

Tekki Nidan

(Yoi dachi: pull R foot to L; musubi dachi, bring fists together at chest level palms down)

1. R (R Kage dachi) bear hug escape
 - ☞ *Rotate fists out 90° (thumbs up) and break contact of first metatarsal joints. Have been grabbed from behind and are dropping out of attack.*
2. R (Kiba dachi) R morote tetsui-heiwan uke chudan
 - ☞ *Uke is ~ in plane w/R side of body, forearm horizontal, fist turned in 45°. L palm down fist is supporting w/first metatarsal joint on inside bone of elbow.*
3. R (Kiba dachi) R morote uke (RS)
 - ☞ *R fist turns to palm-up at initiation of move; L remains in support position. Uke has slight scoop. This move is blocking & catching a L kick to gedan, setting up for a brake/throw: L holds ankle/lower leg while R breaks.*
4. L (L Kage dachi) bear hug escape
 - ☞ *First pulling L foot up to R into original yoi dachi.*
5. L (Kiba dachi) L morote tetsui-heiwan uke chudan
6. L (Kiba dachi) L morote uke (LS)
 - ☞ *As in move 3.*
7. L morote teisho, haisho chudan, R morote uke
 - ☞ *L hand opens and teisho parries to R of chudan, then back to L with haishoj, then R morote uke to front w/L hand supporting in shuto.*
8. R morote empi uchi jodan-**kiai**
 - ☞ *Hands pull back to R hip w/L in shuto hiding R fist as R knee pulls up to hide hands. R empi uchi supported w/fist in L shuto (L elbow down) as stepping back down in to kiba dachi.*
9. R tora kuchi barai, L kagae tsuki chudan
 - ☞ *R hand opens to tora kuchi chudan barai at R 45°, brief pause, then returns to front and retracts to hip pulling out L kagae tsuki.*
10. R (Kiba dachi) R uchi mikazuki geri jodan/L descending uchi uke
 - ☞ *Step L over & directly beside R into kagae dachi; L fist remains in place. R kicks L fist up to R shoulder for descending L uchi uke to front as coming down into kiba dachi.*
11. R age uke/L tetsui uchi jodan, R morote shita tsuki jodan-**kiai**
 - ☞ *R fist comes behind head from age uke and straight out to shita tsuki (L fist is supporting under R arm). L tetsui is to L side of jodan.*
12. R morote teisho, haisho chudan, L morote uke
13. L morote empi uchi jodan-**kiai**
14. L tora kuchi barai, R kagae tsuki chudan
15. L (Kiba dachi) L uchi mikazuki geri/R descending uchi uke
16. L age uke/R tetsui uchi jodan, L morote shita tsuki jodan-**kiai**