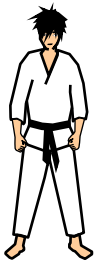
TEKKI SANDAN 1 /3 (approx. 50 seconds)

THE EMBUSEN OF THE THIRD TEKKI KATA IS PERFORMED IN A STRAIGHT LINE AND CONSISTS OF 36 MOVES. THE IMPORTANT FEATURE OF THIS KATA IS MASTERING THE QUICK TIMING NECESSARY FOR THE CHANGING BLOCKS.

YOI

RYO-KEN DAITAI-MAE

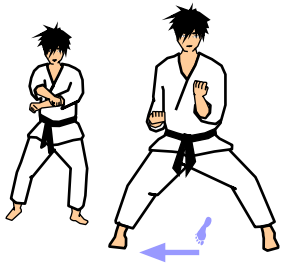


HACHIJI DACHI

1

LEFT MIDDLE LEVEL BLOCK, INSIDE OUTWARDS.
RIGHT FIST AT RIGHT SIDE.

HIDARI CHUDAN UCHI UKE.
MIGI KEN MIGI KOSHI.

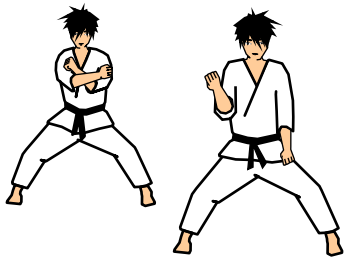


KIBA DACHI

2

RIGHT MIDDLE LEVEL BLOCK INSIDE OUTWARD.
LEFT DOWNWARD BLOCK

MIGI CHUDAN UCHI UKE
HIDARI GEDAN UKE.

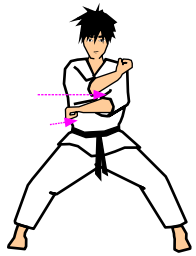


KIBA DACHI

3

MIDDLE LEVEL BLOCK WITH RIGHT FOREARM.
LEFT FOREARM, HORIZONTAL KAMAE.
RIGHT ELBOW ON LEFT WRIST.

MIGI ZENWAN CHUDAN UCHI OTOSHI.
HIDARI ZENWAN CHUDAN OSAE-UKE.

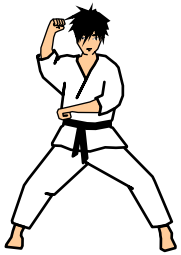


KIBA DACHI

4

UPPER LEVEL SWEEPING BLOCK WITH RIGHT BACK-ARM.
LEFT ARM AS IS.

MIGI HAIWAN JODAN UCHI NAGASHI-UKE.

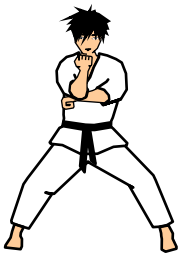


KIBA DACHI

5

UPPER LEVEL CLOSE PUNCH WITH RIGHT FIST.
BRING RIGHT ELBOW ON TOP OF LEFT FIST.

MIGI URAKEN JODAN UCHI.



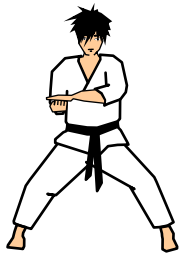
KIBA DACHI

6

RIGHT FIST AT RIGHT SIDE.
LEFT PALM ON RIGHT FIST.
BACK OF RIGHT FIST AND LEFT PALM DOWNWARD.

UKEN MIGI KOSHI.

SASHO UKEN UE.



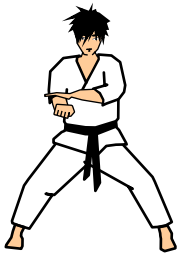
KIBA DACHI

7

MIDDLE LEVEL STRAIGHT PUNCH WITH RIGHT FIST.
LEFT ARM AS IS.

UKEN CHUDAN ZUKI.

HIDARI TE KOKO MIGI-HIJI YOKO.

