



# Chinte

and applications



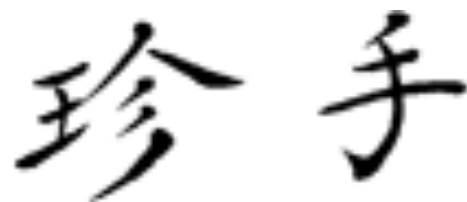
## Introduction

Chinte, Japanese for “unusual hands” or “rare hands” (despite an unsuccessful attempt by Gichen Funakoshi to rename it ‘Shoin’) teaches vital point striking, using the more advanced, and therefore less common, hand techniques of karate to strike to vulnerable points of the body. After learning the lessons from this kata, you should be able to apply them to the rest of your training, improving your effectiveness in self-defense. From this point of view, Chinte is a critical kata in our syllabus, and the perfect culminating form for the kyu rank curriculum.

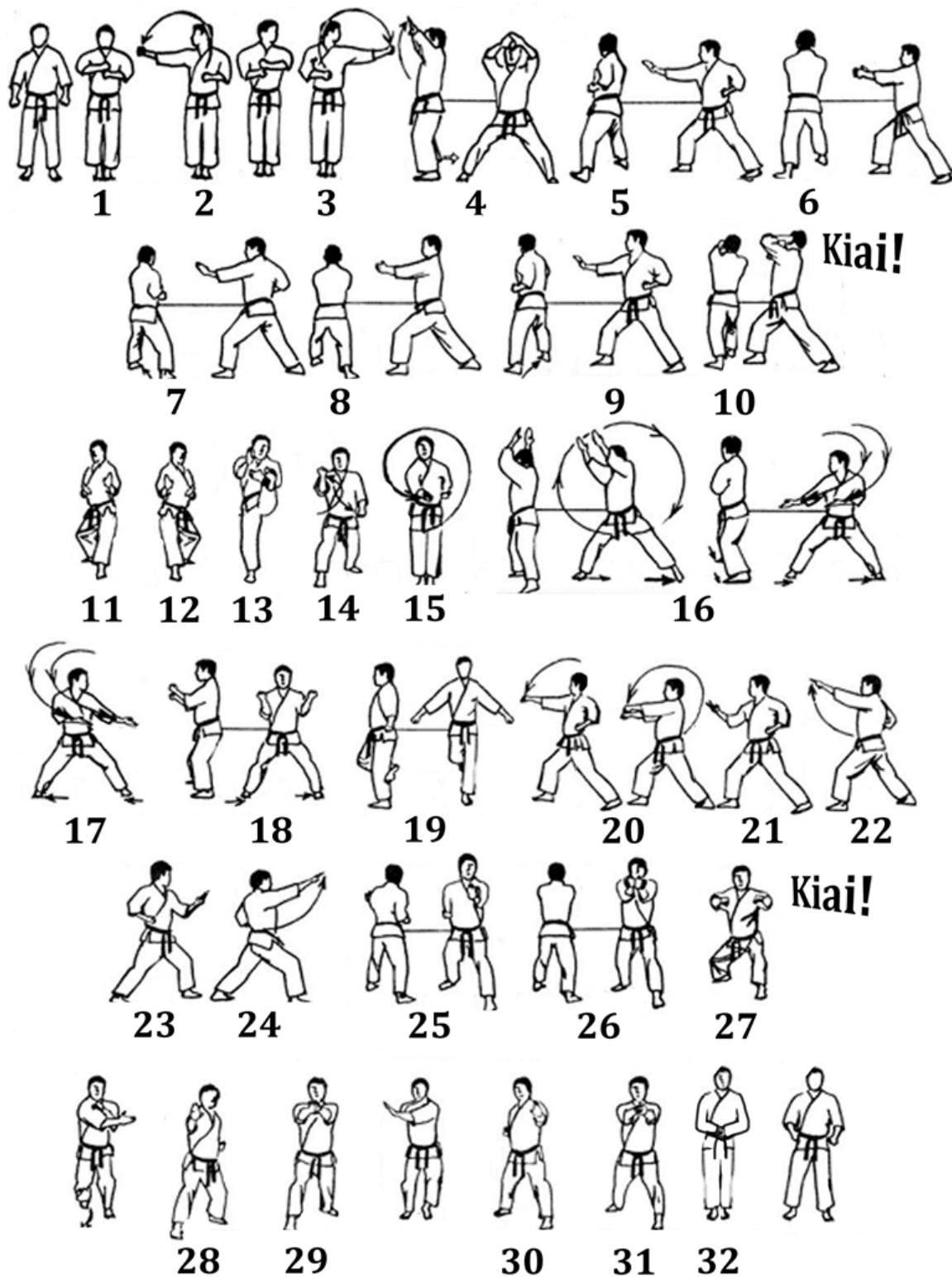
While we don’t have an exact date of origin, we do know that, along with Jutte and Empi, Chinte is one of the older forms that we practice. The opening movements suggest it may have come from Chinese Wudang or *Wu Tang*, “internal” martial arts, originating with Tai Chi, in China’s Wudang Mountains. This influence is reflected in the Chinte’s large circular movements, the strong emphasis on vital point striking, and the transitions from diagonal stance into forward stance to generate power (as opposed to hard style linear karate which generates power through large steps and body momentum).

