



TRAINING MANUAL

"Don't just work out "

Learn a skill that can save your life!!!

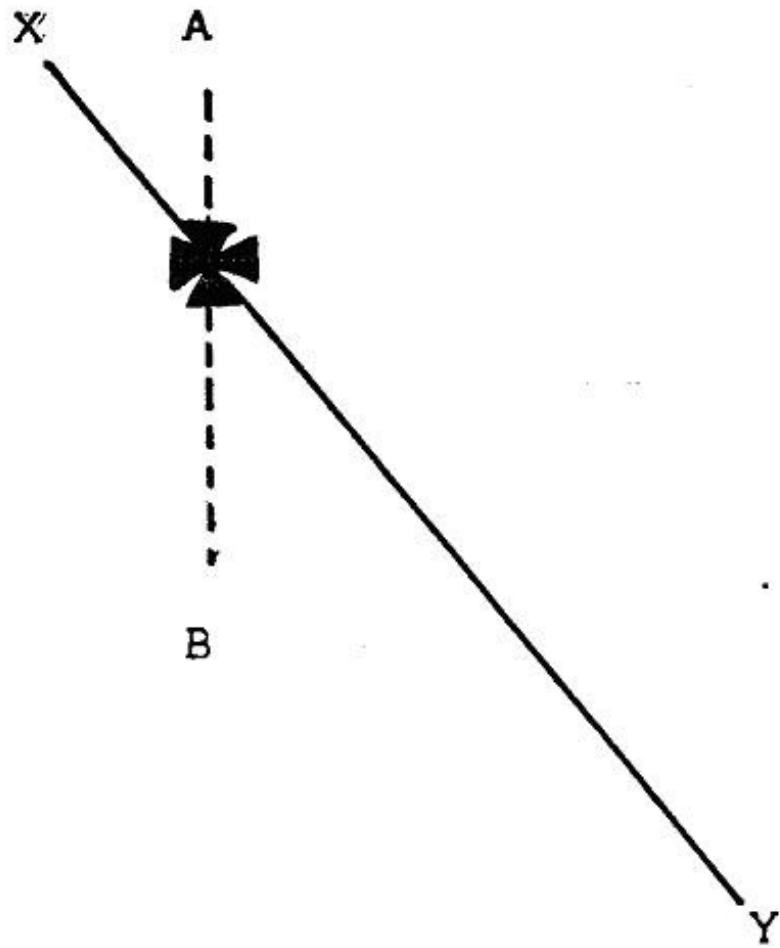
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CHINTO

The entire Kata Chinto is done on a diagonal line that is at a 45 degree angle from the starting point of the Bow-In. This starting spot is crossed and recrossed several times in the execution of the Kata. It is also an interesting item that the first six moves or positions (starting with Musubi Dachi) requires six different dachis.

The line A - B is normal Kata line.

The line X - Y is the line along which CHINTO is executed. The cross indicates Bow-In spot.



- The "Bow-in" sequence as in Nos. 1, 2, 3 and 4 are as prescribed in both Seisan and Seiuchin Katas.





- 5. This posture is done in two counts. From READY STANCE, step diagonally right backwards with right foot into NEKO ASHI DACHI, left foot points down the diagonal kata line. As you make this stance the left hand is lifted to guard position. The left hand is brought into this posture with a downward motion. COUNT TWO. Right hand is brought around and down so that the wrists are crossed ... both hands are held in tense SHUTO (ridge hand) position. Right hand is on top.
- 6. Without changing from the NEKO ASHI DACHI, roll both wrists to the right changing from open hand to closed fist. Now the right hand is on the bottom with back of the hand facing down. Left hand is on top with back of the hand facing upward.
- 7. The only posture change, drop left heel to floor. Do left URI UCHI, pull right fist back to hip.
- 8. Holding hands in same posture "inch" down Kata line, changing feet to Nahanchi Dachi.
- 9. From stance No. 8 do a "short stubby" Migi Seiken.
- 10. Changing from Nahanchi Dachi to Seiuchin Dachi do two blocks. Left hand does Chudan Like, right hand does Ge-Dan Uke. Look backward and slightly downward toward the GeDan Uke.
- 11. Pivoting or spinning on the right foot make one complete turn facing down Kata line (still on indicated angle). Do Hidari Ge Dan Uke.





