

kata

tenchi ken 1

- *hidari chudan gamae*
- *ichi:* hidari mae chidori ashi, jodan choku zuki
- *ni:* migi yose ashi, migi chudan gyaku zuki
- *san:* heima dachi (*left*), migi soto uke, hidari yoko kagi zuki
- *shi:* hidari hiraki sagari, migi uwa uke
- *go:* migi ushiro yose ashi, hidari shita uke, migi uchi uke
- *roku:* hikimi (*abdomen*), migi uchi harai uke, hidari soto uke
- *shichi:* migi keri age
- *hachi:* migi hiraki sagari, hidari shita uke, hidari ichiji gamae; zanshin
- *ku:* migi mae yose ashi, [kesshu dachi]

tenchi ken 2

- *hidari ichiji gamae*
- *ichi, ni:* hidari mae chidori ashi, jodan yoko furi zuki, chudan gyaku zuki
- *san:* heima dachi (*left*), migi uchi age, hidari yoko kagi zuki
- *shi, go:* sashi kae ashi (*right*), jodan chodan zuku (*right*), chudan gyaku zuki (*left*)
- *roku, shichi:* jun sgarai (*left*), uchi uke (*right*), uchi otoshi uke, soto uke (*left*), nio uke (*nio gamae*), keri age (*right*)
- *hachi:* hiraki sagari (*right*), shita uke (*left*), hidari ichiji gamae; zanshin.
- *ku:* mae yose ashi (*right*), [kesshu dachi]

tenchi ken 3

- *hidari ichiji gamae*
- *ichi, ni, san:* hidari mae chidori ashi, jodan yoko furi zuki, chudan gyaku zuki (30%) mawashi geri (60%)
- *shi, go:* mae chidori ashi (*right*), shuto giri (*right*), chudan gyaku zuki (*left*)
- *roku, shichi:* jun sagari (*left*), shita uke (*right*), keri age (*right*)
- *hachi:* yoko kagi ashi (*right*), zen tenkan, hidari ichiji gamae, zanshin
- *ku:* mae yose ashi (*right*), [kesshu dachi]

tenchi ken 4

- *hidari ichiji gamae*
- *ichi, ni, san, shi:* gyaku geri (*right*), tobi geri (*left*), tobi niren geri, shuto giri (*left*), chudan gyaku zuki (*right*)
- *go, roku:* jun sagari (*right*), shita uke (*left*), keri age (*left*)
- *shichi:* migi han tenkan, migi ichiji gamae, zanshin
- *hachi:* mae yose ashi (*right*), [kesshu dachi]

tenchi ken 5

- *migi ichiji gamae*
- **ichi, ni:** uchi harai uke (*right*), keri age (*right*)
- **san, shi:** mae kagi ashi dachi (*right*), uchi harai uke (*left*), [ichiji gamae], taka geri (*left*), [fuji komi]
- **go, roku:** mae kagi ashi dachi (*left*), uchi harai uke (*right*), sokuto geri, tsuruashi dachi
- **shichi, hachi:** jodan choku zuki (*right*), soto uke (*right*), chudan gyaku zuki (*left*)
- **ku:** uchi harai uke (*right, closed*), [gedan gamae]
- **ju:** yoko kagi ashi, uchi harai uke (*left, open*), zen tenkan, [hidari ichiji gamae, zanshin]
- **ju-icho:** mae yose ashi, [kesshu dachi]

tenchi ken 6

- *hidari ichiji gamae*
- **ichi, ni:** mae yose ashi (*right*), uchi harai (*left*), yoko geri (*left*), [ichiji gamae (*left*)]
- **san, shi:** juji ashi (*left crosses right*), uchi harai (*right*), soto uke (*left*), yoko geri (*right*), [tsuru ashi dachi]
- **go, roku, shichi:** jodan choku zuki (*right*), chudan gyaku zuki (*left*), [kokutsu dachi], jodan modori zuki (*right*)
- **hachi, ku:** keri age (*right*), hidari han tenkan, uchi harai uke (*left*), [hidari ichiji gamae, zanshin]
- **ju:** mae yose ashi, [kesshu dachi]