The effectiveness of the hand techniques in the form (i.e. two-finger strike, thumb knuckle strike, etc.) comes from technical prowess rather than raw force. Traditionally, these techniques (and the kata itself) have been considered especially effective for women, who may lack the size and strength of their attacker.

The kanji “chin” translates as “rare, curious, or strange” (starting with the word that is the most common usage), so using “rare hand” would be the best literal translation, but “unusual hand” or “strange hand” would be okay as well. There are words that use the same character in their writing that one might substitute “exotic” in for, such as *chinka*, a rare fruit, or *chinkoo*, a rare dish. Figurative translations are often better to get a point across to a listener or reader who is uneducated in the language being used since literal translations can be unintentionally misleading. Therefore, if you take into fact that “strange” or “curious” may have a negative connotation in English, you could substitute the word “exotic” for these in a more figurative translation for Chinte, “Exotic hands.”



# Chinte



# Chinte

## Stance

- Natural stance
- Attention stance
- Natural stance
- 1. Attention stance, north
- 2. Maintain attention Stance
- 3. Maintain attention Stance
- 4. Move left foot, turn 90° right, RS (east)
- 5. Turn 90° right, RDS (south)
- 6. Shift RFS
- 7. Advance LDS
- 8. Shift LFS
- 9. Advance RDS
- 10. Shift RFS
- 11. Turn 180° left, LBS (north)
- 12. Advance RBS
- 13. Advance left kicking stance
- 14. Move left foot back to RFS
- 15. Attention stance
- 16. Move right foot, retreat LSS (north)
- 17. Slide north into RSS (south)
- 18. Slide 90° left into RS (east)
- 19. Right foot moves behind left knee
- 20. Move right foot, advance RFS (east)
- 21. Maintain RFS
- 22. Advance LFS
- 23. Turn 180° left, LFS (west)
- 24. Advance LFS
- 25. Turn 90° left, RFS (south)
- 26. Maintain RFS (south)
- 27. Turn 180° left, LFS (north)
- 28. Advance RDS
- 29. Shift RFS
- 30. Advance LDS
- 31. Shift LFS
- 32. Bring left foot to straight stance
- Natural stance
- Attention stance
- Natural stance

## Action

- Bow
- Arms circle inward to stacked fists
- Right rising block into vertical hammer
- Left rising block into a vertical hammer
- Funnel block (eye level)
- Right circular chop block
- Left vertical punch into right palm
- Left circular chop block
- Right vertical punch into left palm
- Right circular chop block
- Left vertical upward elbow strike **KIAI**
- Left knifehand block
- Right knifehand block
- Left front snap kick
- Left lower and right inner middle blocks
- Right horizontal bottom hammer fist
- Sling blocks: left low chop, right at ribs
- Sling blocks: right low chop, left at ribs
- Double inner middle block
- Double lower blocks to sides of body
- Downward bearhand strikes, (R then L)
- Right two-finger inner middle block
- Left two-finger strike to eyes
- Left two-finger inner middle block
- Right two-finger strike to eyes
- Right one-finger strike to throat
- Left horizontal thumb strike to right palm
- Double thumb strikes to ribs **KIAI**
- Right circular chop block
- Left vertical punch into right palm
- Left circular chop block
- Right vertical punch into left palm
- Hop back 3 times (long, short, shorter)
- Bow

