

TEKKI SANDAN

The last *Tekki* kata, *Tekki Sandan*, has 36 movements. It is a very quick kata, having a rapid timing with many consecutive techniques performed without pause. T3 offers some new techniques such as *zenwan-uchiotoshi*, *zenwan-hineri*, and *zenwan-gedan-furisute*. Many of the techniques in T3 are executed with the "added hand" (*soete*) for additional support. T3 teaches the student that the added hand may also be used for grabbing or trapping an opponent's techniques. Much of the *bunkai* of this kata revolve around this idea of "trapping," meaning to immobilize the adversary's attacking limbs so that they cannot make further attacks.

| # | Technique | Translation | Stance | Target | Notes |
|----|--|--|------------|------------------|-------------------------|
| 1 | uchi-uke | inside block | kiba-dachi | chudan | |
| 2 | uchi-uke / gedan-uke | insideblock/down block | kiba-dachi | chudan gedan | |
| 3 | zenwan-uchiotoshi / zenwan-osae-uke | forearm falling strike / forearm pressing block | kiba-dachi | chudan chudan | |
| 4 | haiwan-uchi-nagashi- uke | back-arm inside flowing block | kiba-dachi | jodan | |
| 5 | tate-uraken-uchi | vertical back-fist strike | kiba-dachi | jodan | |
| 6 | koshi-kamae | (hands on) hip posture | kiba-dachi | -- | |
| 7 | tsuki (choku-zuki) | punch (straight punch) | kiba-dachi | chudan | |
| 8 | zenwan-hineri | forearm twist | kiba-dachi | chudan | |
| 9 | jotai-sonomama | upper body as is | -- | -- | kosa-ashi slow speed |
| 10 | zenwan-sokumen- gedan-uke (oshi-uke) | low forearm block to side (pushing block) | kiba-dachi | gedan | |
| 11 | zenwan-gedan-furisute | low forearm swing | kiba-dachi | gedan | nakadaka variation |
| 12 | koshi-kamae | (hands on) hip posture | kiba-dachi | -- | |
| 13 | tsuki (choku-zuki) | punch (straight punch) | kiba-dachi | chudan | |
| 14 | uchi-uke / gedan-uke | inside block / down block | kiba-dachi | chudan gedan | |
| 15 | uchi-uke / gedan-uke | inside block / down block | kiba-dachi | chudan gedan | |

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| 16* | haiwan-nagashi-uke & tate-uraken-uchi / zenwan-suihei-mune-kamae | back-arm flowing block & vertical back-fist strike / horizontal forearm posture | kiba-dachi | jodan jodan chudan | ura-zuki variation |
| 17 | kao-muki | head turn | kiba-dachi | -- | |
| 18 | jotai-sonomama | upper body as is | -- | -- | kosa-ashi slow speed |
| 19 | fumikomi | foot stomp | kiba-dachi | gedan | |
| 20 | zenwan-uchiotoshi (zenwan-barai) | forearm falling strike (forearm sweep) | kiba-dachi | chudan | |
| 21 | haiwan-uchi-nagashi-uke | back-arm inside flowing block | kiba-dachi | jodan | |
| 22 | tate-uraken-uchi | vertical back-fist strike | kiba-dachi | jodan chudan | |
| 23 | koshi-kamae | (hands on) hip posture | kiba-dachi | -- | |
| 24 | tsuki (choku-zuki) | punch (straight punch) | kiba-dachi | chudan | |
| 25 | zenwan-hineri | forearm twist | kiba-dachi | chudan | |
| 26 | jotai-sonomama | upper body as is | -- | -- | kosa-ashi slow speed |
| 27 | zenwan-sokumen-gedan-uke (oshi-uke) | low forearm block to side (pushing block) | kiba-dachi | gedan | |
| 28 | zenwan-gedan-furisute | low forearm swing | kiba-dachi | gedan | |
| 29 | koshi-kamae | (hands on) hip posture | kiba-dachi | -- | |
| 30 | tsuki (choku-zuki) | punch (straight punch) | kiba-dachi | chudan | |
| 31 | tsukami-uke (koko-uke) | grasping block (tiger-mouth) | kiba-dachi | chudan | slow speed |
| 32 | kagi-zuki | hook punch | kiba-dachi | chudan | |
| 33 | jotai-sonomama | upper body as is | -- | -- | kosa-ashi slow speed |
| 34 | uchi-uke / fumikomi | inside block / stomp kick | kiba-dachi | chudan gedan | |
| 35 | uchi-uke / gedan-uke | inside block / down block | kiba-dachi | chudan gedan | |

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|-----|--|---|------------|--------------------------|-----------------------|
| 36* | haiwan-nagashi-uke & tate-uraken-uchi / zenwan-suihei-mune- kamae | back-arm flowing block & vertical back-fist strike / horizontal forearm posture | kiba-dachi | jodan jodan chudan | ura-zuki variation |
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