giwa ken 1

- *hidari ichiji*
- **ichi, ni:** mae chidori ashi, jodan zuki (*left*); chudan gyaku zuki
- **san, shi:** jun sagari, soto uke (*right*), uchi uke, uchi otoshi uke (*left*), nioke; nio gamae, keri age (*left*), ichiji gamae, zanshin.
- **go, roku:** yoko kagi ashi, zen tenkan; (migi) gedan gamae, chudan gamae
- *repeat with right side.*

giwa ken 2

- *hidari chudan gamae*
- **ichi, ni, san:** mae chidori ashi (*left*), uchi uke (*left*), yoko furimi, chudan gyaku zuki (*right*), gyaku geri (*right*)
- **shi, go:** jun sagari, shita uke (*left*), keri age (*left*), [hidari ichiji gamae, zanshin]
- **roku, shichi:** han tenkan (*right*), chudan gamae
- *repeat until original facing*

byakuren ken 1

- *hidari taiki gamae*
- **ichi, ni, san:** chidori ashi (*left*, uchi uke (*left*), shuto giri (*left*), chudan choku zuki (*right*)

- **shi, go:** jun sagari (*right*), shita uke (*left*), keri age (*left*)
- **roku, shichi:** yoko kagi ashi, zen tenkan; (migi) taiki gamae
- *repeat with right side, finish with hidari ichiji gamae*

ko manji ken (manji no kata)

- *uchi otoshi (right, closed), migi gedan gamae*
- **ichi, ni, san:** sashi kae ashi (*left*), soto uke (*right*), jodan zuki (*left*); chudan gyaku dachi (*right*), [zenkutsu dachi]; shita uke (*left*), [ichiji gamae, kokutsu dachi]
- **shi, go, roku:** uchi uke (*left*), chudan gyaku zuki, gyaku geri (*right*)
- **shichi, hachi:** [kokutsu dachi], shita uke (*left*), [hidari ichiji gamae], migi ken uke
- **ku:** yoko kagi ashi (*left*), migi han tenkan, migi uchi otoshi, [migi gedan gamae, zanshin]
- *repeat until original facing, optionally in combination with ryo-o-ken or tan-en embu of ryu-kei techniques*

ryuo ken 1

- kote nuki tan en: *migi chudan gamae*
- **ichi, ni:** sashi kae ashi (*left*), kagi te shuho (*right*), ura te uchi (*left, from chudan gamae*)
- **san, shi:** mae yose ashi (*right*), ko-te nuki (*right*), ura ken (*to sango and yongo*)
- **go:** kani ashi (*right*), hidari chudan choku zuki
- **roku, shichi:** fumikomi ashi (*left*), yoko furimi (*left*), migi jodan choku zuki, [migi ichiji gamae], yoko kagi ashi (*left*), migi mawashi geri, juji ashi sagari
- **hachi:** migi hiraki sagari, hidari shita uke, [hidari ichiji gamae, zanshin]
- **ku:** mae yose ashi (*right*), [kesshu dachi]

ryuo ken 2

- yori nuki tan en: *migi chudan gamae*
- **ichi, ni:** sashi kae ashi (*left*), kagi te shuho (*right*), ura te uchi (*left, from chudan gamae*)
- **san, shi:** yori nuki (*right*), kumade (*right*)
- **go:** kani ashi (*right*), hidari chudan choku zuki
- **roku, shichi:** fumikomi ashi (*left*), yoko furimi (*left*), migi jodan choku zuki, [migi ichiji gamae], yoko kagi ashi (*left*), migi mawashi geri, juji ashi sagari
- **hachi:** migi hiraki sagari, hidari shita uke, [hidari ichiji gamae, zanshin]
- **ku:** mae yose ashi (*right*), [kesshu dachi]

ryuo ken 3

- ryote yori nuki tan en: *hidari chudan gamae (offer both hands)*
- **ichi:** sashi kae ashi (*left*), kagi te shuho (*right and left*)
- **ni, san:** yori nuki (*right*), me uchi (*right*), chudan zuki (*right*)
- **shi, go:** sashi kae ashi (*right*), yori nuki (*left*), kumade (*left*)
- **roku:** shita uke
- **shichi:** hidari hiraki sagari, migi shita uke, [migi ichiji gamae, zanshin]

ryu no kata

- gyaku gote form of ryuo ken 1