- 12. Stepping backward down Kata line into Neko Ashi Dachi, assume the Morote Posture as in No. 5. Once again use two counts in making this posture.
- 13 and 14 are actually one continuous move. With no forward step with the left foot start your jump by sharply lifting right knee as if to kick with the right foot. This lift helps in getting you airborne. While in the air, before right foot hits the ground, do Hidari Mae Geri (Tobi).
- 14. TOBI HIDARI MAE KEAGE GERI
- 15. Landing with left foot forward into a slightly lunging Hidari Seisan Dachi do a plunging (Otoshi) cross block. It is important that the thumbs of both hands are pointing forward down Kata line and not to the sides.
- 16. Pivoting on the right foot step to rear of Kata line by turning to your right. Once again in Hidari Seisan Dachi repeat Morote Juji Ge Dan Uke. In both cases of Nos. 15 and 16 the lunge should not be so deep as to expose the sole of the right foot.
- 17. Keeping the weight on the right foot make a half turn to the right into Migi Seisan Dachi ... do Migi Seiken.
- 18. Step left forward into Hidari Seisan Dachi and do Hidari Seiken.
- 19. Without changing stance, do Migi Empi Uchi into palm of left hand.





- 20. Changing to Seiuchin Stance place hands in "ready posture." Left hand palm up guards center of chest area; right hand palm down is held to the rear in ready position. This hand should be exactly in line with the body and not swung too far to the rear past body line. In taking this position, place the right foot firmly (almost a stamp) to distract the "opponent."
- 21. Step forward with the right foot, making half turn to your left. Assume exact same ready posture except the hands are reversed. All the time in both Nos. 20 and 21 your eyes are held steady forward down Kata line.
- 22. MOROTE SHUTO UCHI done forward down Kata line. Right hand strikes higher than the left. Right hand plam down; left hand palm up.
- 23. Turning from the hips approximately one quarter turn to your right, facing down Kata line do a Morote Shuto Uchi coming in from each side.
- 24. Still standing in Seiuchin-Dachi you do a special Morote Groin Block. See inset picture. In doing this block you strike with the two large knuckles of both hands. Care must be taken that the hands are close enough so that a kick will not slip between your hands.

- 25. Lift right hand from groin area to a posture similar to a Chudan Uke. This symbolizes lifting opponent's arm from an attempted groin grab.
- 26. Using left forearm strike into the palm of the right hand. This symbolizes breaking the arm you have just lifted in No. 25.
- 27. Without letting go of your wrist take right foot and step on the angle Kata line back toward the starting point, standing in a slight lunging posture. Do a downward punching groin block with left hand holding and strengthening the right fist.
- 28. The Ge-Dan Uke is a special one. . . it is the first time you block on the side where the leg on the blocking side is to the rear. You have just stepped back with the right foot in to Kake-Dachi. Left fist guards your center chest with thumb out.
- 29. Without moving your hand positions do a Migi Mae Keage Geri with loud kiai.
- 30. Step forward with the right foot into Seiuchin Dachi and repeat Special Morote Groin Block as in No. 24.







- 31. Turning one quarter turn to your right, slide left foot up behind the right foot into Kake-Dachi and do a Morote Jo-Dan Uke. You are once again looking back along the Kata line to point of origin.
- 32. Leaving the right hand in a shading posture, step forward down Kata line with the left foot and do a Hidari Ge-Dan Uke.
- 33. Step forward down Kata line with right foot, exchange hands on the shading posture of hands and do a Migi Ge-Dan Uke.
- 34. Pivot full one hundred and eighty degrees on right foot, stepping forward with left foot then repeat Hidari Ge-Dan Uke.
- 35. Turn one half turn right rearwards, weight on left foot, move right foot on around and in back of the left foot into Kake-Dachi. . . do a Morote Jo-Dan Uke.
- 36. As you step forward with the right foot into Seiuchin Dachi do a Migi Empi Uchi. This technique is forward down Kata line.





- 37. Still in the same Seiuchin Dachi do the special Morote Groin Block as in No. 30.
- 38. Turn shoulders to the right face down the angle of Kata line slide the rear (left) foot up behind the right foot into KakeDachi and do Morote Jo-Dan Uke.
- 39. Placing both fists on the hips (always hips means the belt) do Hidari Mae Keage Geri.
- 40. Rushing in with one little step first left and then right do a strong Migi Seiken.
- 41. Leaving the weight on the forward right foot, move left foot back into Seiuchin Dachi and do a Morote Seiken. . . approximately chest high both fists striking inward with backs of the fists upward.





