



## TEN CHI JIN KUMITE

### Heaven, Earth, Man Fighting Form

#### INTRODUCTION

The concept of “Ten-Chi-Jin” was heavily emphasized by KAISO Masayoshi Kori KUDAKA, KENSEI, 10<sup>th</sup> Dan as summarizing the essential elements one must understand in order to achieve the highest possible level. The elements summarized in the concept are: “Ten=Heaven; Chi=Earth; Jin=Man”.

Understanding these concepts and their influence on all situations in life is vital to success in all endeavors. That is to say, an even balance of the elements is a precondition to a harmonious existence.

Essentially:

- “*Ten*” refers to “atmospheric forces” such as the weather, ambiance, and time;
- “*Chi*” refers to “environmental forces”, like the terrain, the slope of a surface, traction, and so on;
- “*Jin*” describes “human forces”, and includes effort, technique, knowledge, and strategy.

Expressed in this way, it is obvious that the Shorinjiryu Kenkokan Karate-Ka must be aware of the elements of “Ten-Chi-Jin”, and how to use these elements to individual advantage. If one of the elements dominates the others, harmony will not be achieved, and turmoil will result.

In terms of Shorinjiryu Kenkokan Karate-do and Koshiki Contact Kumite, “Ten” can be said to emphasize the spiritual aspects, “Chi” the technical aspects, and “Jin” bravery.

The Ten-Chi-Jin Kumite are six basic attack and counter attack sequences: three using hand techniques and three using foot techniques, which are designed to develop the ability to decide the correct distancing for a particular technique and also the most effective footwork to get close with that technique.

To achieve this, one hand sequence and one foot sequence are devoted to each of the three ranges.

- Short-Range “CHIKA MA”: Only the front foot is moved in an offensive motion with “Fumikomi Ashi” or “Stomping Step” and only the back foot is moved in “Hiki Ashi” or by “Pulling Back” the rear leg in defense;
- Middle-Range “NAKA MA” or “CHU KAN”: both feet are used in succession with a forward sliding step “Okuri Ashi Zenshin”, for offense and a backward sliding step “Okuri Ashi Kotai”, for defense;
- Long-Range “TOMA”: this situation uses a combination of both short and middle range footwork, with offensive movements using lung steps “Oi Ashi” and defensive ones using receding steps “Sagari Ashi”.

In addition, these Kumite should be practiced to develop an understanding of the value of footwork “ASHI SABAKI”, bodywork “TAI SABAKI”, and handwork “TE SABAKI”, for proper defense, especially using them to avoid counterattack.

The “Ten-Chi-Jin“ Kumite were developed by Shinan Masayuki Kukan Hisataka (KUDAKA in Okinawa), Kensei 10th Dan, and are based on the concept of Ten, Chi, Jin, or the three levels of life, as discussed. Thus, the ultimate purpose of this Kumite is to develop: strategy, energy, and power from nature.

## **TECHNICAL DESCRIPTION**

### **HAND TECHNIQUES - “TE WAZA” SHO-DAN LEVEL**

Note: All sequences begin in a left Crane Stance “Hidari Tsuru Ashi Dachi” with an upper-level guard “Jodan Kamae” with left hand open and the right hand closed. (Kogeki=Offensive Side; Hangeki=Defensive Side)

### 1. **Dai Ikkyo**: **The First Teaching: TEN=Heaven**

(Short Range=Chika Ma)

Kogeki: Move forward with a stamping step “Fumikomi Ashi”, pushing the opponent’s front arm up and to the left with your front hand. Execute a right middle-level twist front punch “Migi Chuudan Hineri Mae Tsuki”.

Hangeki: As Kogeki steps forward move back to the right with a reverse stamping step “Hiki Ashi” and block the punch with a left middle-level open hand outward sweep “Hidari Chudan Shuto Soto Gedan Barai”. Counter attack with a right twist front punch to the face “Migi Jodan Hineri Mae Tsuki”.

Kogeki: Avoid the counterattack by pivoting the body to the right and pulling your hands to your right side.