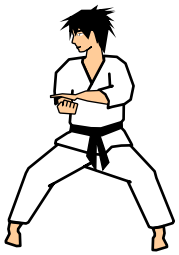


KIBA DACHI

8

TWIST RIGHT FOREARM.
TURN HEAD TO RIGHT.
NO POWER IN RIGHT ELBOW.

MIGI ZENWAN HINERI KAO MIGI MUKI.



KIBA DACHI

9

LEFT FOOT IN FRONT, CROSSED FEET STANCE.
UPPER BODY AS BEFORE.



HIDARI ASHI MAE KOSA-DACHI

10

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

MIGI ZENWAN MIGI SOKUMEN GEDAN UKE.

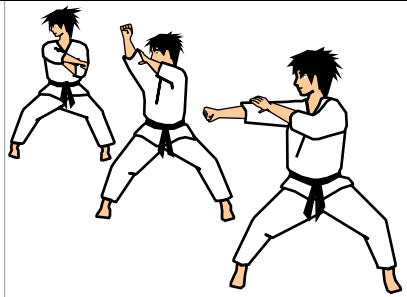


KIBA DACHI

11

LOWER LEVEL SWING TO RIGHT SIDE WITH RIGHT FIST.
LEFT PALM AS IS.

MIGI ZENWAN MIGI SOKUMEN GEDAN FURISUTE.

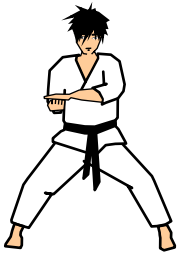


KIBA DACHI

12

PULL RIGHT FIST TO RIGHT SIDE.
LEFT PALM ON RIGHT FIST.

KAO SHOMEN MUKE
UKEN MIGI KOSHI
SASHO UKEN UE.



KIBA DACHI

13

MIDDLE LEVEL STRAIGHT PUNCH WITH RIGHT FIST.
LEFT PALM AS IS.
TWIST RIGHT ARM WHILST THRUSTING IT FORWARD.

UKEN CHUDAN ZUKI.

HIDARI TE KOKO MIGI HIJI YOKO.

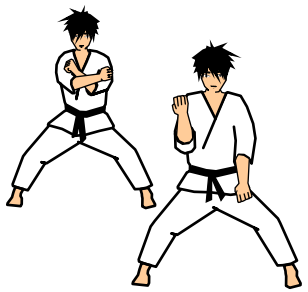


KIBA DACHI

14

RIGHT MIDDLE LEVEL BLOCK INSIDE OUTWARD.
LEFT LOWER LEVEL BLOCK

MIGI CHUDAN UCHI UKE.
HIDARI GEDAN UKE.



KIBA DACHI

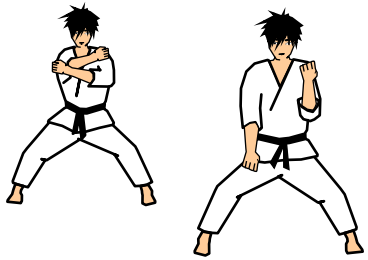
TEKKI SANDAN 2 / 3

15

LEFT MIDDLE LEVEL BLOCK, INSIDE OUTWARDS.
RIGHT LOWER LEVEL BLOCK.

HIDARI CHUDAN UCHI UKE.

MIGI GEDAN UKE.



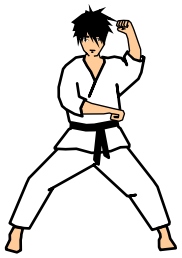
KIBA DACHI

16a

UPPER LEVEL SWEEPING BLOCK WITH LEFT BACK-ARM.
RIGHT FIST AS IS.

HIDARI HAIWAN JODAN UCHI NAGASHI-UKE.

MIGI KEN SONO MAMA.

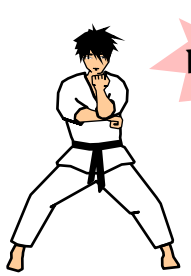


KIBA DACHI

16b

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

HIDARI URAKEN JODAN UCHI.
MIGI ZENWAN MUNE MAE SUIHE KAMAE.

