



Sanchin: The Inner Structure of Uechi-Ryu

Jim A Melki

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Sanchin is an ancient martial arts form. Originated in India, and introduced to the monks of the Shaolin temple by Bodhidharma, who trained in the art of 'Vajramukti'. The Sanchin form is a training form and not a fighting form, and is not designed to teach the student defensive or offensive fighting techniques. Sanchin practice is designed to emphasize the principles over the function of Uechi-Ryu training and to accentuate the quality and not the application of individual techniques. The Sanchin form provides movement templates from which to learn martial arts principles and techniques. Sanchin: The Inner Structure of Uechi-Ryu is the most comprehensive book on Sanchin training as it relates to Uechi-Ryu (Chinese/Okinawan martial art system). The book includes a wealth of important information useful to all practitioners of Sanchin including a brief history of Sanchin, the five principles, the three elements, and the three levels of Sanchin training.

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