## Applications

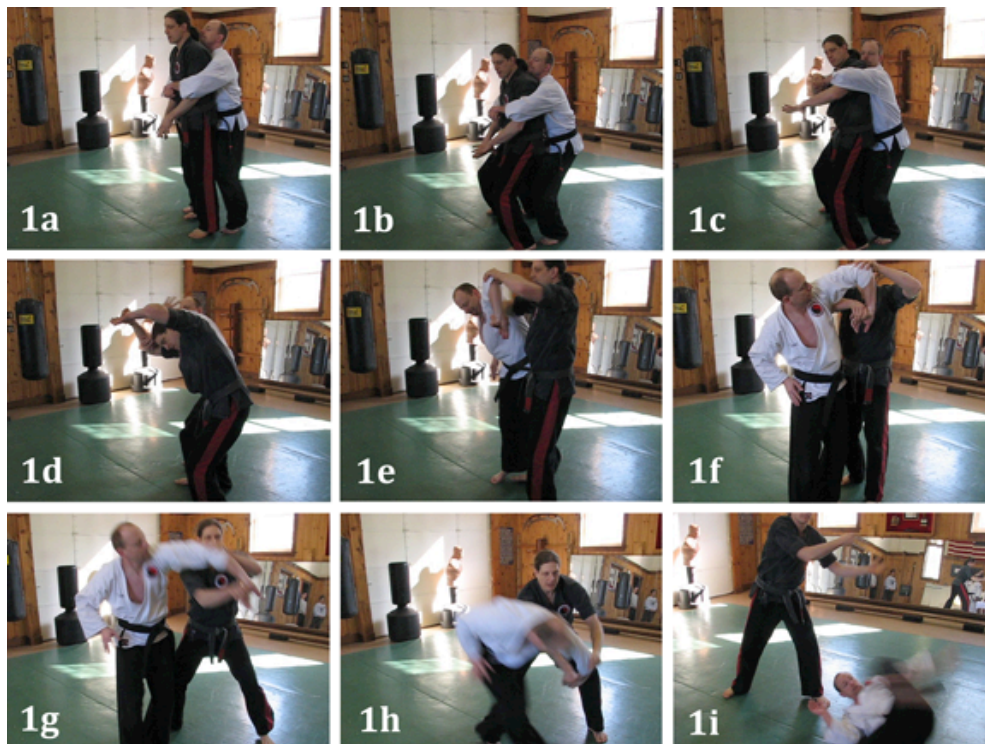
### The Cuong Nhu Bow

The opponent puts their hand on your chest to push you (a). Lock the opponent's hand against your chest with your right hand as you check his elbow from below with the other, straightening the arm (b). Bow at the waist, bending the opponent's middle finger back towards his own arm (c). Release the hand on your chest and slide through behind the opponent (d) bringing your right hand to the opponent's neck, trapping his arm if possible (e). Bring your left hand to your right, step backwards, and bow to complete the takedown (f).



### Series 1: Opening Movement (move 1)

The opponent grabs you from behind with a bear hug (1a below). Shoot your hands down and in front of you to create just enough space to move (1b). Grab the opponent's left hand (1c) and slide under his left armpit (1d). Brace his elbow and twist his fingers clockwise to apply the aikido lock *sankyo* (1e/f). Lead your partner into a smooth forward roll (1g, h, i), as opposed to what you might do to an actual opponent (i.e. break his wrist and/or drive him forcefully into the ground).





### **Rising Block, Hammerfist Strike to the Right (move 3)**

The opponent attacks with a right punch from your right side (3a). Defend with a right bong sao, parrying the punch into your left hikite (live side) (3b). Your right hand continues to circle around your head (3c) to hammer fist strike to the opponent's head or neck (3d). Use your right hand to pull the opponent's right arm down, dumping him backwards to the ground (3e).