- 42. Turn one quarter turn- to the right by swinging the right foot around and behind the left foot into Kake Dachi. With the left fist guarding center chest do a Migi Ge-Dan Uke.
- 43. Place both hands on the hips (belt). Do a Migi Mae Keage Geri. . . hold kick a second before putting foot down.
- 44. Place right foot down, then turning left rearward one half turn by swinging the left foot around and behind the right foot into Kake Dachi. The right fist guards the center chest while the left fist does Hidari Ge-Dan Uke.
- 45. Place both hands on the hips then do a Hidari Mae Keage Geri. Hold the kick a second before putting the foot down.
- 46. As you put the left down in forward position of Seisan Dachi do Hidari Shuto Chu-Dan Uke.
- 47. Leaving the left arm lifted as in No. 46 do a Migi Tetsui Uchi into palm of left hand.
- 48. Holding the hands as in No. 47 do a Migi Mae Keage Geri.
- 49. Place the right foot down in forward position, put left fist on hip and sink down in kneeling posture (left knee on the floor) hold the right hand out as if to seize opponent.
- 50. Holding the kneeling posture do strong Hidari Seiken with Kiai. Pull right hand to hip.
- 51. Keeping the weight on the left toe turn left rearwards facing this time forward instead of the diagonal line bring left fist to center chest. The left fist is covered with the right open hand. The right hand is held in tense position.
- 52. Lower the hands to in front of the groin.
- 53. Then with the hands at the side Bow Out.







ALL KATAS BEGIN IN PEACE AND END IN PEACE

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CHINTO KATA by Master Don Bohan

The kata Chinto was taught to Master Tatsuo Shimabuku by the great Shorin-Ryu Karate Master, Chotoku Kyan. Although the history of this form is vague, legend contends that this kata was brought to Okinawa by Chinto, a shipwrecked Chinese sailor.

Stranded in a foreign land, Chinto was forced to steal food for survival. By day he would hide in the caves of Okinawa and by night he would conduct his scrounging raids on the villages and farms. Finally, a petition was made to the king of Okinawa to deal with this problem. A group of men was dispatched to subdue Chinto. This attempt, like the several that followed, were unsuccessful due to Chinto's cunning and his superior fighting ability. Frustrated, the king finally sent his personal retainer, Matsumura Pechin*, to subdue the marauder. Again like the others, Matsumura's first attempt was not successful, so the samurai decided on a peaceful solution. After having located Chinto, he agreed to exchange food and clothing if the sailor would promise not to bother the Okinawans and that Chinto would instruct Matsumura in his fighting style. Chinto agreed and proceeded to show Matsumura many new concepts that were incorporated in Okinawa-Te.

The style Chinto taught is not known but part of that style was the form that bears Chinto's name. Chinto kata was passed on and adapted by almost every strand of Shorin-Ryu Karate. Chinto stresses speed and balance and teaches self defense concepts against multiple opponents on a narrow path or foot bridge. Grappling and throwing techniques are introduced that teach methods of taking an opponent down without really injuring him. These throws are designed to clear a path or use the opponent's body as an obstacle to the other opponents.

*Matsumura Pechin is not to be confused with the great Bushi Matsumura, Okinawa's first "Commoner Samurai"

SEQUENCE/BUNKAI Opening:

- Stand in attention stance; feet together, toes on line. The eyes are fixed straight ahead on the opponent(s). The hands are open with the palms touching the thighs (fingers point down). The spine is straight (including the neck). Perform the standing bow by bending slightly from the waist remembering to keep the spine straight and the eyes fixed on your opponent. (Remember: Do not show the back of your neck as this is a grave insult.) Return to the attention stance. Bring the right fist to in front of the solar plexus (palm up). Simultaneously bring the left hand (open, fingers together and palm pointing inward) and place the palm of the knuckles on the right hand. Lower the hands, as described above, to in front of the groin; as the hands are lowered, pivot the toes inward to a pigeon toed stance. Step with the right foot to a relaxed Naihanchi-Dachi with the hands, now in fists to front of the thighs.

