

UCSD Sabakukan dojo of Shorinji-Ryu Karate-do

Ten no Kata

(“kata from the heavens,” “celestial kata”)

- Rei
 - Yoi.
1. Step forward with R foot into zenkutsu dachi and perform R chudan hon tsuki. Withdraw to yoi dachi (ready stance). *NOTE: each movement in Ten no kata is immediately followed by a smooth recovery to yoi dachi, not described here. As a result, Ten no Kata is performed “in place,” without advancing more than a step to the front or rear.*
 2. Forward w/ L, L chudan hon tsuki (zenkutsu dachi).
 3. Forward w/ R, R jodan hon tsuki (face level punch) (zenkutsu dachi).
 4. Forward w/ L, L jodan hon tsuki (zenkutsu dachi).
 5. Forward w/ R, half-facing kiba dachi (horse-riding stance), R gedan barai (downward parry) followed by L chudan gyaku tsuki (middle target reverse punch) (zenkutsu dachi).
 6. Forward w/ L, half-facing kiba dachi, L gedan barai, R chudan gyaku tsuki (zenkutsu dachi).
 7. Forward w/ R, kokutsu dachi (back stance), R uchi uke (inside forearm block) followed by L chudan gyaku tsuki (zenkutsu dachi) (R foot over and out in front of L to kokutsu dachi, slide back foot out for zenkutsu dachi / gyaku tsuki).
 8. Forward w/ L, kokutsu dachi, L uchi uke, R chudan gyaku tsuki (zenkutsu dachi).
 9. Forward w/ R, R age uke (rising block), L jodan gyaku tsuki (face level reverse punch) (zenkutsu dachi).
 10. Forward w/ L, L age uke, R jodan gyaku tsuki (zenkutsu dachi). **Kiai!**
 11. Back w/ R, half-facing kiba dachi, L gedan barai, R chudan gyaku tsuki (zenkutsu dachi).
 12. Back w/ L, half-facing kiba dachi, R gedan barai, L chudan gyaku tsuki (zenkutsu dachi).
 13. Back w/ R, kokutsu dachi, L uchi uke, R chudan gyaku tsuki (zenkutsu dachi) (slide back foot out for zenkutsu dachi / gyaku tsuki).
 14. Back w/ L, kokutsu dachi, R uchi uke, L chudan gyaku tsuki (zenkutsu dachi).
 15. Back w/ R, L age uke, R jodan gyaku tsuki (zenkutsu dachi).
 16. Back w/ L, R age uke, L jodan gyaku tsuki (zenkutsu dachi).
 17. Back w/ R, kokutsu dachi, and perform sukui uke (watershed block: double gedan knife-hand parry), followed by L osae uke (pressing block) and R nukite uchi (spear-hand strike, leave osae uke in place) (zenkutsu dachi).
 18. Back w/ L, kokutsu dachi, and perform sukui uke, followed by R osae uke and L nukite uchi (zenkutsu dachi).
 19. Back w/ R, kokutsu dachi, L haewan uke (upper forearm block, with hand in open knife-hand position), turn the L wrist to indicate a seizing movement and perform R jodan gyaku tsuki (zenkutsu dachi).
 20. Back w/ L, kokutsu dachi, R haewan uke (upper forearm block, with hand in open knife-hand position), turn the R wrist to indicate a seizing movement and perform L jodan gyaku tsuki (zenkutsu dachi). **Kiai!**

- Yoi. (*Note: unlikely almost all other Shorinjiryu kata, Ten no kata is closed by stepping forward to yoi dachi.*)
- Rei.
- Yoi.

Randy Brooks
UCSD Sabakukan
10/03