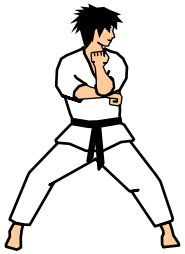


KIBA DACHI

17

TURN HEAD TO LEFT.
UPPER BODY AS BFORE.

KAO HIDARI MUKI.



KIBA DACHI

18

RIGHT FOOT IN FRONT, CROSSED FEET STANCE.
UPPER BODY AS BEFORE.

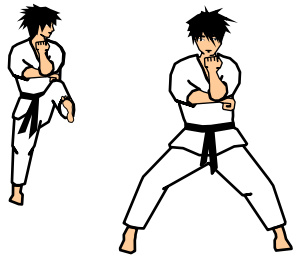


MIGI ASHI MAE KOSA-DACHI.

19

TURN HEAD TO FRONT.
LEFT STAMPING KICK.
UPPER BODY AS BEFORE.

KAO SHOMEN MUKI.
HIDARI FUMIKOMI ASHI.



KIBA DACHI

20

MIDDLE LEVEL BLOCK WITH LEFT FOREARM.
RIGHT ARM AS IS.

HIDARI ZENWAN CHUDAN UCHI OTOSHI.

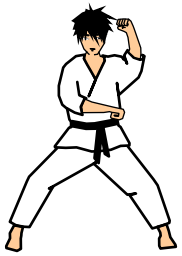


KIBA DACHI

21

UPPER LEVEL SWEEPING BLOCK WITH LEFT BACK-ARM.

HIDARI HAIWAN JODAN UCHI NAGASHI-UKE.

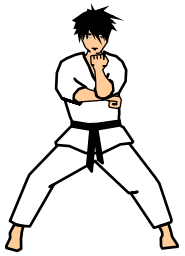


KIBA DACHI

22

UPPER LEVEL CLOSE PUNCH WITH LEFT FIST.

HIDARI URAKEN JODAN UCHI.



KIBA DACHI

23

LEFT FIST AT LEFT SIDE.
RIGHT PALM ON LEFT FIST.

SAKEN HIDARI KOSHI.
UCHO SAKEN UE.



KIBA DACHI

24

MIDDLE LEVEL STRAIGHT PUNCH WITH LEFT FIST.
RIGHT PALM AS IS.

SAKEN CHUDAN ZUKI.
MIGI TE KOKO HIDARI HIJI-YOKO.

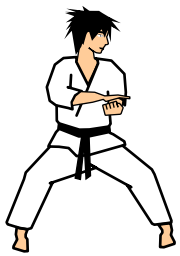


KIBA DACHI

25

TURN HEAD TO LEFT.
TURN LEFT FIST OVER.

KAO HIDARI MUKI.
HIDARI ZEN-WAN HINERI.



KIBA DACHI

26

RIGHT FOOT IN FRONT, CROSSED FEET STANCE.



MIGI ASHI MAE KOSA-DACHI.

27

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

HIDARI ZENWAN HIDARI SOKUMEN GEDAN UKE.



KIBA DACHI

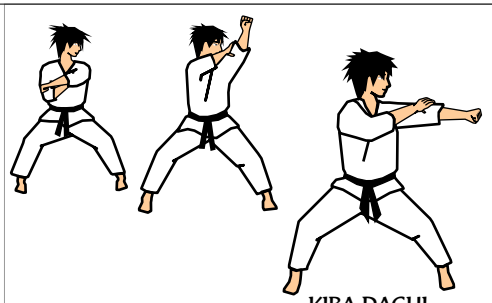
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TEKKI SANDAN 3 / 3

28

LOWER LEVEL SWING TO LEFT SIDE WITH LEFT FIST.
RIGHT PALM SUPPORTING LEFT ELBOW.

HIDARI ZENWAN HIDARI SOKUMEN GEDAN FURISUTE.



KIBA DACHI

29

PULL LEFT FIST TO LEFT SIDE.
RIGHT PALM ON LEFT FIST.

KAO SHOMEN MUKE SAKEN HIDARI KOSHI. USHO SAKEN UE.



KIBA DACHI

30

MIDDLE LEVEL STRAIGHT PUNCH WITH LEFT FIST.
RIGHT PALM AS IS.

