

Tekki Shodan



Preparation. The *kata* proper starts in *yoi* ('ready' or 'attention') stance.



Bring the feet together and cross the hands in front of the body at the lower level. Fingers are straight, together, and pointing down with the left hand on top of the right.



Look over the right shoulder. Drop the hips and cross the left foot over the right. The right heel is flat, the left foot is on the ball of the foot.



Bring the right knee up to the middle level as you set the arms by crossing them with the right arm underneath the left. Both hands are in a knife hand position and are pointing directly to the sides. As you step down, execute a middle level back-hand block with right hand.



Execute a middle level elbow smash with the left hand (bringing the open right hand to the elbow).



Bring the hands down to the right hip, right fist on the bottom (cup and saucer position).



Looking to the right execute a lower level downward block with the left hand.



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Execute a middle level hook punch with the right hand. The hook punch should be angled slightly downwards.



Cross the right leg over the left. The left heel is flat and the right foot is on the ball of the foot.



Look over the right shoulder. Bring the left knee to the middle level.



Step down with the left leg into horse stance and simultaneously execute a middle level inside block with the right hand.



An outside block with the left hand coming up by the head and the right hand performing a lower level downward block.



Execute an upper level close punch with the left hand. The right wrist finishes underneath the left elbow with the right arm in hook punch position.



Look over the left shoulder. Execute a lower level returning wave kick with the left leg. Step down with the left leg into horse stance and sweep the arms to the left. Keeping the right wrist underneath the left elbow, turn the left wrist over so that the palm is now facing away from the body, rather than towards it.



Look over the right shoulder. Execute a lower level returning wave kick with the right leg.

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Step down with the right leg into horse stance and sweep the arms to the right. Keeping the left wrist underneath the right elbow, turn the left wrist over so that the palm is now towards the body, rather than away from it. Bring the hands down to the right hip, right fist on the bottom (cup and saucer position).



Execute a middle level double punch. The left arm is straight and the right arm is in hook punch position. **Kiai** on the double punch.



Bring the left arm under the right armpit. Slowly execute a middle level sweeping backhand block with the left hand, decelerating as the arm moves out.



Execute a middle level elbow smash with the right hand (bringing the open right hand to the elbow).



Bring the hands down to the left hip, left fist on the bottom (cup and saucer position).



Looking to the left execute a lower level downward block with the right hand.



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Execute a middle level hook punch with the left hand. The hook punch should be angled slightly downwards.



Cross the left leg over the right. The right heel is flat and the left foot is on the ball of the foot.



Look over the left shoulder bringing the right knee to the middle level. Step down with the right leg into horse stance.



Simultaneously execute a middle level inside block with the left hand.



An outside block with the right hand coming up by the head and the left hand performing a lower level downward block.



Execute an upper level close punch with the right hand. The left wrist finishes underneath the right elbow with the right arm in hook punch position.



Look over the right shoulder. Execute a lower level returning wave kick with the right leg.



Step down with the right leg into horse stance and sweep the arms to the right. Keeping the left wrist underneath the right elbow, turn the right wrist over so that the palm is now away from the body. Execute a lower level returning wave kick with the right leg.



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Step down with the left leg into horse stance and sweep the arms to the left. Keeping the left wrist underneath the right elbow, turn the left wrist over so that the palm is now towards the body, rather than away from it. Bring the hands down to the left hip, left fist on the bottom (cup and saucer position).



Execute a middle level double punch. The right arm is straight and the left arm is in hook punch position. **Kiai** on the double punch.



Bring the feet together and cross the hands in front of the body at the lower level. Fingers are straight, together, and pointing down with the left hand on top of the right.



The *kata* proper finishes in *yoi* ('ready' or 'attention') stance.