

Ten No Kata

(Kata of the Universe, or Kata of the Heavens)



From Hachi-ji-dachi or Shizen Dachii (*natural stance*)

1. Step forward into right forward stance with mid-level lunge punch. Return to original stance and position.
2. Step forward into left forward stance with mid-level lunge punch. Return to original stance and position.
3. Step forward into right forward stance with face level lunge punch. Return to original stance and position.
4. Step forward into left forward stance with face-level lunge punch. Return to original stance and position.
5. Step forward into left forward stance with mid-level reverse punch. Return to original stance and position.
6. Step forward into right forward stance with mid-level reverse punch. Return to original stance and position.
7. Step forward into left forward stance with face-level reverse punch. Return to original stance and position.
8. Step forward into right forward stance with face-level reverse punch. Return to original stance and position.
9. Step back with right foot into left “fudo dachi” with left downward sweeping block. Shift feet into left forward stance with mid-level reverse punch. Return to original stance and position.
10. Step back with left foot into right “fudo dachi” with right downward sweeping block. Shift feet into right forward stance with mid-level reverse punch. Return to original stance and position.
11. Step back with right foot into left “fudo dachi” with left inside block. Shift feet into left forward stance with face level reverse punch. Return to original stance and position.
12. Step back with left foot into right “fudo dachi” with right inside block. Shift feet into right forward stance with face level reverse punch. Return to original stance and position.
13. Step back with right foot into left back stance with left knife hand block. Shift feet into left forward stance with right mid-level spear hand attack. Return to original stance and position.
14. Step back with left foot into right back stance with right knife hand block. Shift feet into right forward stance with left mid-level spear hand attack. Return to original stance and position.
15. Step back with right foot into left back stance with left “jodan shuto barai” (bring draw hand to hip). Shift feet into left forward stance with face level reverse punch. Return to original stance and position.
16. Step back with left foot into right back stance with right “jodan shuto barai” (bring draw hand to hip). Shift feet into right forward stance with face level reverse punch. Return to original stance and position.
17. Step back with right foot into left “fudo dachi” with left rising forearm block. Shift feet into left forward stance with mid-level reverse punch. Return to original stance and position.
18. Step back with left foot into right “fudo dachi” with right rising forearm block. Shift feet into right forward stance with mid-level reverse punch. Return to original stance and position.
19. Step back with right foot into left “fudo dachi” with left outside forearm block. Shift feet into left forward stance with face level reverse punch. Return to original stance and position.
20. Step back with left foot into right “fudo dachi” with right outside forearm block. Shift feet into right forward stance with face level reverse punch. Return to original stance and position.