

# TEKKI SHODAN

*Tekki Shodan* is the first kata in the *Tekki* series and is also the first kata that does not start in the traditional *yoi* position. Having 29 counts, it is performed almost entirely in a horse stance. The *embusen* is simply a straight line. Since there is no forward or backward movement, all footwork is accomplished in a sideways manner using the crossing step, or *kosa-ashi*. The crossing step, also known as "stealth step" (*sashi-ashi*), is characteristic of all *Tekki* kata. Another important trademark of the three *Tekki* kata is the *haiwan-nagashi-uke/tate-uraken* combo. New techniques learned in T1 include *kagi-zuki*, *morote-zuki*, and the unique *ashi-namigaeshi*, a very effective technique that only occurs in this kata. For proper kata performance, obviously a strong horse stance is essential, but the student must also understand the difference between hip rotation and hip vibration, similar but slightly distinct concepts. Often neglected but of great importance, head turns must be stressed in this kata. Head turns are regarded as a single count of the kata and must be performed sharply.

#	Technique	Translation	Stance	Target	Notes
1	kao-muki	face turning	--	--	kosa-ashi natural speed
2	fumikomi / kake-uke	stomp kick / hooking block	kiba-dachi	chudan	haishu variation
3	sokumen-mae-empi-uchi	front elbow strike to side	kiba-dachi	--	
4	kao-muki / ryoken-koshi-kamae	face turning / both fists hip posture	kiba-dachi	--	
5	gedan-barai	down block	kiba-dachi	gedan	
6	kagi-zuki	hook punch	kiba-dachi	chudan	
7	jotai-sonomama	upper body as is	--	--	kosa-ashi slow speed
8	fumikomi / uchi-uke	stomp kick / inside block	kiba-dachi	gedan chudan	
9	haiwan-uchi-nagashi-uke / gedan-uke & tate-uraken-uchi / zenwan-suihei-mune- kamae	back-arm inside flowing block / down block & vertical backfist strike / horizontal forearm posture	kiba-dachi	jodan gedan jodan chudan	ura-zuki variation
10	kao-muki	face turning	kiba-dachi	--	
11	ashi-namigaeshi & zenwan-sokumen-uke	returning wave-leg & forearm block to side	kiba-dachi	gedan chudan	
12	kao-muki	face turning	kiba-dachi	--	
13	ashi-namigaeshi & zenwan-sokumen-uke	returning wave-leg & forearm block to side	kiba-dachi	gedan chudan	
14	kao-muki / ryoken-koshi-kamae	face turning / both fists hip posture	kiba-dachi	--	
15*	sokumen-zuki / kagi-zuki (morote-zuki)	punch to side / hook punch (double punch)	kiba-dachi	chudan chudan	

16	kake-uke	hooking block	kiba-dachi	chudan	slow speed haishu variation
17	sokumen-mae-empi-uchi	front elbow strike to side	kiba-dachi	--	
18	kao-muki / ryoken-koshi-kamae	face turning / both fists hip posture	kiba-dachi	--	
19	gedan-barai	down block	kiba-dachi	gedan	
20	kagi-zuki	hook punch	kiba-dachi	chudan	
21	jotai-sonomama	upper body as is	--	--	kosa-ashi slow speed
22	fumikomi / uchi-uke	stomp kick / inside block	kiba-dachi	gedan chudan	
23	haiwan-uchi-nagashi-uke / gedan-uke & tate-uraken-uchi / zenwan-suihei-mune- kamae	back-arm inside flowing block / down block & vertical backfist strike / horizontal forearm posture	kiba-dachi	jodan gedan jodan chudan	ura-zuki variation
24	kao-muki	face turning	kiba-dachi	--	
25	ashi-namigaeshi & zenwan-sokumen-uke	returning wave-leg & forearm block to side	kiba-dachi	gedan chudan	
26	kao-muki	face turning	kiba-dachi	--	
27	ashi-namigaeshi & zenwan-sokumen-uke	returning wave-leg & forearm block to side	kiba-dachi	gedan chudan	
28	kao-muki / ryoken-koshi-kamae	face turning / both fists hip posture	kiba-dachi	--	
29*	sokumen-zuki / kagi-zuki (morote-zuki)	punch to side / hook punch (double punch)	kiba-dachi	chudan chudan	