



# Sanchin Application

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## 7 Grab and lock variations

### Partner has both arms in Chudan-Uke position with open hands

1. Cross hand (R to R), grab hand at the little finger side, execute Chudan-Uke
2. Opposite hand (L to R), grab hand at the little finger side, execute Chudan-Uke
3. Cross hand (R to R), grab hand from underneath, execute a pullback technique, and push

### Partner turns the palms downwards without changing arm position

4. Cross hand (R to R), grab hand at the little finger side from the outside with thumb up, turn the palm down
5. Cross hand (R to R), grab hand at the little finger side from the inside with thumb up, execute pullback technique

### Partner has both hands in Mawashi-Uke position

6. Opposite hands (L to R), execute Hike-Uke on the lower Arm, grab palm, turn further and push down
7. Opposite hands (R to L), execute Soto-Uke with open hand on the higher arm, wristlock with thumb on top and push upwards

## Push Hands Version

### Attacker and Defender both stand in left foot forward in Sanchin-Dachi

- 1 A: Push towards the chest with right hand  
D: Deflect the push with both hands in a circular fashion, now push also with right hand

### This circular movement is repeated a few times

2. A: While pushing with the right hand execute a left handed Chudan-Uke  
D: Respond with a right handed Chudan-Uke and a left reverse punch without a pull back
3. A: Block the punch from the outside and downwards with the right arm, palm facing downwards, with left arm roll around attackers left arm and push upwards on his right elbow, the right hand pushes the left elbow downwards, step forwards with right leg into Sanchin-Dachi  
V: Step back with left leg into Sanchin-Dachi and deflect with left arm

### Repeat the whole exercise on the opposite