SERIES NUMBER 1

- 1. Look 45 degrees to the left. Step with the right foot 45 degrees right rear and assume a left foot forward Neko-Ashi-Dachi. As the step is made, bring the hands, now in palm down shuto, in a circular motion by the right hip; the left hand crosses in front of the chest and stops in front of the left shoulder in a left knife hand block; the right hand continues its motion and raises to the rear and over the right shoulder coming to rest in an "X" block at the left wrist.
 - (A) An opponent has attacked with a right lunging punch at face level. The step with the right foot moves you out of range. The left hand blocks and traps the punching hand while the right hand strikes the opponent's wrist and re-enforces the trap. The "X" block holds the opponent and sets up the next move.
- 2. As the trap is completed, slide the left foot forward into a Kiba-Dachi. Close both hands into a fist and rotate the wrists so that the right hand is now on top of the left and deliver a left backfist strike.
 - (A) The opponent's arm (right) is pulled by the right hand and the backfist is directed underneath his right arm into the now exposed ribs.
- 3. Open the left hand, slide the left foot followed by the right (maintaining Kiba-Dachi) and perform a right cross-body vertical punch at rib level.
 - (A) Grabbing the opponent's right arm in move 2 exposes his ribs so that the right punch may be delivered on target.
 - (B) The left hand is pushing the opponent and the right punch clears the path in front of you so that a second opponent may be dealt with.
- 4. Up until this point, all movements have been done on the main kata line. The next move utilizes a secondary line. After the right cross-body punch, step with the left foot 45 degrees to the right into Kiba-Dachi. The right foot remains in place. As the step is completed, pull the right hand down next to the right thigh, the left hand performs an uppercut at head level, next to the left shoulder. Prior to the right block and left uppercut, the arms cross in front of the chest. The execution of the hand techniques is in conjunction with the step.
 - (A) If only one opponent has been dealt with thus far the following applies: You pull his right arm with your right hand, his elbow is locked at your left shoulder or across your chest. Your hand pulls his hand to apply pressure to dislocate his elbow. The left hand strikes the opponent in the face.
 - (B) If the left hand pushes in number 3, then the break as described is delivered on a second opponent who has grabbed you from the left rear.
- 5. The last technique was an arm break with the right hand. Spin 360 degrees to the right, lifting the left leg and pivoting on the ball of the right foot. You end up in a left foot forward

Seisan-Dachi along the main kata line (See diagram #5.) As the stance is assumed, perform a left-hand-leg block.

- (A) If you have only fought one opponent, you release your grip and merely allow him to fall, spin around him and strike or block a second opponent at low level.
- (B) If the second opponent is being dealt with by the arm break, again you drop him, spin around the fallen first opponent (the spin also moves you out of range of a third opponent's right punch). As you land in the left foot forward Seisan, the opponent attacks with a left front kick. Your left hand blocks this kick.
- 6. Step back with the right foot to the right rear (along main kata line) and assume a left foot forward Neko-Ashi-Dachi. Repeat the left knife hand, right shuto "X" block (described in move number 1). Follow the trap with a left then right jump kick, landing in a left foot forward Seisan stance with a right over left "X" block in front of and just above the left knee.
 - (A) After blocking the front kick in move 5, the opponent attacks with a right punch at face level. The step back moves out of range and the "X" block again serves as a trap. The trap is unsuccessful and the opponent backs away. The jump kick is a pursuit technique and you must also clear any opponents that were downed in front of you. This kick is also evaded or blocked the opponent retaliates with a right front kick. The low "X" block serves two purposes:
 - (1) To stop the kick and injure his leg with your knuckles
 - (2) To knock the opponent off of the path or to throw him.

SERIES NUMBER 2

- 1. From the left foot forward Seisan-Dachi and low level "X" block, pivot/step 180 degrees to the right into a left-foot- forward Seisan-Dachi and perform a second low level "X" block. As the step is made, bring the hands, still crossed right over left, to chest level in front of the right shoulder. As the stance is assumed, execute the low block.
 - (A) The turn from the low block is a throw. It is performed as the 180 degree step is done. The opponent's kicking foot is pulled and locked against the left hip (you may also be able to pull the leg to the right shoulder, thus locking the opponent's knee at the left hip). The throw comes in conjunction with the step, as you assume the second left forward Seisan-Dachi, the opponent is dragged over the hip and dumped to the right (or towards the front of your body).
 - (B) You have just blocked the opponent's kick in number 6 of the last series, you detect another opponent attempting to kick you from the rear with his right leg. You throw the first opponent as described above and jam the next opponent's kick with the low "X" block. This opponent is knocked off the path or thrown on the next move.