SAKEN CHUDAN ZUKI. MIGI-TE-KOKO HIDARI HIJI-YOKO



KIBA DACHI

31

MIDDLE LEVEL GRASPING BLOCK TO RIGHT SIDE WITH RIGHT PALM.
LEFT FIST TO LEFT SIDE.

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

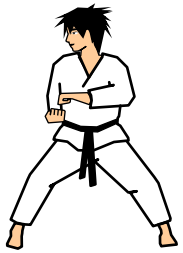


KIBA DACHI

32

HOOK PUNCH WITH LEFT FIST.
RIGHT FIST AT RIGHT SIDE.

SAKEN KAGI-ZUKI. UKEN MIGI KOSHI.



KIBA DACHI

33

LEFT FOOT IN FRONT, CROSSED FEET STANCE.
UPPER BODY AS BEFORE.

HIDARI ASHI MAE KOSA-DACHI.

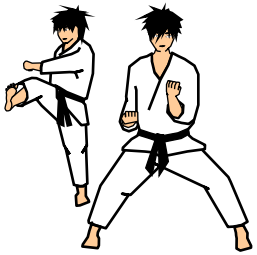


HIDARI ASHI MAE KOSA-DACHI.

34

LEFT MIDDLE LEVEL BLOCK, INSIDE OUTWARDS.
RIGHT FIST AS IS.
TURN HEAD TO FRONT.

KAO SHOMEN MUKE MIGI ASHI FUMIKOMI HIDARI CHUDAN UCHI UKE.

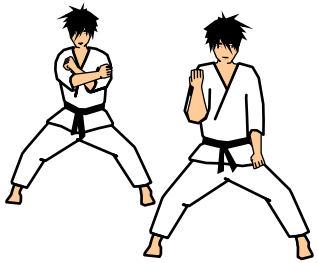


KIBA DACHI

35

RIGHT MIDDLE LEVEL BLOCK INSIDE OUTWARD.
LEFT LOWER LEVEL BLOCK

MIGI CHUDAN UCHI UKE.
HIDARI GEDAN UKE.

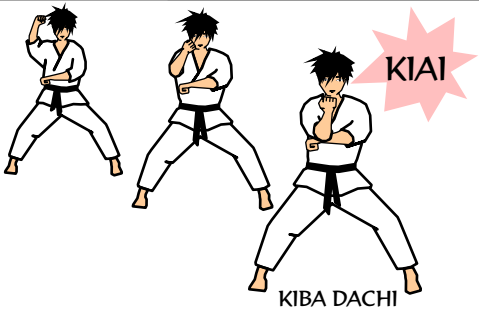


KIBA DACHI

36

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

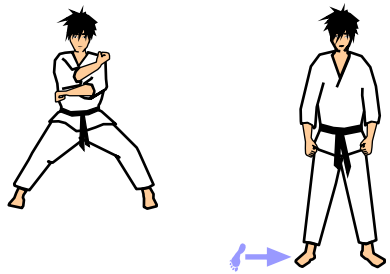
MIGI HAIWAN JODAN UCHI NAGASHI - UKE. HIDARI ZENWAN MUNE MAE SUIHE KAMAE. MIGI URAKEN GEDAN UCHI.



KIBA DACHI

WITHDRAW RIGHT LEG TO RETURN TO SHIZENTAI

YAME. RYOKEN DAITAI MAE



HACHIJI DACHI

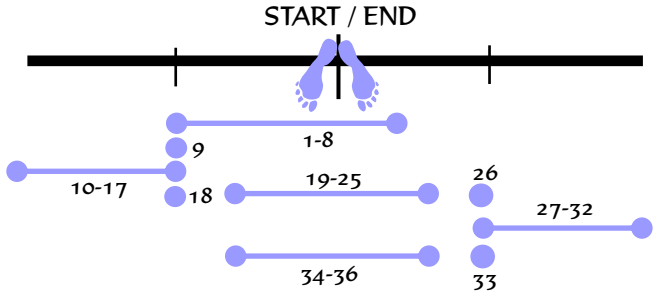
REI



MUSUBI-DACHI

EMBUSEN

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



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