TEKKI SHODAN 1 /2 (approx. 50 seconds)

THE EMBUSEN OF THE FIRST TEKKI KATA IS PERFORMED IN A STRAIGHT LINE. IT CONSISTS OF 29 MOVES, 4 OF WHICH ARE HEAD MOVES WHICH MUST BE PERFORMED STRONGLY



YOI

THIS IS A NEW POSITION WITH LEFT HAND ON TOP OF RIGHT, TOES TOUCHING

1

TURN HEAD TO RIGHT
CROSS LEFT LEG IN FRONT OF RIGHT

KAO MIGI MUKI
JOTAI SONO MAMA



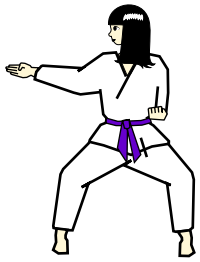
KOSA DACHI

2



MIDDLE LEVEL HOOKING BLOCK WITH RIGHT PALM STAMP INTO SIDE STANCE

MIGI SHO MIGI SOKUMEN CHUDAN KAKE UKE

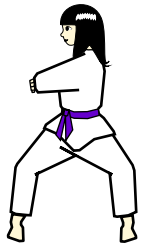


KIBA DACHI

3

MID LEVEL STRIKE WITH LEFT ELBOW TO RIGHT
RIGHT PALM TO LEFT ELBOW
MAINTAIN SIDE STANCE

HIDARI EMPI CHUDAN UCHI
MIGI SHO HIDARI HIJI ATE

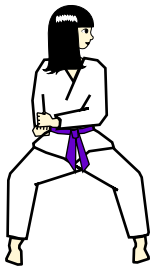


KIBA DACHI

4

CUP AND SAUCER TO RIGHT SIDE
TURN HEAD TO LEFT

RYO KEN MIGI KOSHI KAMAE
KAO HIDARI MUKI



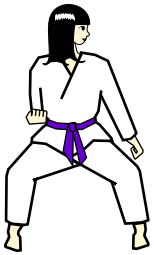
KIBA DACHI

5



LEFT DOWNWARD BLOCK

HIDARI GEDAN BARAI

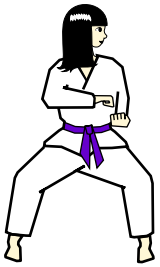


KIBA DACHI

6

HOOK PUNCH WITH RIGHT FIST
RIGHT FOREARM HORIZONTAL

MIGI KEN KAGI ZUKI



KIBA DACHI

7

CROSS RIGHT FOOT OVER LEFT
MAINTAIN UPPER BODY POSITION

MIGI ASHI MAE KOSA DACHI
JOTAI SONO MAMA

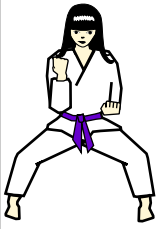


KOSA DACHI

8

RIGHT MIDDLE LEVEL BLOCK
TURN HEAD TO FRONT
STRONG STAMPING KICK TO LEFT

MIGI CHUDAN UCHI UKE
KAO SHOMEN MUKI

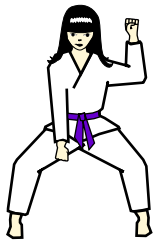


KIBA DACHI

9a

UPPER LEVEL SWEEPING BLOCK WITH LEFT BACKARM
RIGHT DOWNWARD BLOCK

HIDARI HAIWAN JODAN NAGASHI UKE
MIGI GEDAN BARAI



KIBA DACHI

9b



CLOSE UPPER LEVEL PUNCH WITH LEFT FIST
RIGHT FIST UNDER LEFT ELBOW

HIDARI KEN JODAN URA ZUKI

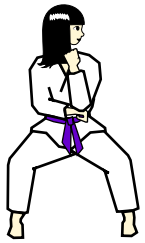


KIBA DACHI

10

TURN HEAD TO LEFT
MAINTAIN UPPER BODY POSITION