SERIES NUMBER 2

- 2. Look over your shoulder; pivot on the balls of both feet 180 degrees to the right into a right foot forward offset Seisan- Dachi. As the pivot is made, bring the hands (still crossed) to chest level in front of your right shoulder. As the stance settles, execute a right thrusting punch at chest level.
 - (A) An opponent has grabbed your right shoulder in an attempt to spin you around and punch you with his left hand. The pivot disengages his grasp and the punch knocks him backward. (NOTE: The previous opponent may be thrown on the spin/pivot.)
- 3. Step with the left foot, along main kata line, to a left foot forward Seisan and execute a left-hand-vertical punch.

- (A) After punching the opponent in number 2, you step around him with the left foot and intercept an attack by the next opponent. The left punch is designed to double this opponent over, setting up the next move.
- 4. From the left punch in the last series, assume a left leading knife hand guard, follow the guard with a right horizontal elbow, the point of the elbow slaps the palm of the left hand. Step with the right foot backward along main kata line to a low on-line Seiuchin-Dachi. (See Diagram 8). As the step is made, the hands are lowered to the right rear, the right hand in shuto, palm down next to the right thigh, the left hand is in palm up shuto in front of the solar plexus.
 - (A) After punching the opponent and doubling him over, you grab his lapel with the left and hit his face with the right elbow. Maintaining your grip you throw the opponent across the front of your body. The step with the right leg clears a path so that he may be thrown clear of you without entangling your legs. The step also aids in power transmission to the throw.
- 5. After throwing the opponent in number 4, step with the right foot along the main kata line and pivot 180 degrees to the left while maintaining the Kiba-Dachi. Upon completion of the step, perform a right neck level, palm down shuto; the left hand is in a palm up shuto at the solar plexus. Upon completion of the shuto to the neck, perform a double shuto to the neck and execute double fist blocks in front of the groin.
 - (A) After throwing the opponent in number 4, step with the right foot and strike the next opponent in the neck with the right hand shuto, the left hand guards against any body level strike. This opponent is then hit with the double shuto to neck. You then grab his hair or ears and drag him across your right hip to in front of you.
- 6. After the throw in number 5, pivot 90 degrees to the right into a right foot forward off set Seisan-Dachi and perform a right-hand-outside block. The block is followed by a left hammer fist strike which is directed at head level. (NOTE: The right hand grips the left forearm).
 - (A) Upon completion of the last throw, an opponent has attacked with a right hand punch at your head. The pivot puts you in position to stop the punch without exposing too much body or covering too much ground (you are dangerously close the edge of the path). The block has locked the opponent's right wrist. The left hammerfist strikes the opponent's elbow thus his arm is scissored and can be broken.

SERIES NUMBER 3

- 1. Look over your right shoulder, step 180 degrees to the right with the right foot to right-forward Seisan-Dachi. As the step is made, open the left hand and close the right. Leaving the hands together perform a right-re-enforced-leg block. The left palm presses against the inside of the right wrist.
 - (A) An opponent has attacked with a right-low-level front kick. The re-enforced block is designed to damage the leg while stopping the kick.

SERIES NUMBER 4

- 1. Look 180 degrees to the right; step back with your right foot to a left over right cross stance 180 degrees rear of your last left-foot-forward Seisan-Dachi. As the stance is assumed, execute a right-hand-leg block, with the left hand on the hip, and follow with a right foot front kick to the opponent's groin. Set the foot down and assume a Kiba-Dachi facing the secondary kata line.
 - (A) An opponent has grabbed your right shoulder. You step back and the opponent disengages his grasp as you strike at his groin. You then kick the opponent in the

groin with a front kick.

- 2. Step forward with the right foot to an on-line Kiba-Dachi and perform a right rib level horizontal elbow (the right fist is on the right hip.) Bring the fists to in front of the groin in a double low block.
 - (A) After breaking the hold, you step into the opponent and strike his ribs with the elbow, you then throw him in front of your body.
- 3. Pivot 90 degrees to the right into a right over left cross stance; pivot on the ball of the right foot and slide the left knee to behind the right knee. As the stance is assumed, perform a double shoulder level wedge block.
 - (A) An opponent has either punched or grabbed in the area of the right shoulder. The pivot/block disengages/stops his attack and you grab his wrists.
- 4. From the left leading double wedge block, step back with the left foot to right forward Seisan and perform a circular clear in front of your body. The fist move in front of the chest and come to rest on their respective hips. Follow the clear with a left front kick. Set the left foot down into a left forward Seisan stance and step forward with the right foot to right forward Seisan. As the right stance is assumed, execute a right front body punch.
 - (A) The clear is pulling the opponent in the front kick. By stepping back with the left foot you give yourself room to kick. You set the kick down and step past the opponent with the right foot in order to punch the next opponent.
- 5. After the last punch, step back on the main kata line with the left foot into an on-line Kiba-Dachi and perform a double roundhouse punch at chest level. The thumbs snap to in front of the respective shoulders.
 - (A) The step with the roundhouse punch is designed to finish off the opponent that you kicked in number 4 of this series.

