

BACKGROUND

Ten No Kata Omote translates to the **Kata of the Universe**. This form is credited to Gichin Funakoshi and appears in the **Karate –Do Kyohan** text book. Each ending strike (fist or spearhand) corresponds to a moment of focus. This instance is called **kimete**, a deciding blow.

By 5th kyu, the student has been exposed to all techniques and terms in Ten No Kata. Ten No Kata does not require a lot of room to practice all the basic techniques making it an ideal form to practice at home or when travelling.

Note: This kata originally uses **Fudo-dachi** (immovable stance) instead of **Zenkutso-dachi** (front stance). In Fudo-dachi, the back leg bends slightly and the hips are in an open stance. Start from a natural stance, step forward into fudo-dachi or zenkutsu-dachi. Right front stance means right leg forward.

Part 1: Lunge Punches & Reverse Punches

- A. Middle Punch:
Step forward (right side) Fudo-dachi, oi zuki (chudan); heiko dachi; Repeat opposite side
- B. Upper Level Punch:
(Right side) Fudo-dachi, oi zuki (jodan); heiko dachi; Repeat opposite side
- C. Middle Reverse Punch:
(Left side) Fudo-dachi, gyaku zuki (chudan); heiko dachi; repeat opposite side
- D. Upper Reverse Punch:
(Left side) Fudo-dachi, gyaku zuki (jodan); heiko dachi; repeat opposite side

Part 2: Middle Blocks, Reverse Punch

- E. Down Block, Reverse Punch:
Step back into left fudo-dachi, gedan barai, gyaku zuki; heiko dachi; repeat opposite side
- F. Middle Level Inside Block, Reverse Punch
Step back into left fudo-dachi, uchi uke, gyaku zuki (chudan); heiko dachi; repeat opposite side
- G. Sword Hand Block (Double Shuto), Spear Hand
Step back into left kiba dachi, gedan shuto uke, nukite; heiko dachi; repeat opposite side

Part 3: Upper Blocks, Reverse Punch

- H. Upper level Sword Hand Block, Reverse High Punch
Step back into left kiba dachi, jodan shuto barai, move to fudo dachi, gyaku zuki (jodan) ; heiko dachi; repeat opposite side
- I. Upper Level Rising Block, Middle Reverse Punch:
Step back into left fudo dachi, age uke; gyaku zuki (chudan); heiko dachi; repeat opposite side
- J. Upper Level Outside Block, Middle Level Punch
Step back into left fudo dachi, soto ude uke, gyaku zuki (chudan); heiko dachi; repeat opposite side