# TEKKI NIDAN 1 /2 (approx. 50 seconds)

THE EMBUSEN OF THE SECOND TEKKI KATA IS PERFORMED IN A STRAIGHT LINE AND CONSISTS OF 24 MOVES. THE IMPORTANT FEATURE OF THIS KATA IS MASTERING THE DIFFERENCE BETWEEN THE MIDDLE LEVEL GRASPING BLOCK (TSUKAMI-UKE) AND HOOKING BLOCK (KAKE-UKE).

YOI

RYO-KEN DAITAI-MAE

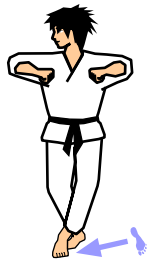


HACHIJI DACHI

**1**

TURN HEAD TO RIGHT.
CROSS LEFT LEG IN FRONT OF RIGHT.
SLOWLY SPREAD ELBOWS HORIZONTALLY.

RYO-ZENWAN-SUHEI-RYOKEN-CHICHI-SHITA

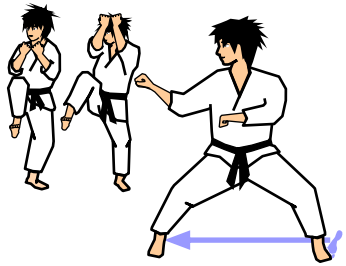


HIDARI ASHI MAE KOSA-DACHI

**2**

MIDDLE LEVEL BLOCK TO RIGHT SIDE WITH RIGHT FOREARM.
LEFT FOREARM, HORIZONTAL KAMAE

MIGI -ASHI FUMIKOMI KIBA-DACHI
MIGI ZENWAN MIGI SOKUMEN CHUDAN UKE.
HIDARI ZENWAN MUNE MAE SUIHEI KAMAE.

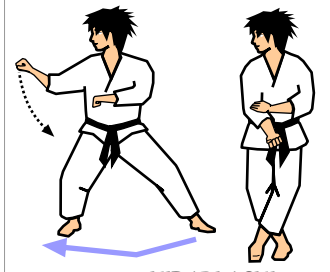


KIBA DACHI

**3**

LOWER LEVEL BLOCK TO THE FRONT WITH RIGHT FOREARM.
LEFT PALM SUPPORTING RIGHT ELBOW.

MIGI ZENWAN SHOMEN GEDAN KENSEI.
HIDARI-ASHI-MAE-KOSA TE KOKO-MIGI HIJI-YOKO
HIDARI-ASHI-FUMIKOMI



HIDARI ASHI MAE KOSA-DACHI

**4**

LOWER LEVEL BLOCK TO THE RIGHT SIDE WITH RIGHT FOREARM.
LEFT PALM SUPPORTING RIGHT ELBOW.

MIGI ZENWAN MIGI SOKUMEN GEDAN UKE.

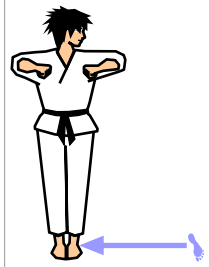


KIBA DACHI

**5**

ELBOWS HORIZONTALLY SPREAD. TURN HEAD TO LEFT.
MOVE LEFT LEG AND ARMS AT THE SAME TIME.

RYO ZENWAN-SUIHEI - RYOKEN-CHICHI-SHITA

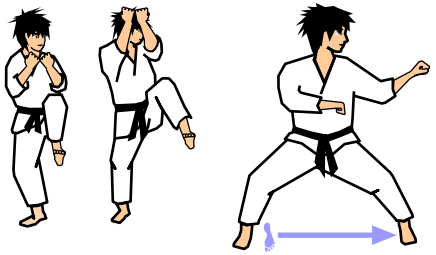


HEISOKU-DACHI

**6**

MIDDLE LEVEL BLOCK TO LEFT SIDE WITH LEFT FOREARM.
RIGHT FOREARM, HORIZONTAL KAMAE.

HIDARI ZENWAN
HIDARI CHUDAN UKE.
MIGI ZENWAN MUNE MAE SUIHEI KAMAE.