### **Funnel Block (move 4)**

The attacker attempts to grab your chest or throat. Isolate a few fingers of the oncoming hand with your funnel block, bending them backwards (4a). Drag the opponent forward and downward to take him to the ground (4b).

### **Series 2: Hammerfist Strikes and Funnel Block (moves 2 to 4)**

The opponent attacks with a right punch from your left side (2a). Use a left bong sao motion to block the attack to the dead side and into your right hand (hikite) (2b). Your left hand continues to circle around your head (2c) into a left hammer fist strike to the opponent's head or neck (2d). The opponent counters with a left punch (3a). Defend with a right bong sao (3b), parrying the punch into your left hand (3c) as your right hand delivers a right hammer fist strike (3d). The attacker then attempts to grab your chest or throat with his right hand (4a). Isolate a few fingers of the oncoming hand with your funnel block (4b), bending them backwards (4c) as you drag him forward and down (4d).



## Series 5: Funnel Block into Circular Chop Block (moves 4 and 5)

The opponent attacks with a two handed grab (4a below). Isolate a few fingers of the oncoming hand with your funnel block (4b), bending them backwards. Keep hold of one hand as you begin to step behind the opponent's lead leg (5a). Step into diagonal stance as you extend your lead arm across the opponent's body (5b). Use the left circular chop block to dump the opponent to the ground (5c and d).



## Series 6: Circular Chop Block, Upward Elbow (moves 7 to 11)

The opponent attacks with a right punch (7a). Defend with a left chop (7b) that snakes around the opponent's right elbow, locking it upwards (7c). Shift into

forward stance and counterattack with a right punch to the faces (8).

The opponent counters with a left punch, which you block with your right arm (9a). Snake around the opponent's left elbow and lock it upwards (9b).

Finish with a left upward elbow strike (10). Grasp the opponent's head (11a) and turn 180-degrees, throwing him to the ground (11b).



