

Tensho means rotating palms or literally translated as ‘*revolving hands*’, from the characters **Ten** - 転 (‘*revolve*’) and **Shō** - 掌 (‘*palm*’ of ‘*hand*’). So **Tensho** describes the movements of the palms that characterize this *Kata*.

Tensho was developed by *Chojun Miyagi* after his return from China in 1916 where he had been researching the origins of Okinawan *Martial Arts*. This *Kata* was created in 1921 as a softer **Sanchin no Kata**. **Tensho** is the soft and circular, **Yin** - 陰, counterpart to the hard and linear, **Yang** - 陽, **Sanchin no Kata**. It emphasizes the soft aspects of **Naha-te** system and encompasses continuous, flowing movements. It may be a variant of the *Southern Chinese Kung Fu* form **Rokishu** - 六基手 (‘*six functions of the hands*’). Hard dynamic tension are combined with deep breathing and soft flowing hand movements. This *Kata* has also its roots in *White Crane Boxing* and *Monk Fist Boxing* and influenced by Naha village area in Okinawa which became the style known today as *Goju-ryu*.

Tensho not only employs far more sophisticated hand techniques, it also teaches a far more efficient and subtle form of body tension. Movements in **Tensho** are flowing but under tension with deep breathing. **Tensho** is about refinement, perfection, concentration and focus. This *Kata* will teach you the importance of forefinger and thumb positioning when you twist your palm. Likewise the order of closing the fingers in order to make your *Koken* solid.

It turns out that, proper breathing and good extensive practice of *Kata* like **Tensho** and **Sanchin no Kata**, can be good for your health, “*A Tensho a day, sends the doctor away*”. Every morning, 60 times of breathing out and breathing in through the nose, helps to keep you healthy. The correct way of breathing is to first breathe out, then breathe in. In the modern way we are taught to breathe in, then breathe out. In *Karate* we first concentrate the power by breathing out in a stroke. In breathing for health, when we breathe in, we change this breath to energy and circulate it in the body to store for the flowing energy.

Tensho was one of *Mas Oyama’s* favorite *Kata* and he stated that if you mastered **Tensho**, you are able to defend yourselves against any opponent. It made its way into the curriculum of *Kyokushin Karate* as a **Southern Kata** because of *Mas Oyama’s* extensive background in *Goju-ryu*, under *Nei-Chu So sensei*, and his teacher, *Gogen Yamaguchi*. *Mas Oyama* trained from time to time with *Gogen Yamaguchi*, even joining the latter’s *Goju-kai* and obtaining the rank of 7th Dan Black Belt.

Dachi Waza

Fudo Dachi
Musubi Dachi
Yoi Dachi
Heiko Dachi
Sanchin Dachi

Te Waza

Shotei Jodan Uchi
Shuto Hizo Uchi
Shuto Sakotsu Uchi Komi
Shotei Chudan Uchi
Shotei Morote Jodan Uchi
Shuto Morote Hizo Uchi
Shuto Morote Sakotsu Uchi Komi
Shotei Morote Chudan Uchi
Morote Chudan Yonhun Nukite

Uke Waza

Seiken Morote Uchi Uke
Tensho (Kake Jodan Uke with Ura Kake Uke)
Shotei Gedan Uke
Koken Jodan Uke
Koken Yoko Chudan Uke
Shotei Morote Gedan Uke
Koken Morote Jodan Uke
Koken Yoko Morote Chudan Uke
Shuto Mae Mawashi Uke (including Shotei Morote Uchi)

Kihon Jutsugo

Kamae, Mokuso, Hajime, Sanchin no Kamae, Hikite, Ibuki, Tate Koken, Yoko no Koken, Naore, Yasume

Begin the Kata in **FUDO DACHI**. Move into **MUSUBI DACHI** and **MOKUSO** on the command **MOKUSO**. On the next command **TENSHO**, open eyes and wait until the command **YOI**. Then start perform a slow **YOI DACHI** with **IBUKI** that ends in **HEIKO DACHI**.



- 1 On the command **HAJIME/ICHI** move into right **SANCHIN DACHI**, and simultaneously slowly blocking **SEIKEN MOROTE UCHI UKE** ending in **SANCHIN NO KAMAE**.



- 2 In the same position bring the left fist back into **HIKITE** (to the ready punch position), execute (at a moderate speed) a right **TENSHO** (at the inside, start with a right **KAKE JODAN UKE**, reverse the hand, hooking the outside, with a **URA KAKE UKE**). Bring back the right open hand in **HIKITE**, quick inhale, and strike a right **SHOTEI JODAN UCHI** with **IBUKI**.



- 3 Execute a right **SHUTO HIZO UCHI** (in a circular movement), continuing with the right open hand in **HIKITE**, quick inhale, and strike a right **SHOTEI GEDAN UKE** with **IBUKI**.



- 4 From this position slowly block with a right **KOKEN JODAN UKE** (with **TATE KOKEN** upwards touch the thumb to the ring finger), quick inhale and follow with a right **SHUTO SAKOTSU UCHI KOMI** with **IBUKI**.



- 5 Block an opponent's attack to the side, or brush off to the side the hand that has grabbed, with a right **KOKEN YOKO CHUDAN UKE** (with **YOKO no KOKEN** sideward touch the thumb to the middle finger), quick inhale and follow with a right **SHOTEI CHUDAN UCHI** with **IBUKI**.



- 6 Move forward into left **SANCHIN DACHI**, simultaneously blocking **SEIKEN MOROTE UCHI UKE**.



- 7 In the same position bring the right fist back into **HIKITE** (to the ready punch position), execute (at a moderate speed) a left **TENSHO**. Bring back the left open hand in **HIKITE**, quick inhale, and strike a left **SHOTEI JODAN UCHI** with **IBUKI**.



- 8 Execute a left **SHUTO HIZO UCHI** (in a circular movement), continuing with the left open hand in **HIKITE**, quick inhale, and strike a left **SHOTEI GEDAN UKE** with **IBUKI**.



- 9 From this position slowly block with a left **KOKEN JODAN UKE** (**TATE KOKEN**), quick inhale and follow with a left **SHUTO SAKOTSU UCHI KOMI** with **IBUKI**.



- 10** Block an opponent's attack to the side, or brush off to the side the hand that has grabbed, with a left **KOKEN YOKO CHUDAN UKE** (**YOKO** no **KOKEN**), quick inhale and follow with a left **SHOTEI CHUDAN UCHI** with **IBUKI**.



- 11** Move forward into right **SANCHIN DACHI**, simultaneously blocking **SEIKEN MOROTE UCHI UKE**.



- 12** In the same position execute (at a moderate speed) with both hands a **TENSHO**. Bring back the open hands in **HIKITE**, quick inhale, and strike a **SHOTEI MOROTE JODAN UCHI** with **IBUKI**.



- 13** Execute a **SHUTO MOROTE HIZO UCHI** (in a circular movement), continuing with the open hands into **HIKITE**, quick inhale, and strike a **SHOTEI MOROTE GEDAN UKE** with **IBUKI**.



- 14** From this position slowly block with a **KOKEN MOROTE JODAN UKE** (**TATE KOKEN**), quick inhale and follow with a **SHUTO MOROTE SAKOTSU UCHI KOMI** with **IBUKI**.



- 15** Block an opponent's attack to the side, or brush off to the side the hands that are grabbed, with a **KOKEN YOKO MOROTE CHUDAN UKE** (**YOKO** no **KOKEN**), quick inhale and follow with a right **SHOTEI MOROTE CHUDAN UCHI** with **IBUKI**.



- 16** From this position quickly execute, in a forward direction, a double grabbing movement (positioned at height of neck) and return both hands open, into **HIKITE**, whilst inhaling. Execute **MOROTE CHUDAN YONHON NUKITE** to the solar plexus with **IBUKI** (1).



- 17** Repeat the double grabbing movement and return both hands, open, into **HIKITE**, whilst inhaling. Execute **MOROTE CHUDAN YONHON NUKITE** with **IBUKI** (2).



- 18** Repeat the double grabbing movement and return both hands, open, into **HIKITE**, whilst inhaling. Execute **MOROTE CHUDAN YONHON NUKITE** with **IBUKI** (3).



- 19** Quickly move back with the right leg into left **SANCHIN DACHI** and execute a fast **SHUTO MAE MAWASHI UKE**, inhale and execute **SHOTEI MOROTE UCHI** (part of **UKE** with right hand **JODAN** left hand **GEDAN**) with **IBUKI**.



- 20** Quickly move back with the left leg into right **SANCHIN DACHI** and execute a fast **SHUTO MAE MAWASHI UKE**, inhale and execute **SHOTEI MOROTE UCHI** (part of **UKE** with left hand **JODAN** right hand **GEDAN**) with **IBUKI**.



Move the right foot back into **MUSUBI DACHI** and retain the **MOKUSO** position.



The Kata is completed on the command **NAORE** the **FUDO DACHI** position is taken.



At the command **YASUME** relax and at ease.

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The images came from the Internet and classes from Shihan Loek Hollander, Shihan Henny Ruberg and Shihan Jan Vleesenbeek.

The Kata is learned from Shihan Henny Ruberg (Shihan Loek Hollander - IKO) and has some influences from Shihan Hatsuo Royama (KIKO).

Tensho - 転掌

1^e Dan



IBUKI



1.



2a.



2b.



2c. **IBUKI**



3a.



3b. **IBUKI**



4a.



4b. **IBUKI**



5a.



5b. **IBUKI**



6.



7a.



7b.



7c. **IBUKI**



8a.



8b. **IBUKI**



9a.



9b. **IBUKI**



10a.



10b. **IBUKI**



11.



12a.



12b.



12c. **IBUKI**



13a.



13b. **IBUKI**



14a.



14b. **IBUKI**



15a.



15b. **IBUKI**



16a.



16b.



16c. **IBUKI**

Tensho - 転掌

1^e Dan



17. **IBUKI**



18. **IBUKI**



19a.



19b.



19c. **IBUKI**



20a.



20b.



20c. **IBUKI**

