



Tekki Shodan

Tekki means iron horse or horse stance. Tekki Shodan is the first of the series. The tekki kata are shorei kata, emphasizing strong, powerful techniques. These kata were revised or created by Yasutsune Itosu. Funakoshi was required to spend three years learning each tekki kata. (At that time, students would spend several years learning a kata).

Tekki Shodan was originally called Naihanchi and was revised by Itosu; Tekki Nidan and Sandan were created by Itosu.

It is not clear why performance is on a single line, although the kata is sometimes taught as being performed in armour and/or on horseback (this would not be a practical application). The meaning of the kata could also be defense with ones back against a wall; or, in a boat.

The major points are lower body strength, hip vibration and side stance. There are 29 movements, which should take about 50 seconds to perform.

Preparation

- attention stance
 - bow
 - state the name of the kata: "Tekki Shodan"
 - bring the feet together and cross the hands in front of the body at the lower level, fingers are straight and pointing down with the left hand on top of the right
1. Look over the right shoulder to the east. Cross the left foot over the right. The right heel is flat and the left foot is on the ball of the foot. The toes should be in line with each other (i.e. the left foot should not be in front of the right).
 2. Continue looking over the right shoulder to the east. Bring the right knee up to the middle level facing the north as you set the arms by crossing them with the right arm underneath the left. Both hands are in a knife hand position and are pointing directly to the sides. Continue by moving the leg out in a circular manner as you step down with the right foot into horse stance. As you step down, execute a middle level backhand block with right hand.
 3. Continue looking over the right shoulder to the east. Execute a middle level elbow smash with the left hand to the east (bringing the open right hand to the elbow, forearms finishing parallel to the ground). Simultaneously look over the left shoulder to the west and sharply bring the hands down to the right hip, setting as if performing a back fist strike with the right fist on the bottom (cup



- and saucer position). Execute a lower level downward block with the left hand to the west. Execute a middle level hook punch with the right hand.
4. Continue looking to the west. Cross the right leg over the left. The left heel is flat and the right foot is on the ball of the foot. Additionally, the toes should be in line with each other (i.e. the right foot should not be in front of the left foot). Look over the right shoulder to the north. Bring the left knee to the middle level facing the north. Moving the left out in a circular manner, step down with the left leg into horse stance and simultaneously execute a middle level inside block with the right hand.
 5. Continue looking straight ahead (north). Set as if performing a downward block with the right hand on top. Set as if performing an outside block with the left hand coming up by the head and the right hand performing a lower level downward block. Execute an upper level close punch with the left hand (right wrist underneath the left elbow with the right arm in hook punch position).
 6. Look over the left shoulder to the west. Execute a lower level returning wave kick with the left leg. Step down with the left leg into horse stance and execute a middle level outside arm inside sweeping block with the left hand (to the west, right fist still underneath the left elbow).
 7. Look over the right shoulder to the east. Execute a lower level returning wave kick with the right leg. As you step down into horse stance with the right leg, execute a middle level outside arm block with the left hand (to the east, right fist still underneath the left elbow).
 8. Look over the left shoulder to the west. Set using the cup and saucer position with the left hand on top of the right on the right hip. Execute a middle level double punch to the west. The left arm is straight and the right arm is in hook punch position. Kiai on the double punch.
 9. Continue looking over the left shoulder to the west. Set with the left hand for backhand block by bringing the left arm under the right armpit. Slowly execute a middle level sweeping backhand block with the left hand, decelerating as the arm moves out.
 10. Continue looking over the left shoulder to the west. Execute a middle level elbow smash with the right hand to the west (bringing the open left hand to the elbow). Simultaneously look over the right shoulder to the east and sharply bring the hands down to the left hip, setting as if performing a back fist strike with the left fist on the bottom (cup and saucer position). Execute a downward block with the right hand to the east at the lower level. Execute a middle level hook punch with the left hand.
 11. Continue looking to the east. Cross the left leg over the right. The right heel is flat and the left foot is on the ball of the foot, toes in line with each other. Look over the left shoulder to the north. Bring the right knee up to the middle level facing the north. Moving the knee in a circular manner, step down with the right leg into horse stance and simultaneously execute a middle level inside block with the left hand.



12. Continue looking straight ahead (north). Set as if performing a downward block with the left hand on top. Set as if performing an outside block with the right hand coming up by the head and the left hand performing a lower level downward block. Execute an upper level close punch with the right hand (left fist underneath the right elbow, left arm in hook punch position).
13. Look over the right shoulder to the east. Execute a lower level returning wave kick with the right foot. Step down with the right leg into horse stance and execute a middle level outside arm inside sweeping block with the right hand (to the east, left arm in hook punch position).
14. Look over the left shoulder to the west. Execute a lower level returning wave kick with the left leg. As you step down into horse stance with the left leg, execute a middle level outside arm block with the left hand (to the west, left arm in hook position).
15. Look over the right shoulder to the east. Set as if performing a back fist strike with the right hand on top of the right on the right hip (cup and saucer position). Execute a middle level double punch to the west. The right arm is straight and the left arm is in hook punch position. Kiai on the double punch.
16. Look over the left shoulder to the north. Bring the right leg to the leg, assuming attention stance position. Bring the hands together at the lower level, fingers straight and pointing down and the right hand on top of the left. Toes are together.

- assume attention stance by bringing your right leg to your left
- bow
- step out with your right leg into natural stance