### 2. **Dai Ni Kyo**: **The Second Teaching: CHI=Earth**

(Middle Range=Chu Kan or Naka Ma)

Kogeki: Move forward with a sliding step “Okuri Ashi Zenshin” using the back hand to punch the opponent’s arm down to the left. Execute a left front punch to the face “Hidari Jodan Okuri Tsuki”.

Hangeki: As Kogeki moves in evade his technique using a reverse sliding step “Okuri Ashi Koutai”, deflect the attack with a left knife hand outward block “Hidari Shuto Soto Uke” and counter with a right twist punch “Chuudan Hineri Mae Tsuki” to the midsection “Chudan”.

Kogeki: Pivot body to the right to avoid the counter attack.

### 3. **Dai San Kyo**: **The third teaching: JIN=Man**

(Long Range=To Ma)

Kogeki: Using a lunge step “Oi Ashi” to gain the correct distance, push up the opponent’s front arm at the elbow with your right

hand. Execute a left middle level twist front punch “Chu Dan Hineri Mae Tsuki”.

Hangeki: Mirroring the forward motion of Kogeki, move back and to the right with a receding step “Sagari Ashi” block with a left hand downward push of the opponent’s attack. Counter attack with a right front punch to the face “Migi Jodan Choku Tsuki”.

Kogeki: Pivot your body to the right to avoid the counter attack.

## LEG TECHNIQUES - “ASHI WAZA” SHO-DAN LEVEL

Note: All sequences begin in a right Crane Stance “Migi Tsuru Ashi Aachi” with an upper-level guard “Jodan Kamae”, with the right hand open and the left hand closed. (Kogeki=Offensive Side; Hangeki=Defensive Side)

### 1. **Dai Ikkyo**: **The First Teaching: TEN=Heaven** (Short Range=Chika Ma)

Kogeki: Move forward with a stomping step “Fumikomi Ashi” and use the front hand to punch the opponent’s front arm up and to the left. Execute a left twist front kick to the midsection “Hidari Chudan Hineri Mae Keri”.

Hangeki: Move back with a reverse stomping step “Hiki Ashi” and block with a right outward lower level block “Migi Soto Gedan Barai”. Counter attack with a left twist roundhouse kick to the midsection “Hidari Chudan Mawashi Keri”.

Kogeki: After pulling your kick back, block the counter attack with a right cross block “Migi Yoko Kosa Uke”.

### 2. **Dai Ni Kyo**: **The Second Teaching: CHI=Earth** (Middle Range=Chu Kan or Naka Ma)

Kogeki: Using a sliding step “Okuri Ashi Zenshin” move forward and

push the opponent's front arm down and to the left and attack with a left front foot kick "Hidari Okuri Mae Keri" to the middle level "Chudan".

Hangeki: Move back with a sliding step "Okuri Ashi Kotai" and block the opponent's attack with a right inward lower block "Migi Uchi Gedan Barai. Using an accordion step, a cross-legged forward or backward step "Kosa Ashi" cross the front leg behind the back and execute a right front foot roundhouse kick to the midsection "Migi Chudan Oi Mawashi Keri.

Kogeki: Pull your front kick back and stand in a left foot forward position, blocking the "Hangeki" right roundhouse kick with a left cross block "Hidari Yoko Kosa Uke".

### **3. Dai San Kyo: The third teaching: JIN=Man**

(Long Range=To Ma)

Kogeki: Use a left crescent kick "Hidari Mikazuki Keri" to the elbow to deflect the opponent's front arm by striking to the elbow. Place the left foot next to the right and attack with a right front kick "Migi Shomen Keri".

Hangeki: As Kogeki moves forward and deflects your arm, move back to the left to avoid the attack with a left inward lower-level scooping block "Hidari Uchi Gedan Sukui Uke" and prepare for your counter using a receding step "Sagari Ashi". Continue the clockwise motion to counter with a right wheel kick "Migi Ushiro Kaiten Keri".

Kogeki: After pulling your kick back into a left foot forward position, move out of the range of the counter and use your left hand as a target for the counterattack.