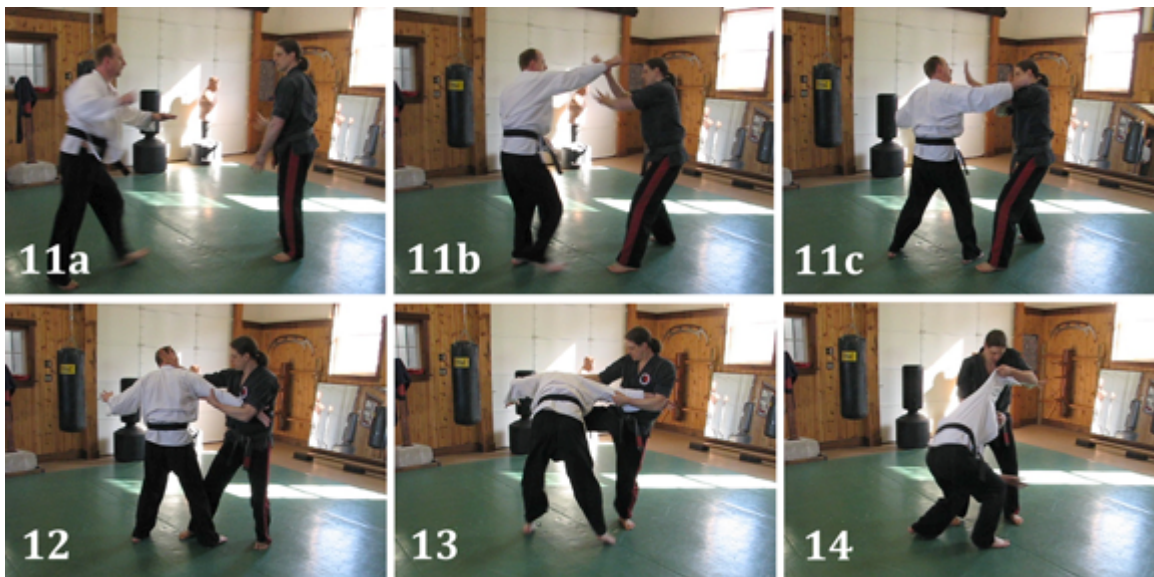


## Series 1-6: To a Single Attacker (moves 1 to 11)

The opponent grabs you from behind with a bear hug (1a). Shoot your hands down and in front of you to create just enough space to move (1b). Grab the opponent's left hand and slide under his left armpit (1c) and apply the aikido lock *sankyo* (1d). From there, lead your partner into a smooth forward roll (1e). Take a left fighting stance as the opponent rolls quickly to his feet and turns, attacking with a right punch (2a). Use a left bong sao to block the attack into your right hand (2b) as your left hand circles around your head (2c) into a left hammer fist strike (2d). The opponent counters with a left punch. Defend with a right bong sao, parrying the punch into your left hand (3a) as your right hand circles around your head (3b) into a right hammer fist strike (3c). The attacker then attempts to grab your chest or throat with his right hand. Isolate a few fingers of the oncoming hand with your funnel block, bending them backwards as you drag him forward and down (4). Deliver a right chop to the opponent's neck (5) and pull him into a left reverse punch (6). Step behind the opponent with your left leg and use the left circular chop block to attempt to dump the opponent to the ground (7). The opponent resists, so you deliver a right reverse punch to his body (8). The opponent evades by stepping back, then throws a right punch for your head (9a). Parry the punch into your right hand with your left hand (9b). Grasp the opponent's right wrist with your right hand as you break his elbow with a left upward elbow strike (10). Grasp the opponent's head (11a) and turn 180-degrees, throwing him to the ground (11b).

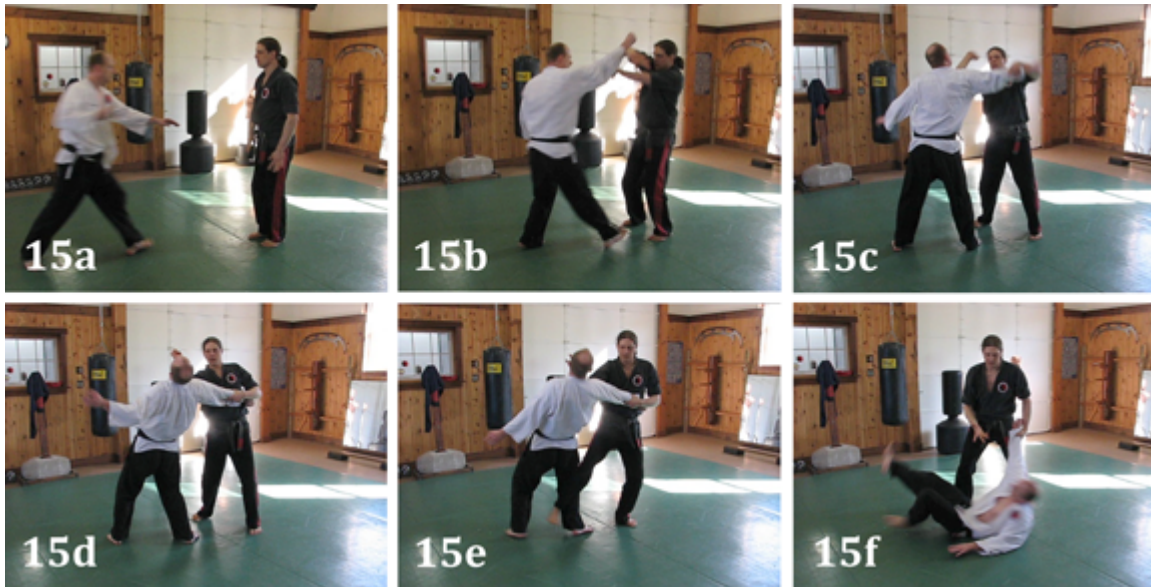
## Series 7: Knifehand Block, Front Kick (moves 11 to 14)

The opponent attacks with a right punch (11a below). Parry the attack with your right hand (11b) then strike to the opponent's eyes with your left knifehand (11c). Your left hand grabs the opponent's right arm as you deliver a right knifehand to the neck (12). Hook behind the neck and pull the opponent into a right front kick (13). Lift the opponent's right arm as you shove his head "through the hole" (14). Continue pulling his right arm backwards to complete the takedown.