KAO HIDARI MUKI
JOTAI SONO MAMA



KIBA DACHI

11a

LEFT RETURNING WAVE KICK
MAINTAIN UPPER BODY POSITION

HIDARI ASHI NAMI GAESHI
JOTAI SONO MAMA



11b

MIDDLE LEVEL BLOCK TO LEFT SIDE WITH LEFT ARM

HIDARI UDE CHUDAN UKE



KIBA DACHI

12

TURN HEAD TO RIGHT

KAO MIGI MUKI



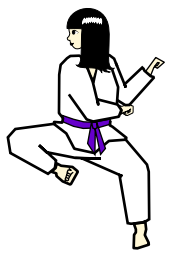
KIBA DACHI

13a



RIGHT RETURNING WAVE KICK
MAINTAIN UPPER BODY POSITION

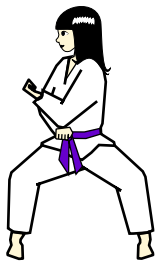
MIGI ASHI NAMI GAESHI
JOTAI SONO MAMA



13b

MIDDLE LEVEL BLOCK TO RIGHT SIDE WITH LEFT ARM

HIDARI UDE MIGI SOKUMEN CHUDAN UKE

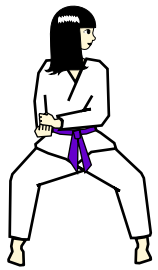


KIBA DACHI

14

CUP AND SAUCER TO RIGHT SIDE
AT THE SAME TIME
TURN HEAD TO LEFT

RYO KEN MIGI KOSHI KAMAE
KAO HIDARI MUKI



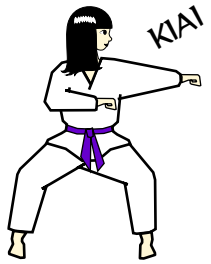
KIBA DACHI

15

MIDDLE LEVEL PUNCH TO LEFT SIDE WITH LEFT FIST
MIDDLE LEVEL HOOK PUNCH WITH RIGHT FIST

KIAI

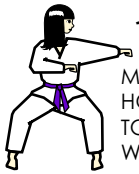
HIDARI KEN HIDARI SOKUMEN CHUDAN ZUKI
MIGI KEN CHUDAN KAGI ZUKI



KIBA DACHI

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TEKKI SHODAN 2 / 2

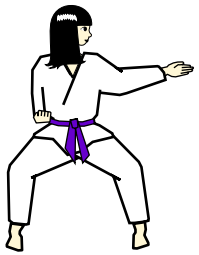


16

MIDDLE LEVEL
HOOKING BLOCK
TO LEFT SIDE
WITH LEFT PALM
RIGHT FIST TO HIP



HIDARI SHO HIDARI SOKUMEN
CHUDAN KAKE UKE

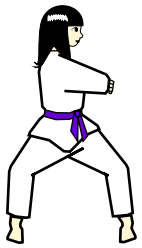


KIBA DACHI

17

MID LEVEL STRIKE WITH
RIGHT ELBOW TO LEFT.
LEFT PALM TO
RIGHT ELBOW
MAINTAIN SIDE STANCE

MIGI EMPI CHUDAN UCHI

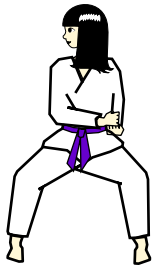


KIBA DACHI

18

CUP AND SAUCER TO
LEFT SIDE
TURN HEAD TO RIGHT

RYO KEN HIDARI
KOSHI KAMAE
KAO MIGI MUKI

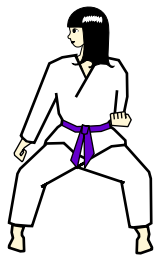


KIBA DACHI

19

RIGHT
DOWNWARD
BLOCK

MIGI GEDAN BARAI



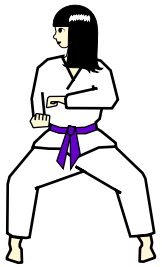
KIBA DACHI



20

HOOK PUNCH
WITH LEFT FIST
LEFT FOREARM
HORIZONTAL

