

Simultaneity & The One-Variable Rule

拾壹-拾貳 · Deep Dive — the two mechanics the Sen and Ten lessons compress into a few lines · one page each

The one idea behind both

Both lessons are about making a failure readable.

Sen does it by removing travel so a late component becomes visible. Ten does it by freezing the technique so a miss can only mean one thing.

Part 1 — What "one initiation" actually means

The claim is that in Sen, three things — the defending hand, the leg insertion, the hip rotation — start at the same instant. That sounds like a demand for good timing. It is not. It is a claim about **how many events the movement contains**.

Sandō Ittai — "three movements, one body." The principle that these three components are not coordinated with each other; they are the same act, seen from three places.

Here is why the distinction is physical rather than poetic. The hip is a **ball-and-socket** joint, which means it can rotate the torso around a vertical axis *while the leg underneath it is still travelling*. The leg does not have to arrive before the spin can begin. That permission is what the whole technique rests on.

If you wait for the leg to land, you have given that permission away. The rotation must now be generated from a settled stance, which means the arm's strike becomes a **second, separate event**. The body has done two things in sequence — and an opponent gets to respond in the gap between them.

Started together, by contrast, **one rotation performs three jobs for the price of one**: it carries your centre off the incoming line, which is the defence; it carries the striking arm along its path, which is the attack; and it is the thing the inserted leg is being placed to receive.

That is why the source can classify these techniques as "attack and defence at once" as a *property of the technique* rather than as a skill level. **Simultaneity is not a polish applied to a correct movement. It is what makes the movement Sen instead of a block followed by a punch.**

And it explains the training order, which otherwise looks merely conservative. On the spot — *tei-ten*

— there is no travel, so the only variable left is whether the three begin together. Add footwork too early and **a late hip hides inside the stepping**. The error stops being visible, and an error you cannot see is one you will practise.

Part 2 — Why the technique never changes for six weeks

The Ten drill asks you to pick one technique you already perform correctly and keep it for six weeks

while everything else moves. That looks like patience. It is actually a diagnostic design.

Carrier — the body movement that transports a technique. Ten is a carrier: you attach a strike you already own to a rotating body. **Tengi** is the completed result of that attachment.

Attaching a known technique to rotation changes **exactly one thing: the reference frame**. The joint

work is untouched — the elbow is still a hinge, the wrist still snaps the same way. What changes is the limb's orientation to the ground, and the moment at which it is allowed to fire, which are now dictated by the body's rotation rather than by the floor.

Hold that at one variable and every failed repetition is informative. The technique is known-good,

so a miss can only be the rotation. Change two variables — a new strike *and* a new carrier — and a failed rep tells you nothing at all, because you cannot say which one broke. You would be collecting

repetitions instead of information.

This is also why the form is deliberately assembled out of movements from the other forms. **That is**

not a shortcut for beginners. It is the experimental control.

The second constraint follows from physics rather than pedagogy. Rotation is a **deliberate loss of balance** — and the source says the chance to create technique lives precisely in that out-of-balance state. But a body already committed to rotation has nothing left to push against and **cannot re-aim mid-flight**. The aim has to be set before stability is surrendered. That is why accuracy must come before speed here, as a hard rule rather than a general preference.

Then the spotters. A body that expects to hit the floor spends its attention on the floor. Two assistants remove the landing consequence so that attention can go to the technique instead — and reducing two to one to none returns that consequence in measured steps. **The spotters are not safety**

equipment bolted onto the drill. They are the variable being trained down, which is why their count

is in the table alongside the reps.

What to take away

- **Simultaneity is a count of events, not a quality of timing.** One initiation or two — there is no "mostly together".
- **The hip's joint type is the permission.** Ball-and-socket is why the spin need not wait for the leg to land.
- **Hold one variable and failure becomes readable.** Change two and a failed rep carries no information at all.
- **Both drills exist to make an error visible**, which is the only reason either removes travel or freezes the technique.