

# 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<br>natural speed |
| 2   | fumikomi /<br>kake-uke   | stomp kick /<br>hooking block  | kiba-dachi | chudan                            | haishu variation           |
| 3   | sokumen-mae-empi-uchi  | front elbow strike to side   | kiba-dachi | --                                |                            |
| 4   | kao-muki /<br>ryoken-koshi-kamae   | face turning /<br>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<br>slow speed    |
| 8   | fumikomi /<br>uchi-uke   | stomp kick /<br>inside block   | kiba-dachi | gedan<br>chudan                   |                            |
| 9   | haiwan-uchi-nagashi-uke /<br>gedan-uke &<br>tate-uraken-uchi /<br>zenwan-suihei-mune-<br>kamae | back-arm inside flowing<br>block /<br>down block &<br>vertical backfist strike /<br>horizontal forearm posture | kiba-dachi | jodan<br>gedan<br>jodan<br>chudan | ura-zuki<br>variation      |
| 10  | kao-muki   | face turning   | kiba-dachi | --                                |                            |
| 11  | ashi-namigaeshi &<br>zenwan-sokumen-uke  | returning wave-leg &<br>forearm block to side  | kiba-dachi | gedan<br>chudan                   |                            |
| 12  | kao-muki   | face turning   | kiba-dachi | --                                |                            |
| 13  | ashi-namigaeshi &<br>zenwan-sokumen-uke  | returning wave-leg &<br>forearm block to side  | kiba-dachi | gedan<br>chudan                   |                            |
| 14  | kao-muki /<br>ryoken-koshi-kamae   | face turning /<br>both fists hip posture   | kiba-dachi | --                                |                            |
| 15* | sokumen-zuki /<br>kagi-zuki (morote-zuki)  | punch to side /<br>hook punch (double<br>punch)  | kiba-dachi | chudan<br>chudan                  |                            |

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