

TEN-NO KATA - OMÔTE

1. Yoi = open leg stance
2. Right step middle level front punch
- 2a Yoi
3. Left step middle level front punch
- 3a Yoi
4. Right step upper level front punch
- 4a Yoi
5. Left step upper level front punch
- 5a Yoi
6. Left step middle level reverse punch
- 6a Yoi
7. Right step middle level reverse punch
- 7a Yoi
8. Left step upper level reverse punch
- 8a Yoi
9. Right step upper level reverse punch
- 9a Yoi
10. Step back right foot into left immovable stance with a left downward block.
11. Reverse punch (right hand middle level punch).
- 11a Yoi
12. Step back left foot into right immovable stance with a right downward block.
13. Reverse punch (left middle level punch)
- 13a Yoi
14. Step back right foot into left immovable stance left middle level forearm block
15. Reverse punch (right middle level punch)
- 15a Yoi
16. Step back left foot into right immovable stance right middle level forearm block
17. Reverse punch (left middle level punch)
- 17a Yoi
18. Right foot back into a left back stance left middle level sword hand block
19. Switch into left forward stance and right hand middle level spear hand
- 19a Yoi
20. Left foot back into a right back stance right middle level "knife" sword hand block
21. Switch into right forward stance and left hand middle level spear hand
- 21a Yoi
22. Right foot back into left back stance left hand upper level swinging block (vertical)
23. Switch into left forward stance reverse upper level punch
- 23a Yoi
24. Left foot back into a right back stance right hand upper level swinging block

TEN-NO KATA - OMOTE (continued)

25. Switch into a right forward stance reverse upper level punch
- 25a Yoi
26. Right foot back into a left forward stance left hand rising block
27. Reverse punch right middle level
- 27a Yoi
28. Left foot back into a right forward stance right hand rising block
29. Reverse punch left middle level
- 29a Yoi
30. Right foot back into a left forward stance left hand upper level iron  
hammer block
31. Reverse punch right middle level
- 31a Yoi
32. Left foot back into a right forward stance right hand upper level iron  
hammer block
33. Reverse punch left middle level
- 33a Yoi