Sen — Three Movements, One Initiation

拾壹 · taisabaki五法 · status **derived** — generated from corpus gaps, a hypothesis not a finding · 8 passages, 4 sources

TLDR / 80-20

> **In Sen the defending hand, the leg insertion and the hip rotation are one initiation, not three.** Defence and attack are not sequenced — they are the same movement. Any visible lead from one of the three means it was a block followed by a punch.

The Keys

- **One passage carries the whole claim.** Under Sandō Ittai — "three movements, one body" — hand, leg insertion and hip spin should begin at the same instant.
- **A second passage corroborates from the other side.** It classifies the sentai family as techniques using "attack and defence at once", stating simultaneity as a category rather than a coaching cue.
- **So simultaneity is not a refinement of a correct movement.** It is the thing that makes the movement Sen at all. Lose it and you have two events, not one.
- **The hip is a ball-and-socket joint, and that is the structural permission.** It can rotate the torso while the leg beneath it is still travelling.
- **Wait for the leg to land and the rotation must come from a settled stance.** The arm becomes a separate second event, and the opponent gets to respond between them.
- **Started together, one rotation does three jobs.** It moves the centre off the line, carries the striking arm, and is what the inserted leg is placed to receive.
- **The training order isolates exactly the hard thing.** On the spot first, then on the line — because on the spot the only variable left is whether the three begin together.
- **Add travel too early and a late hip hides inside the footwork.** The error stops being visible, which is the one thing the drill exists to make visible.

The drill, in one line

Tei-ten simultaneity count. Sentai chokujō zuki on the spot, 5 sets of 6, three sessions a week. A partner scores each rep pass or fail on one question only: did any of hand, leg or hip visibly start first? **Not whether it was fast. Not whether it was strong.** Expect 8–14 out of 30 at baseline. Gate to the line at 24/30 across two consecutive sessions, and expect the score to drop by a third when you move — that drop is information, not regression.

AI's Take

- **The rep counts are mine, not the corpus's.** The 30 reps, the +2 per week, the 24/30 gate and the 8–14 baseline were constructed to make the cue countable.
- **"Sen" is doing two jobs in this corpus and I have not merged them.** The five movements, and Sen-no-Sen's timing against an opponent, are treated separately here.

- **Anyone who reads Sandō Ittai as Sen-no-Sen is making a leap this evidence does not license.** Eight passages cannot settle it; the kanji would.
- **The reaction-time argument is mine and marked as such.** One initiation costing one latency where three cost three follows from a passage that never mentions Sen.
- **Scope is one technique family, on the spot, with no resisting opponent.** Nothing here reaches tenkai range, or un, hen, nen and ten — whose joint demands the source says differ.