

Ten No Kata by Harry Imamura Sensei

Beginners to advanced level Kihon (basic) drills. All levels starts from yoi (ready) position. Execute each technique both left and right side. Start so first punch is the right hand.

Shodan (1st level) - stepping through right zenkutsu dachi (front stance), execute right chudan (mid-level) oi zuki (lunging punch), back to yoi (ready) position. Execute the same on left side or opposite side.

Nidan (2nd level) - stepping through right zenkutsu dachi (front stance), execute right jodan (high level) oi zuki (lunging punch), back to yoi (ready) position. Execute the same on left side or opposite side.

Sandan (3rd level) - stepping through left zenkutsu dachi (front stance), execute right chudan (mid-level) gyaku zuki (reverse punch), back to yoi (ready) position. Execute the same on left side or opposite side

Yondan (4th level) - stepping through left zenkutsu dachi (front stance), execute right jodan (high-level) gyaku zuki (reverse punch), back to yoi (ready) position. Execute the same on left side or opposite side.

Godan (5th level) - stepping back onto left zenkutsu dachi (front stance), execute left gedan barai (down block), then execute right chudan (mid-level) gyaku zuki (reverse punch), back to yoi (ready) position. Execute same on left side or opposite side.

Rokudan (6th level) - stepping back onto left zenkutsu dachi (front stance), execute left uchi uke (inner form block), then execute right chudan (mid-level) gyaku zuki (reverse punch), back to yoi (ready) position. Execute same on left side or opposite side.

Nanadan or Shichidan (7th level) - stepping back onto left kokutsu dachi (back stance), execute left shuto uke (knife hand block), then switch to left zenkutsu dachi (front stance) execute right chudan (mid-level) gyaku zuki (reverse punch), back to yoi (ready) position. Execute same on left side or opposite side.

Hachidan (8th level) - stepping back onto left kokutsu dachi (back stance), execute left jodan (high-level) haito uke (wedge hand block), then switch to left zenkutsu dachi (front stance) execute right chudan (mid-level) gyaku zuki (reverse punch), back to yoi (ready) position. Execute same on left side or opposite side.

Kyudan (9th level) - stepping back onto left zenkutsu dachi (front stance), execute left age uke (rising block), then execute right chudan (mid-level) gyaku zuki (reverse punch), back to yoi (ready) position. Execute same on left side or opposite side.

Judan (10th level) - stepping back onto left zenkutsu dachi (front stance), execute left soto uke (outer form block), then execute right chudan (mid-level) gyaku zuki (reverse punch), back to yoi (ready) position. Execute same on left side or opposite side.