### Series 7: Roof Block, Hammerfist Strike (move 15)

The opponent attacks with a right punch (15a below). Use a right bong sao to deflect the attack into your left hand (15b). Grasp the opponent's attacking arm with your left hand (15c), rotating it outwards as you attack the opponent's face with a right bottom hammerfist strike (15d). Immediately reap the opponent's right (lead) leg with a right heel footsweep or osoto-gari (15e) to dump the opponent to the ground (15f). Maintain your grip on the opponent's arm to keep control of him.



### Sling Block vs. a Kick (move 16)

The opponent attacks with a right front snap kick (16a). Intercept the kick with the back of your right hand as you open the door (16b). Circle underneath and hook the opponent's leg at the ankle (16c). Continue the sling block motion, lifting the opponent's ankle up and back over his head to dump him onto his back (16d).

### Series 8: Sling Block vs. a Knife (move 16)

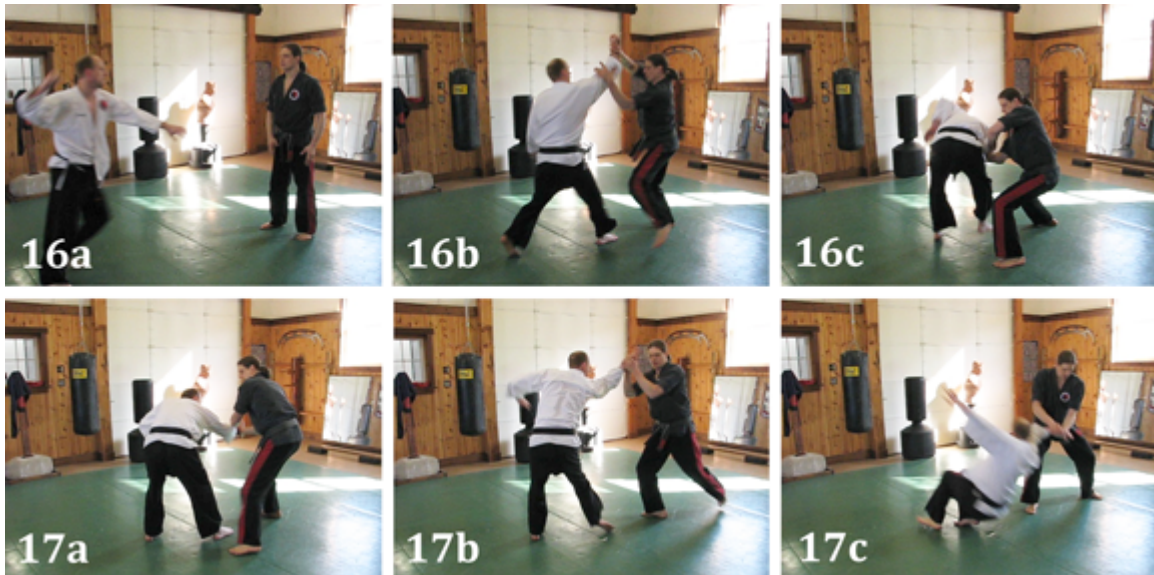
The opponent has a knife and attacks with a right stab to your midsection (16a below). Smoothly intercept the attacking arm with both hands, deflecting it away from you (16b). Grasp the opponent's right wrist with both hands and turn the knife to point at the opponent (16c) before shoving it forcefully into his stomach (16d).