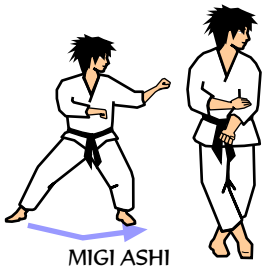


KIBA DACHI

**7**

LOWER LEVEL BLOCK TO THE FRONT WITH LEFT FOREARM.
RIGHT PALM SUPPORTING LEFT ELBOW.

HIDARI ZENWAN SHOMEN GEDAN KENSEI.
MIGI-TE KOKO HIDARI HIJI YOKO.



MIGI ASHI MAE KOSA-DACHI

**8**

LOWER LEVEL BLOCK TO THE LEFT SIDE WITH LEFT FOREARM.
RIGHT PALM SUPPORTING LEFT ELBOW.

HIDARI ZENWAN HIDARI SOKUMEN GEDAN UKE.

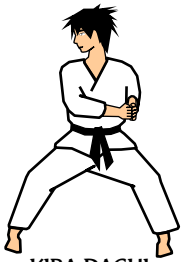


KIBA DACHI

**9**

TURN HEAD TO RIGHT.
LEFT PALM AT LEFT SIDE.
RIGHT FIST TO LEFT PALM.
(BACK OF LEFT HAND OUTWARD, BACK OF RIGHT FIST TO THE FRONT)

KAO-MIGI-MUKE.
SASHO-UKEN-HIDARI KOSHI.



KIBA DACHI

**10**

MIDDLE LEVEL BLOCK TO RIGHT SIDE WITH RIGHT FOREARM.
LEFT PALM AT RIGHT WRIST.

MIGI SOKUMEN SASHO SOEDE.
MIGI CHUDAN UCHI UKE.



KIBA DACHI

**11a**

RIGHT FIST AT RIGHT SIDE.
LEFT PALM IN FRONT OF RIGHT FIST.

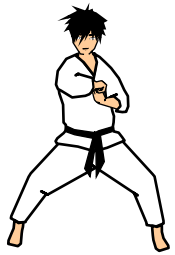
KAO SHOMEN MUKE.
HIDARI ASHI-DACHI
UKEN MIGI KOSHI.



**11b**

RIGHT ELBOW STRIKE.
LEFT PALM VERTICAL IN FRONT OF CHEST.

MIGI ASHI FUMIKOMI.
MIGI MAE ENPI.

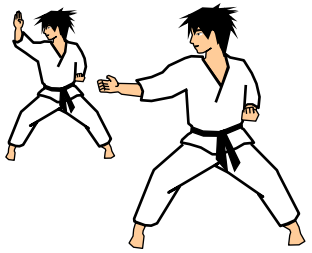


KIBA DACHI

**12**

MIDDLE LEVEL GRASPING BLOCK TO RIGHT SIDE WITH RIGHT FIST.
TURN HEAD TO RIGHT.

KAO MIGI MUKE.
MIGI SOKUMEN MIGI CHUDAN TSUKAMI-UKE.
SAKEN HIDARI KOSHI.



KIBA DACHI

**13**

HOOK PUNCH WITH LEFT FIST.

UKEN MIGI KOSHI.
SAKEN KAGI ZUKI



KIBA DACHI

# TEKKI NIDAN 2 / 2

## 14

LEFT FOOT IN FRONT, CROSSED-FEET STANCE

**HIDARI ASHI MAE KOSA-DACHI.**

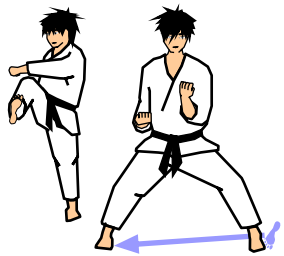


KOSA-DACHI

## 15

LEFT MIDDLE LEVEL BLOCK, INSIDE OUTWARD.
TURN FACE TO FRONT

**KAO SHOMEN MUKE
MIGI ASHI FUMIKOMI
HIDARI CHUDAN
UCHI UKE.**



KIBA DACHI

## 16a

UPPER LEVEL SWEEPING BLOCK WITH RIGHT BACK ARM.
DOWNWARD BLOCK WITH LEFT FIST.

