu, Chinte features an array of unique hand techniques (hence its name) and a theme of circular execution - a divergence from the linear techniques typically found in Shotokan. Despite lacking flashy jumps and featuring only one modest kick, it is deceptively difficult to perform and its challenging body dynamics require precise execution. It bears some resemblance to Sochin and Hangetsu with rooted stances and powerful stance transitions.

Exploration of Chinte's bunkai will reveal a number of fascinating self defense techniques including eye-gouges, circular arm bars, and strikes to vulnerable points on the body.

Gichin Funakoshi and his son Gigo changed Chinte's primary stance from neko-ashi dachi (seen in Shito-Ryu version) to longer Shotokan stances, changing its embusen. The peculiar backwards hops at the end were then added by the JKA to comply with competition requirements that each kata start and finish on the same mark.