

# UCSD Sabakukan dojo of Shorinji-Ryu Karate-do

## Tekki Kata

(tekki: iron horse; Tekki kata are performed in a lateral straight line.  
All stances are kiba dachi with the exception of a few kage dachi.)

### Tekki Shodan

(Yoi dachi: pull R foot to L; musubi dachi, shuto hands to the front, left on top, w/thumb, index, and middle finger nails overlapping to form a triangle. Ki to the front, backs of hands.)

1. R (R Kage dachi) double haisho osae uke gedan
  - ✎ *Step L over & directly beside R into kage dachi. Haisho hands remain in place.*
2. R (Kiba dachi) R uchi mikazuki geri jodan/R haisho uke (RS)
  - ✎ *Mikazuki kicks R hand out to RS shuto barai at chest level. Barai is to inside of attacker's L tsuki arm, shuto then slips behind their shoulder/back to hold/pull them into the following empi uchi.*
3. L empi uchi chudan (RS)
  - ✎ *L empi uchi strikes R shuto that has come in to a right angle at elbow. This strike is to the attacker's chest.*
  - ii. Fists drop to R hip stacked palm-to-palm w/L on top
  - iii. L gedan barai (LS)
  - iv. R kage tsuki chudan
    - ✎ *Gedan barai and kage tsuki could be kaitennage.*
4. L (Kiba dachi) L uchi mikazuki geri jodan/R descending uchi uke
  - ✎ *Step R over & directly beside L into kage dachi; R fist remains in place. L kicks R fist up to L shoulder for descending to R uchi uke as coming down into kiba dachi.*
5. L age uke/R tettsui uchi jodan, L morote shita tsuki jodan-**kiai**
  - ✎ *L fist comes behind head from age uke and straight out to shita tsuki (R fist is supporting under L arm). R tettsui is to R side of jodan.*
6. L nami geri/L morote uke (LS)
  - ✎ *Nami geri: comes up before attacker's gedan geri, blocks it w/top of foot/leg, and pushes it down/out in return to kiba dachi. L fist palm down in morote uke.*
7. Re-grip, R nami geri/L morote shita tsuki jodan (RS)
  - ✎ *L morote shita tsuki is uppercut to attacker's chin.*
8. L chasing tsuki (LS)-**kiai**
  - ✎ *Fists drop to R hip stacked palm-to-palm w/L on top. L is shoulder level, R is kage tsuki.*
9. L haisho uke (LS)
  - ✎ *Slight shuffle to L during barai.*
10. R empi uchi chudan (LS)
  - i. Fists drop to L hip stacked w/R on top
  - ii. R gedan barai (RS)
  - iii. L kage tsuki chudan
11. R (Kiba dachi) R uchi mikazuki geri jodan/L descending uchi uke

12. R age uke/L tetsui uchi jodan, R morote shita tsuki jodan-**kiai**
13. R nami geri/R morote uke (RS)
14. Re-grip, L nami geri/R morote shita tsuki jodan (LS)
15. R chasing tsuki (RS)-**kiai**
  - i. Hands open to horizontal shuto, then hands & R foot slowly return to yoi dachi: "as if being blown back by the wind".