**MIGI HAIWAN JODAN UCHI NAGASHI-UKE.
HIDARI GEDAN UKE.**



KIBA DACHI

## 16b

UPPER LEVEL CLOSE PUNCH WITH RIGHT FIST.
LEFT FOREARM HORIZONTAL KAMAE

**MIGI-URAKEN JODAN UCHI.
HIDARI ZENWAN MUNE MAE SUIHEI KAMAE.**




KIBA DACHI

## 17

TURN HEAD TO LEFT.
RIGHT PALM AT RIGHT SIDE.
LEFT FIST TO RIGHT PALM.

**KAO HIDARI MUKE.
USHO SAKEN MIGI KOSHI.**



KIBA DACHI

## 18

MIDDLE LEVEL BLOCK TO LEFT SIDE WITH LEFT FOREARM.
RIGHT PALM TO LEFT WRIST.

**HIDARI SOKUMEN USHO SOEDE
HIDARI CHUDAN
UCHI UKE**



KIBA DACHI

## 19a

LEFT FIST AT LEFT SIDE.
RIGHT PALM IN FRONT OF LEFT FIST.

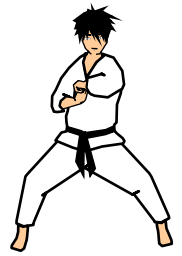
**KAO SHOMEN MUKE
MIGI ASHI DASHI
SAKEN HIDARI KOSHI.**



## 19b

LEFT ELBOW STRIKE.
RIGHT PALM VERTICAL IN FRONT OF CHEST.

**HIDARI ASHI FUMIKOMI.
HIDARI MAE ENPI.**



KIBA DACHI

## 20

SLOW MIDDLE LEVEL GRASPING BLOCK TO LEFT SIDE WITH LEFT PALM.

**KAO HIDARI MUKE
HIDARI SOKUMEN CHUDAN TSUKAMI-UKE.
UKEN MIGI KOSHI**



KIBA DACHI

## 21

HOOK PUNCH WITH RIGHT FIST.

**SAKEN HIDARI KOSHI.
UKEN KAGI ZUKI**

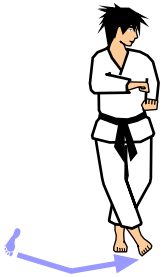


KIBA DACHI

## 22

RIGHT FOOT IN FRONT, CROSSED-FEET STANCE

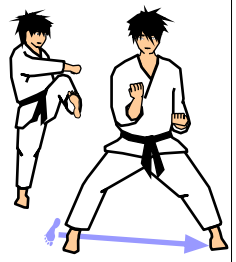
**MIGI ASHI MAE KOSA-DACHI.**



## 23

RIGHT MIDDLE LEVEL BLOCK, INSIDE OUTWARD.
TURN FACE TO FRONT

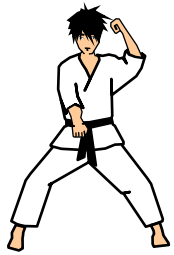
**KAO SHOMEN MUKE
HIDARI ASHI FUMIKOMI
MIGI CHUDAN
UCHI-UKE**



## 24a

UPPER LEVEL SWEEPING BLOCK WITH LEFT BACK ARM.
RIGHT LOWER LEVEL BLOCK.

**HIDARI HAIWAN JODAN UCHI NAGASHI-UKE.
MIGI GEDAN UKE.**



## 24b

UPPER LEVEL CLOSE PUNCH WITH LEFT FIST.
RIGHT FOREARM HORIZONTAL KAMAE

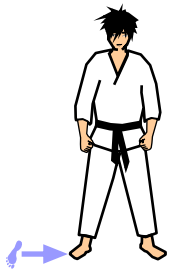
**HIDARI URAKEN JODAN UCHI.
MIGI ZENWAN MUNE MAE SUIHEI KAMAE.**



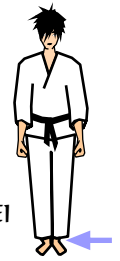

## YAME.

WITHDRAW RIGHT LEG TO RETURN TO SHIZENTAI

**RYOKEN DAITAI MAE**

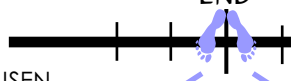


HACHIJI DACHI




MUSUBI-DACHI

## EMBUSEN




THE EMBUSEN OF TEKKI NIDAN IS PERFORMED IN A STRAIGHT LINE.

STANCES
23/24

STANCES
8/9/10
11b/12/13

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