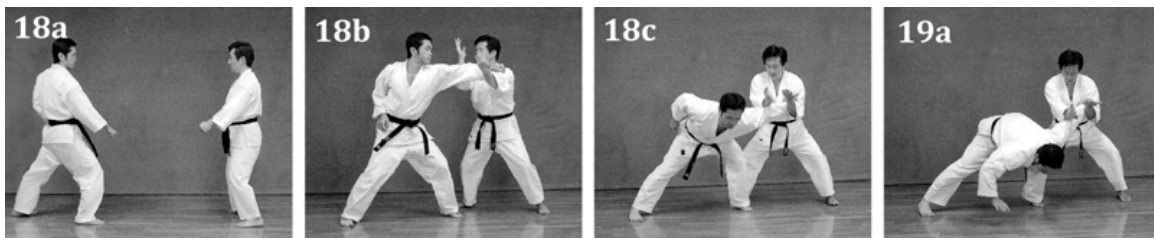
## Series 8: Sling Blocks (moves 16 and 17)

The opponent has a knife and attacks with a right overhead stab (16a below). Smoothly intercept the attacking arm with both hands, deflecting it away from you (16b). Redirect the knife into the attacker's midsection (16c). Pull his arm straight (17a) and turn his wrist outwards (17b) as you step back with your lead leg and apply kote-gaeshi to complete the throw (17c).



## Series 9: Double Inner Middle and Lower Blocks (moves 18 and 19)

The opponent attacks with a left punch (18a below). Step back and defend with a right outer block (18b) as you move to catch his arm from the inside with your left forearm (18c) and use the double lower block movement to apply pressure on the opponent's elbow to take him down (19a).



Deliver a right hammerfist strike the left side of the opponent's head (19b, not shown) before you hook behind his neck and pull him into a right upward knee kick (19c, also not shown).

## **Series 10: Bearhand and Two-Finger Strikes (moves 20 to 22)**

The opponent attacks with a two handed grab towards your chest or throat (20a, not shown). Strike down on his arms to control and trap them with your right bearhand strike (20b), allowing you to strike to his nose with your left bearhand (20c). This should drive the opponent's head backwards, opening his throat for a right two finger block, striking and/or squeezing the trachea (21). As the opponent tucks his chin to close his throat, deliver a left two finger strike to his eyes (22).

## **Series 11: Two-Finger Block and Strike (moves 23 to 24)**

The opponent's left hand grabs your left shoulder from behind/side (23a, not shown). Catch his grabbing hand with your right hand, turn 180-degrees, and use the two finger inner middle block motion to hyperextend or break the opponent's left elbow (23b). Follow up with a right two finger strike to the eyes, grabbing into the eye sockets and pulling the opponent's head down (24).

### **Important Notes on the Two-Finger Strike**

Students often apply too much power and focus in the two-finger strike, thrusting forward in a straight line and focusing like a lunge punch. More often than not, this will cause your fingers to miss their aim, as too much muscular tension will work against the fine adjustments necessary to ensure good accuracy. Instead, strike in a slight upward arc to the target.

## **Series 12: One-Finger and Thumb Knuckle Strikes (moves 25 & 26)**

The opponent attacks with a right front snap kick (25a, not shown). Open the door and use a left soft style lower block to sweep the kick past (25b). Entering with a right one-finger strike to the throat or eye (25b). Slide your right hand to base the head and deliver a left thumb knuckle strike to the opponent's right temple (26).

## **Series 13: Double Thumb Knuckle Strikes (moves 27 to 30)**

The opponent attacks with a two handed grab (on shoulders or neck) from behind (27a, not shown). Duck under the opponent's left arm as you turn 180° left (27b) and deliver sharp double thumb knuckle strikes to his floating ribs (27c). Use your right circular chop block to clear the opponent's arms (28), and deliver a left close punch to his floating rib (29). Slide your left foot behind the opponent and throw him to the ground with a variation on kokyo nage (30).

## **Hops (move 31)**

The purpose and origin of the unusual series of hops at the end of the form has been a common point of contention. Some say the three moves come from Chinese folklore and represent a young wife bowing, backing away from and appearing to appease her angry husband – while in fact she is manipulating him and will as she wishes. Others believe the hops were added to replace forgotten moves, or perhaps to bring the katateka back to the original starting place to better facilitate competition. The hops are not present in some Japanese versions of the form, having been dropped because their meaning was lost. Perhaps the most likely explanation may be that the moves represent securing an opponent's hand, and then hopping backwards in order to apply your full body weight to break his wrist.