

002-1002 - Tensho

Summary

The *soft* in goju, designed as a somewhat meditative kata translating as "rotating palm."

Type	Pattern
Sub-Type	Kata
Introduced at	Varies Assessed at 5th Kyu

Video

<https://www.youtube.com/embed/sONAxRk1-3I?si=nz0QRRoVdOKSdUg7>

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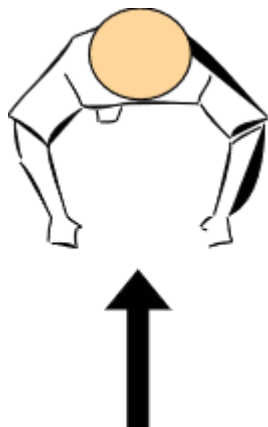
Pattern

As there is no count for this kata, the pattern will be split by when the stance changes and we move forward/back

Movements notated with a > under them are performed either sequentially or simultaneously.

	Enbu-sen	Stance	Technique
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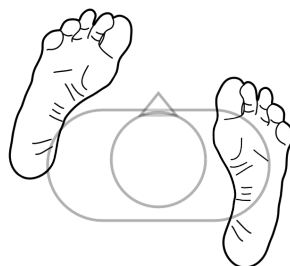
1



R short stance

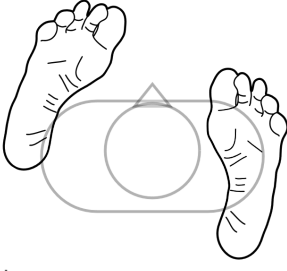
Eyes: 12 O'Clock
Stepping forward from yoi
Double middle block
L pulls back to hikite
R opens, palm turns to face floor, pulls back to hikite
R palm turns upward, hand moves up to shoulder height, rotates in to push at shoulder level
R palm turns down, hand moves to hip, push at hip level
R hand vertical keito Uke
> to R hand vertical seiryuto ate (paint the fence)
R hand horizontal keito Uke
> to R hand horizontal seiryuto ate (paint the house)

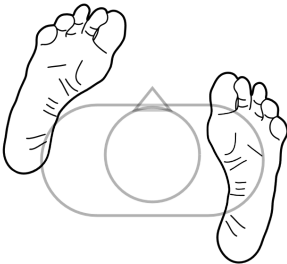
2



L short stance

Eyes: 12 O'Clock
Stepping forward from previous count
L middle block
L opens, palm turns to face floor, pulls back to hikite
L palm turns upward, hand moves up to shoulder height, rotates in to push at shoulder level
L palm turns down, hand moves to hip, push at hip level
L hand vertical keito Uke
> to L hand vertical seiryuto ate (paint the fence)
L hand horizontal keito Uke
> to L hand horizontal seiryuto ate (paint the house)

3	 R short stance	Eyes: 12 O'Clock Stepping forward from yoi Double middle block Both hands open, palms turns to face floor, pulls back to hikite Palms turns upward, hand moves up to shoulder height, rotates in to push at shoulder level Palms turn down, hand moves to hip, push at hip level Both hands vertical keito Uke > to both hands vertical seiryuto ate (paint the fence) Both hands horizontal keito Uke > to both hands horizontal seiryuto ate (paint the house) Hands open to hikite > to double middle knife hand strike
4	 L short stance	Hands open to hikite > to double middle knife hand strike
5	 R short stance	Hands open to hikite > to double middle knife hand strike

6	 L short stance	R hand mawashi uke
7	 R short stance	L hand mawashi uke (You should finish two steps back from your starting position)