



Section 2

The Construction of Kara-te

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| Chapter 1 | How to Make a Fist |
| Chapter 2 | Nuki-te and Shu-tō
<i>(Piercing-Hand and Hand-Sword)</i> |
| Chapter 3 | Stances |
| Chapter 4 | Hand Technique |
| Chapter 5 | Leg and Foot Technique |

Sankaku-tobi or triangle-jump:
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This technique is mysteriously profound and is said to represent the abstruseness of kara-te. This is the kind of technique that you will not see in usual circumstances, even if you wanted to. If you are in a situation of imminent danger and hanging by a hair, like fighting on a very high cliff, you jump in the shape of triangle utilizing the opponent's power. Sankaku-tobi allows you to change your location to an advantageous position of attacking from the disadvantaged position of defending. This is such a concealed technique that one can not even aspire to execute it unless he is an expert who has truly attained great mastery level.