

JITTE

Jitte (or *Jutte*) means "Ten Hands." Mastery of the kata is supposed to imply that the karateka is able to perform the actions of ten men, further inferring that one has the ability to fight off ten armed opponents. Even within the Shotokan style, this kata has many variations. The JKA version consists of 24 moves. *Jitte* is a very robust and "heavy" kata, having many powerful techniques. Even the slow movements are executed with a certain vigor and tension. Although *Jitte* does not have any really complex movements, some of the hip motions require a lot of practice to develop proper *kime*. It is essential that the karateka demonstrate true *budo* spirit in each attack and defense, and every movement should be completed with absolute confidence and destructive power.

Many of the applications for *Jitte* focus on defenses against stick (*bo*) attacks; *Jitte* offers some new and unique techniques to that end such as *bo-tsukami-uke*, followed by *bo-toriage*, followed by *bo-oshimodoshi*. The *zenwan-uchi-barai* is likewise only found in this kata. *Tekubi-osae-uke/tekubi-kake-uke* occur in several other advanced kata, but are usually learned first in *Jitte*. The "stick defense" applications of *Jitte* usually work equally well against an opponent's arm, providing many arm-breaking techniques.

#	Technique	Translation	Stance	Target	Notes
1	tekubi-osae-uke (haishu-osae-uke)	wrist pressing block (backhand pressing block)	zenkutsu-dachi	chudan	slow speed
2	teisho-oshiage-uke / teisho-osae-uke	palm-heel pushing-rising / palm-heel pressing block	zenkutsu-dachi	chudan chudan	slow speed
3	osae-uke	pressing block	zenkutsu-dachi	chudan	
4	(haishu)-tekubi-kake-uke (maki-otoshi-uke)	wrist hooking block (rolling dropping block)	kiba-dachi	chudan	yor-ashi
5	teisho-yoko-uke	palm-heel sideways strike	kiba-dachi	chudan	
6	teisho-yoko-uke	palm-heel sideways strike	kiba-dachi	chudan	
7	teisho-yoko-uke	palm-heel sideways strike	kiba-dachi	chudan	
8	ryoken-kosa-uke (ryoken-juji-uke)	both fists cross block (both fists X-block)	--	jodan	kosa-ashi
9	ryoken-ryogawa-gedan- barai (ryoken-kakiwake-uke)	both fists both sides down block (both fists wedge block)	kiba-dachi	gedan	yor-ashi
10	yama-gamae (kakiwake-uke)	mountain posture (wedge block)	kiba-dachi	jodan	yor-ashi
11	fumikomi / zenwan-uchi-harai	foot stomp / forearm sweeping strike	kiba-dachi	jodan	
12	fumikomi / zenwan-uchi-harai	foot stomp / forearm sweeping strike	kiba-dachi	jodan	
13*	fumikomi / zenwan-uchi-harai	foot stomp / forearm sweeping strike	kiba-dachi	jodan	
14	ryoken-kakiwake-uke	both fists wedge block	hachiji-dachi	gedan	slow speed
15	tsukami-uke (koko-uke)	grasping block (tiger-mouth block)	zenkutsu-dachi	chudan	jodan-shuto-uke variation
16	ryote--bo-tsukami-uke (tate-bo-uke)	both hands stick grasping block (vertical stick block)	zenkutsu-dachi	--	

17	bo-toriage & bo-oshimodoshi	stick grab (rising) & stick repel	ashi-dachi zenkutsu-dachi	--	bo-dori slow speed yori-ashi
18	bo-toriage & bo-oshimodoshi	stick grab (rising) & stick repel	ashi-dachi zenkutsu-dachi	--	bo-dori slow speed yori-ashi
19	uchi-uke / gedan-uke (manji-uke)	inside block / down block (swirling block)	kokutsu-dachi	jodan chudan	
20	uchi-uke / gedan-uke (manji-uke)	inside block / down block (swirling block)	kokutsu-dachi	jodan chudan	
21	age-uke	rising block	zenkutsu-dachi	jodan	
22	age-uke	rising block	zenkutsu-dachi	jodan	
23	age-uke	rising block	zenkutsu-dachi	jodan	
24*	age-uke	rising block	zenkutsu-dachi	jodan	yori-ashi