



Kata TENCHI

天地

Ten-Chi = Heaven - Earth

Greeting: **Bow***Shizentai*Ansage: **Kata TENCHI**

Possible Attacks	Form / Technique	Explanation
	1. Breathing exercise	Look forward
<i>Futari-gake Ryote-dori</i>	2. Kokyu-nage right	Look forward
<i>Futari-gake Ryote-dori</i>	3. Kokyu-nage left	Look forward
<i>Gyaku-hanmi Katate-dori</i>	4. Atemi / Fuki-age	Move to the left
<i>Gyaku-hanmi Katate-dori</i>	5. Atemi / Fuki-age	Move to the left
<i>Ryote-dori</i>	6. Ryo-Nikyo	Rotate 180° to the right
<i>Ryote-Muna-dori</i>	7. Kime-modoshi	to the right
<i>Jodan-tsuki with Tanto</i>	8. Ikkyo	kneel right
<i>Yokomen-uchi</i>	9. Juji-nage	to the right
<i>Ryote-dori</i>	10. Tenchi-nage	to the right
<i>Morote-dori</i>	11. Kokyu-nage	$\frac{3}{4}$ -turn to the left
<i>Ryote-dori</i>	12. Tenchi-nage	to the left
<i>Yokomen-uchi with Tanto</i>	13. Kote-gaeshi	after 3 Tai-sabaki to the left rear
<i>Shomen-uchi with Tachi</i>	14. Irimi-nage	to the right
<i>Tsuki with Jo</i>	15. Shiho-nage	to the right
<i>Shomen-uchi with Tachi</i>	16. Kesa-gake	rotate 180° to the left
	17. Breathing exercise	Look forward

Bow*Shizentai*