SERIES NUMBER 5

- 1. Step back along the main kata line with the right foot and assume a left leading cross stance and perform a right low level fist block just outside the right thigh, the left fist is palm up in front of the solar plexus in a guard. Step back with the right foot to left forward Seisan stance and perform a circular clear in front of the chest. Follow the clear with a right front kick.
 - (A) An opponent has attacked from the right with a left foot front kick. The step with the right foot evades the kick with the right hand acting as insurance. The clear is a grabbing motion as the opponent attempts to apply a choke hold after the kick. The clear pulls the opponent into the kick .
- 2. As you withdraw the right foot after kicking, set the foot down on the main kata line and turn 180 degrees to the left and step back with the left foot to a right over left cross stance. As the stance is assumed, perform a left low level fist block with the right hand in front of the solar plexus. Perform the clearing motion and step with the left foot back into a right forward Seisan. Perform a left front kick.
- 3. Prior to setting the left foot down, perform a left open sweep block/catch. Assume a left forward Seisan and perform a right hammer fist at head level. (NOTE: The left hand grasps the right forearm.)
 - (A) The opponent blocks the last kick and counters with a left punch which you block and follow with a right hammer fist to break his elbow. (NOTE: The left hand grabs the opponent's arm at the wrist.)
- 4. Follow the hammer fist with a right front kick that drives the opponent down and back.
- 5. Step with the right foot to a right forward stance, the left leg is fully extended and you are bending over, the left knee is almost but not touching the ground. As you bend over from the waist drive a left punch off the hip straight down into the downed opponent.

Closing:

Look 180 degrees to the left, step with the right foot turning 180 degrees to attention stance. Bring the hands together in front of the solar plexus (the right fist is palm up with the open left hand resting on the palm of the knuckles of the right hand.) Lower the hands to in front of the groin and assume a pigeon toed stance. Step with the right foot to a relaxed Kiba-Dachi and bring the hands to in front of the thighs. Return to attention stance with the right foot and perform the standing bow.

KIAI POINTS:

- 1. On the double jump kick
- 2. On the double roundhouse punches 3. On the last punch

On the sequence where you are stepping with the low blocks and upper blocks, Sanchin breathing is used.

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Basic Exercises

UPPER BODY

- 1. seiken oitsuki**
straight forward punch
- 2. jodan tsuki**
uppercut
- 3. seiken giyack tsuki**
reverse punch
- 4. jodan giyack tsuki**
reverse uppercut
- 5. gedan berai, seiken giyack tsuki**
downward block, reverse punch
- 6. chudan uke, seiken giyack tsuki**
midbody block, reverse punch
- 7. tegata berai, nukite**
open hand block, stab spear hand
- 8. tegata uke, jodan giyack tsuki**
overhead d open hand block, reverse uppercut
- 9. jodan uke, seiken giyack tsuki**
roundhouse punch to face, block, reverse punch
- 10. ura uchi, seiken giyack tsuki**
back fist, reverse punch
- 11. gedan berai, go den joku tsuki**
downward block, 5 straight punches
- 12. chudan uke, go den joku tsuki**
midbody block, 5 straight punches
- 13. shuto-uke, shuto-uchi**
downward block, open hand
- 14. o-uchi, o-uchi**
big punch
- 15. hige no ato tsukai**

stance, elbow strike

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LOWER BODY

- 1. mae geri (kin geri)**
straight forward kick(groin kick)
- 2. shoba konate**
forward angle
- 3. ura geri**
crossover kick
- 4. yoko geri**
side snap
- 5. shoba geri**
side pivot
- 6. hize geri**
knee kick
- 7. o toshi geri**
squat kick
- 8. mae konate**
heel thrust
- 9. ushura geri**
back kick
- 10. mae geri**
to the throat and solar plexis
- 11. yoko kakoto geri**
side snap with heel
- 12. kensui**
pushups
- 13. ashino shugeno be**
Left foot in right hand
- 14. ashino shuge no be**
body twist
- 15. shin ko kyu**
breathing exercise

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