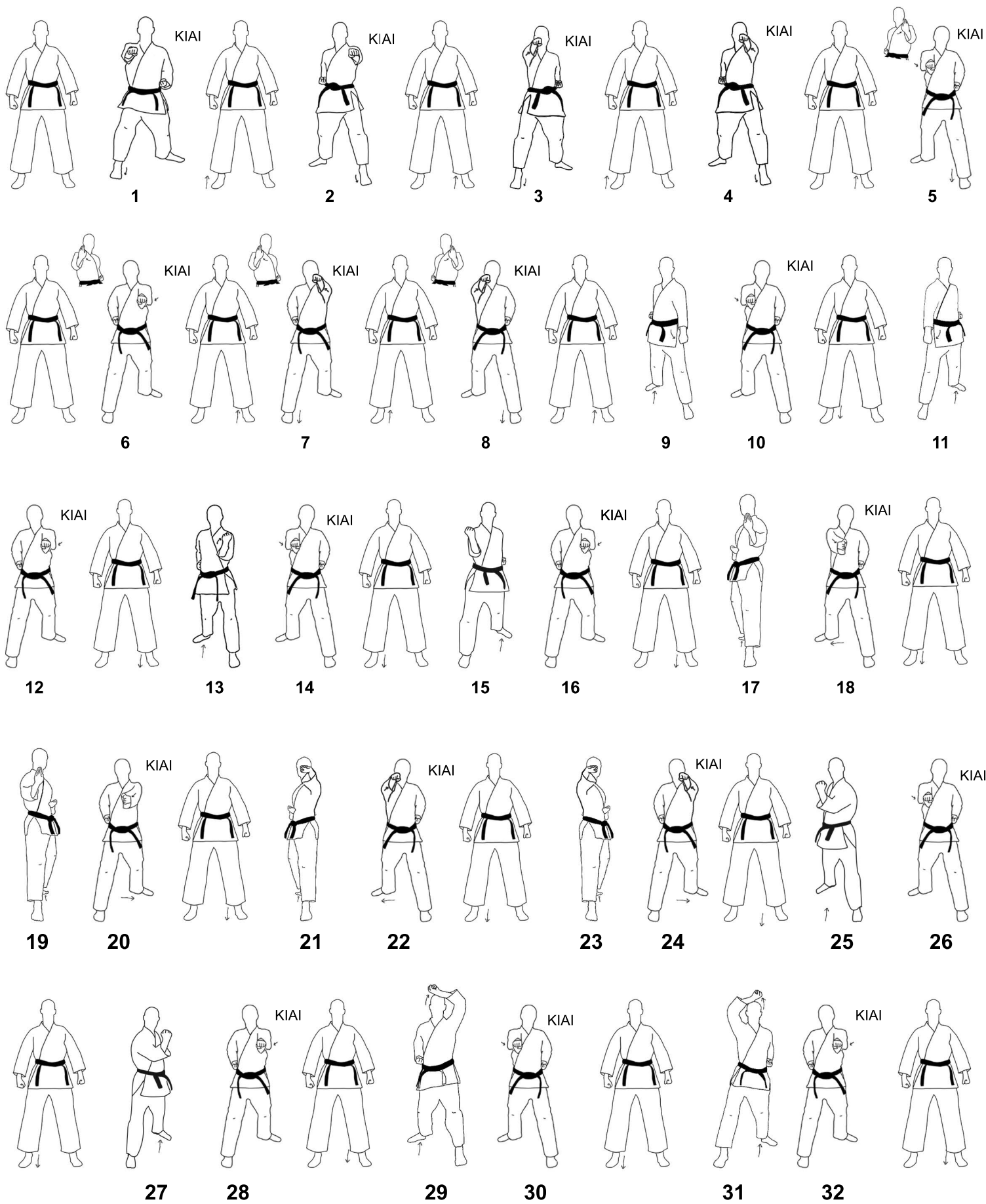


Ten No Kata

(Kata of Heaven)



Diagrams by M. Loftus

Ten No Kata Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			hachiji-dachi	natural stance	
1	migi chudan oi-zuki	right middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
Yoi			hachiji-dachi	natural stance	
2	hidari chudan oi-zuki	left middle-level stepping punch	zenkutsu-dachi	front stance	KIAI
Yoi			hachiji-dachi	natural stance	
3	migi jodan oi-zuki	right upper-level stepping punch	zenkutsu-dachi	front stance	KIAI
Yoi			hachiji-dachi	natural stance	
4	hidari jodan oi-zuki	left upper-level stepping punch	zenkutsu-dachi	front stance	KIAI
Yoi			hachiji-dachi	natural stance	
5	hidari chudan gyaku-zuki	left middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
6	migi chudan gyaku-zuki	right middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
7	hidari jodan gyaku-zuki	left upper-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
8	migi jodan gyaku-zuki	right upper-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
9	hidari gedan-barai	left downward block	fudo-dachi	low & rooted stance	
10	migi chudan gyaku-zuki	right middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
11	migi gedan-barai	right downward block	fudo-dachi	low & rooted stance	
12	hidari chudan gyaku-zuki	left middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
13	hidari chudan uchi-uke	left middle-level inside block	fudo-dachi	low & rooted stance	
14	migi chudan gyaku-zuki	right middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
15	migi chudan uchi-uke	right middle-level inside block	fudo-dachi	low & rooted stance	
16	hidari chudan gyaku-zuki	left middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
17	hidari chudan shuto-uke	left middle-level knife-hand block	kokutsu-dachi	back stance	
18	migi chudan shihon-nukite	right middle-level 4-finger spear-hand strike	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
19	migi chudan shuto-uke	right middle-level knife-hand block	kokutsu-dachi	back stance	
20	hidari chudan shihon-nukite	left middle-level 4-finger spear-hand strike	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
21	hidari jodan shuto baria	left upper-level knife hand sweep	kokutsu-dachi	back stance	
22	migi jodan gyaku-zuki	right upper-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
23	migi jodan shuto baria	right upper-level knife hand sweep	kokutsu-dachi	back stance	
24	hidari jodan gyaku-zuki	left upper-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
25	hidari chudan soto-ude-uke	left middle-level outer block	fudo-dachi	low & rooted stance	alt: upper level block
26	migi chudan gyaku-zuki	right middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
27	migi chudan soto-ude-uke	right middle-level outer block	fudo-dachi	low & rooted stance	alt: upper level block
28	hidari chudan gyaku-zuki	left middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
29	hidari jodan age-uke	left upper rising block	fudo-dachi	low & rooted stance	
30	migi chudan gyaku-zuki	right middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yoi			hachiji-dachi	natural stance	
31	migi jodan age-uke	right upper rising block	fudo-dachi	low & rooted stance	
32	hidari chudan gyaku-zuki	left middle-level reverse punch	fudo-dachi	low & rooted stance	KIAI
Yame			hachiji-dachi	natural stance	

* alt: kia only at last two punches

Stances:

