

Tensho

(Revolving Hands)

Embusen

1, 34

2, 31

11, 29

19



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Tensho Steps

Step	Technique	Translation	Stance	Stance	Comment
Yoi			heisoku-dachi	Feet Together Stance	
1		'stance change'	Heiko Dachi	parallel stance	rolling shoulders change of stance
2	ryoken kakiwake-uke	both fists wedge block	sanchin-dachi	hour-glass stance	step forward, right side
3	migi chudan haito-uke	right ridge hand block	sanchin-dachi	hour-glass stance	
4	migi chudan kake-shuto uke	right open hand hook block	sanchin-dachi	hour-glass stance	
5	migi chudan tate-shuto uke	right vertical knife hand block	sanchin-dachi	hour-glass stance	
6	migi gedan teisho-zuki	right palm hand strike	sanchin-dachi	hour-glass stance	
7	migi jodan kakuto-uke	right back hand wrist joint strike	sanchin-dachi	hour-glass stance	
8	migi gedan teisho-uke	right lower palm heel block	sanchin-dachi	hour-glass stance	
9	migi chudan kakuto-uke	right outer back hand wrist joint block	sanchin-dachi	hour-glass stance	
10	migi chudan teisho-uke	left inner palm heel block	sanchin-dachi	hour-glass stance	
11	hidari chudan haito-uke	(pull back right hand to hip when stepping) left ridge hand block	sanchin-dachi	hour-glass stance	step forward, left side
12	hidari chudan kake-shuto uke	left open hand hook block	sanchin-dachi	hour-glass stance	
13	hidari chudan tate-shuto uke	left vertical knife hand block	sanchin-dachi	hour-glass stance	
14	hidari gedan teisho-zuki	left palm hand strike	sanchin-dachi	hour-glass stance	
15	hidari jodan kakuto-uke	left back hand wrist joint strike	sanchin-dachi	hour-glass stance	
16	hidari gedan teisho-uke	left lower palm heel block	sanchin-dachi	hour-glass stance	
17	hidari chudan kakuto-uke	left outer back hand wrist joint block	sanchin-dachi	hour-glass stance	
18	hidari chudan teisho-uke	left inner palm heel block	sanchin-dachi	hour-glass stance	
19	haito kakiwake-uke	(pull back left hand to hip when stepping) double ridge hand block	sanchin-dachi	hour-glass stance	step forward
20	shoto kakiwake-uke	double open hand hook block	sanchin-dachi	hour-glass stance	
21	morote chudan tate-shuto uke	double vertical knife hand block	sanchin-dachi	hour-glass stance	
22	morote gedan teisho-zuki	double palm hand strike	sanchin-dachi	hour-glass stance	
23	morote jodan kakuto-uke	double back hand wrist joint strike	sanchin-dachi	hour-glass stance	
24	morote gedan teisho-uke	double lower palm heel block	sanchin-dachi	hour-glass stance	
25	morote chudan kakuto-uke	double outer back hand wrist joint block	sanchin-dachi	hour-glass stance	
26	teisho kakiwake-uke	double inner palm heel block	sanchin-dachi	hour-glass stance	
27	ryōgoshi-gamae / morote yonhon nukite	back to back hands straight in front / pull back to hips	sanchin-dachi	hour-glass stance	
28	ryōgoshi-gamae / morote yonhon nukite	back to back hands straight in front / pull back to hips	sanchin-dachi	hour-glass stance	step back
29	ryōgoshi-gamae / morote yonhon nukite	back to back hands straight in front / pull back to hips	sanchin-dachi	hour-glass stance	step back
30	morote tate haiwan-uke	supported back of forearm block	sanchin-dachi	hour-glass stance	
31	shuto mawashi-uke / teisho-awase-zuki	knife hand roundhouse block / palm-heel combined punch	sanchin-dachi	hour-glass stance	step back
32	morote haiwan-uke	supported back of forearm block	sanchin-dachi	hour-glass stance	
33	shuto mawashi-uke / teisho-awase-zuki	knife hand roundhouse block / palm-heel combined punch	sanchin-dachi	hour-glass stance	step back
34	mawashi gedan shoto-uke	circular sweeping knife hand bisecting palm	heisoku-dachi	Feet Together Stance	step back
Yame			heisoku-dachi	Feet Together Stance	

Stances:



heisoku-dachi



heiko-dachi



sanchin-dachi