HIDARI KEN
KAGI ZUKI



KIBA DACHI

21

CROSS LEFT FOOT
OVER RIGHT
MAINTAIN UPPER
BODY POSITION

HIDARI ASHI MAE
KOSA DACHI
JOTAI SONO MAMA

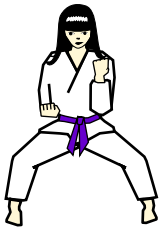


KOSA DACHI

22

LEFT MIDDLE LEVEL
BLOCK
TURN HEAD TO
FRONT
STRONG STAMPING
KICK TO RIGHT

HIDARI CHUDAN
UCHI UKE
KAO SHOMEN MUKI

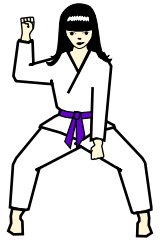


KIBA DACHI

23a

UPPER LEVEL SWEEPING
BLOCK WITH RIGHT
BACKARM
LEFT DOWNWARD
BLOCK

MIGI HAIWAN JODAN
NAGASHI UKE
HIDARI GEDAN BARAI



KIBA DACHI

23b

CLOSE UPPER
LEVEL PUNCH
WITH RIGHT FIST

MIGI KEN
JODAN URA
ZUKI



KIBA DACHI

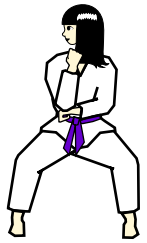


24

TURN HEAD
TO RIGHT

MAINTAIN
UPPER
BODY
POSITION

KAO MIGI MUKI
JOTAI SONO MAMA



KIBA DACHI

25a

RIGHT RETURNING
WAVE KICK
MAINTAIN UPPER BODY
POSITION

MIGI ASHI NAMI
GAESHI
JOTAI SONO MAMA



25b

MIDDLE LEVEL BLOCK TO
RIGHT SIDE WITH
RIGHT ARM

MIGI UDE MIGI SOKUMEN
CHUDAN UKE



KIBA DACHI

26

TURN HEAD TO LEFT
MAINTAIN BODY POSITION

KAO HIDARI MUKI
JOTAI SONO MAMA



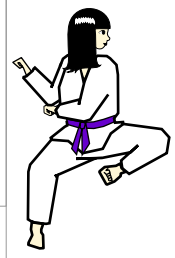
KIBA DACHI



27a

LEFT RETURNING
WAVE KICK
MAINTAIN UPPER
BODY POSITION

HIDARI ASHI NAMI GAESHI
JOTAI SONO MAMA



27b

MIDDLE LEVEL
BLOCK
TO LEFT SIDE
WITH RIGHT ARM
STRONG STAMPING
KICK

MIGI UDE
CHUDAN UKE

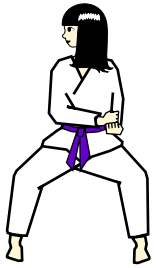


KIBA DACHI

28

CUP AND SAUCER
TO LEFT SIDE
TURN HEAD TO
RIGHT

RYO KEN HIDARI
KOSHI KAMAE
KAO MIGI MUKI



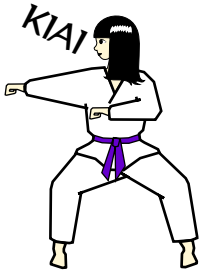
KIBA DACHI

29

MIDDLE LEVEL PUNCH TO
RIGHT SIDE WITH RIGHT FIST
MIDDLE LEVEL HOOK PUNCH
WITH LEFT FIST

KIAI

MIGI KEN MIGI SOKUMEN
CHUDAN ZUKI
HIDARI KEN CHUDAN
KAGI ZUKI



KIBA DACHI

ON INSTRUCTION
'NAORE'

BRING RIGHT
FOOT IN TO
SLOWLY
RETURN
TO NEW
YOI
POSITION



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