



TEN NO KATA OMOTE

STEPPING FORWARDS:

Chudan Oi-zuki - RIGHT front stance
Chudan Oi-zuki - LEFT front stance
Jodan Oi-zuki - RIGHT front stance
Jodan Oi-zuki - LEFT front stance

Chudan Gyaku-zuki (right fist) - LEFT front stance
Chudan Gyaku-zuki (left fist) - RIGHT front stance
Jodan Gyaku-zuki (right fist) - LEFT front stance
Jodan Gyaku-zuki (left fist) - RIGHT front stance

STEPPING BACKWARDS:

Gedan Barai - LEFT front stance, Chudan Gyaku-zuki (right fist)
Gedan Barai - RIGHT front stance, Chudan Gyaku-zuki (left fist)

Chudan Uchi-uke - LEFT front stance, Chudan Gyaku-zuki (right fist)
Chudan Uchi-uke - RIGHT front stance, Chudan Gyaku-zuki (left fist)

Chudan Shuto-uke - LEFT back stance / Chudan Nukite (right hand) in front stance
Chudan Shuto-uke - RIGHT back stance / Chudan Nukite (left hand) in front stance

Jodan Shuto-barai - LEFT front stance - Jodan Gyaku-zuki (right fist)
Jodan Shuto-barai - RIGHT front stance - Jodan Gyaku-zuki (left fist)

Jodan Age-uke - LEFT front stance - Chudan Gyaku-zuki (right fist)
Jodan Age-uke - RIGHT front stance - Chudan Gyaku-zuki (left fist)

Jodan Soto-uke - LEFT front stance - Chudan Gyaku-zuki (right fist)
Jodan Soto-uke - RIGHT front stance - Chudan Gyaku-zuki (left fist)

SUMMARY:

FORWARDS: Chudan Oi-zuke / Jodan Oi-zuke
Chudan Gyaku-zuki / Jodan Gyaku-zuki

BACKWARDS: Gedan Barai / Chudan Uchi-uke / Chudan Shuto-uke
Jodan Shuto-barai / Jodan Age-uke / Jodan Soto-uke

