

**Nihon Goshin Karate Do**

# **Dewey's Martial Arts Academy**

**A Dojo for the Whole Family**

## **Tensho Kata**

**Brown Belt**

**1st Kyu**

A. Mokuso  
B. Tensho  
C. Yoi Ki

1. Step into R. sanchin dachi with morote chudan uke.
  2. Quickly execute R. jodan tensho uke while chambering L hand, quickly recoil and slowly execute R. jodan shotei with ki.
  3. Quickly execute R. shita hiza uchi to low area, recoil and slowly execute R gedan shotei with ki.
  4. Slowly execute R. jodan koken uke coming up close to body, then flick R. shuto sakotsu uchi kome with ki.
  5. Execute R. chudan koken uke, R. chudan shotei with ki.
  6. Step into L. sanchin dachi with morote chudan uke.
  7. Quickly execute L. jodan tensho uke, while chambering R hand, quickly recoil and slowly execute L. jodan shotei with ki.
  8. Quickly execute L. shita hiza uchi to low area, recoil and slowly execute gedan shotei with ki.
  9. Slowly execute L. jodan koken uke coming up close to body, then flick L. shuto sakotsu uchi kome with ki.
  10. Execute L. chudan koken uke, L. chudan shotei with ki.
  11. Step into R. sanchin dachi with morote chudan uke.
  12. Quickly execute simultaneously morote tensho uke (right hand in front), quickly recoil and slowly execute morote jodan shotei with ki.
  13. Quickly execute morote shita hiza uchi to low area, recoil and slowly execute morote gedan shotei with ki.
  14. Slowly execute morote jodan koken uke coming up close to body, then flick morote shuto sakotsu uchi kome with ki.
  15. Execute morote chudan koken uke, morote chudan shotei with ki.
  16. Reach out with morote jodan nukite (hands back-to-back), grab opponent's collar, recoil and execute morote chudan nukite, ki.
  17. Repeat step 16.
  18. Repeat step 17.
  19. Step back into L. sanchin dachi, while executing R. mawaishi uke, ki.
  20. Step back into R. sanchin dachi, while executing L. mawaishi uke, ki.
  21. L. heel moves, bring R. foot to left into musubi dachi.
- Naore.

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