

# Tsuki no Kata - 突きの型



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3<sup>e</sup> Kyu

**Tsuki no Kata** by its very name is a 'Kata of punches' and is derived from the characters **Tsuki** - 突き ('thrust'), **no** - の ('of') and **Kata** - 型 ('kata'). **Tsuki** also means 'fortune and luck'. Good fortune and luck does not come by waiting. For every punch in this *Kata*, envision that a personal barrier is being broken down. Strong, persistent effort directed at problems will bring good fortune, simply persevere.

This *Kata* was created by Seigo Tada, founder of the *Seigokan* branch of *Goju-Ryu*. He was born in 1922 and studied the essence of *Goju-Ryu* with Chojun Miyagi. In his style he called it *Kihon Tsuki no Kata*. Historically, Seigo Tada did much to transform karate into a competitive sport. He established the rules of competition karate and was awarded several honors. *Tsuki No Kata* is one of two kata he invented.

*Kyokushin* sensei's use this *Kata* to help students to generate striking power in multiple positions, heights and directions. Each time a student punches in this kata, they should imagine that they are breaking down some barrier.

This very linear *Kata* seems to come from the *Okinawa Shuri-te*, itself native to combat techniques in northern China and therefore be considered a **Northern Kyokushin Kata**. There is an understanding of the different foot positions and the transition from one to the other with the search for stability and work of a movement without changing height. Other deeper concepts such as the work of the **Hara** and the unlocking of force from the hips are discussed

In some *Kyokushin* circles, the *Kata* is attributed to Tadashi Nakamura because he claims to have it introduced into *Kyokushin Karate*. However, many speculated that he introduced it into *Kyokushin* after learning it from his **Goju-Ryu** background.

More likely is that the *Kata* has been adopted into *Kyokushin* by Mas Oyama himself. At the time, Seigo Tada and Mas Oyama were both **Goju-Ryu** students and knew each other very well.

### Dachi Waza

Fudo Dachi  
Musubi Dachi  
Yoi Dachi  
Heiko Dachi  
Kiba Dachi  
Sanchin Dachi  
Zenkutsu Dachi

### Te Waza

Seiken Chudan Gyaku Tsuki  
Seiken Gedan Gyaku Tsuki  
Seiken Chudan Oi Tsuki  
Nihon Seiken Chudan Tsuki  
Seiken Jodan Oi Tsuki  
Seiken Jun Tsuki  
Yoko Yonhon Nukite

### Uke Waza

Seiken Gedan Barai  
Seiken Uchi Uke  
Seiken Uchi Uke / Gedan Barai  
Shuto Mae Mawashi Uke

### Geri Waza

Chudan Mae Geri

### Kihon Jutsugo

Kamae, Mokuso, Hajime, Hikite, Ibuki, Migi Mae Naname, Migi Ushiro Naname, Naore, Yasume

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Begin the Kata in **FUDO DACHI**. Move into **MUSUBI DACHI** and **MOKUSO** on the command **MOKUSO**. On the next command **TSUKI NO KATA**, 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 the right leg back at 45° clockwise (**MIGI USHIRO NANAME**) into **KIBA DACHI** and block left **SEIKEN GEDAN BARAI** then punch right **SEIKEN CHUDAN GYAKU TSUKI** (these two actions are done in one movement).



- 
- 2 Move forward with the right foot in a straight line into **KIBA DACHI** at 45° counterclockwise (**MIGI MAE NANAME**) and punch left **SEIKEN CHUDAN GYAKU TSUKI**.



- 
- 3 Move the left foot forward into left **SANCHIN DACHI** and punch right **SEIKEN CHUDAN GYAKU TSUKI**.



- 
- 4 Move the right foot forward into right **SANCHIN DACHI** and punch left **SEIKEN CHUDAN GYAKU TSUKI**.



- 
- 5 Move forward with the left foot into left **ZENKUTSU DACHI** and punch a right **SEIKEN GEDAN GYAKU TSUKI**.



- 
- 6 Move forward with the right foot into right **ZENKUTSU DACHI** and punch left **SEIKEN GEDAN GYAKU TSUKI**, followed by right **SEIKEN CHUDAN OI TSUKI** (the punches must be done fast).



- 
- 7 Bring the right foot across and turn the body 180° counterclockwise into left **SANCHIN DACHI**, block left **SEIKEN UCHI UKE** and punch **SEIKEN CHUDAN OI TSUKI**.



- 
- 8 Step forward, keeping the right arm extended, into right **SANCHIN DACHI** and slowly block **SEIKEN UCHI UKE**.



- 
- 9 After the block immediately punch **NIHON SEIKEN CHUDAN TSUKI** (left/right).



- 
- 10 Move forward into left **ZENKUTSU DACHI** and punch left **SEIKEN JODAN OI TSUKI**.



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- 11 Move forward into right **ZENKUTSU DACHI** and punch right **SEIKEN JODAN OI TSUKI**.



- 12 Move the left foot across and turn 180° counterclockwise into left **ZENKUTSU DACHI** and block left **SEIKEN GEDAN BARAI**.



- 13 Kick right **CHUDAN MAE GERI**, bring the kicking leg back into **TSURU ASHI DACHI**, pivot the hips 90° clockwise to the right and slide into a right semi **ZENKUTSU DACHI** and cover with the left hand in **SHOTEI**. Finish the movement by twisting back into **KIBA DACHI** (90° counterclockwise) and punch right **SEIKEN JUN TSUKI** with **KIAI** (both hands are closed).



- 14 Bring the left foot across and move into **KIBA DACHI** (turning the body 180° clockwise) and punch left **SEIKEN JUN TSUKI** (both hands are closed). Directly followed by turning the hips 90° clockwise, covering with the left hand in **SHOTEI**, and finish the movement by twisting back into **KIBA DACHI** (90° counterclockwise) and punch right **YONHON NUKITE** (both hands are open).



- 15 Bring the left foot across (turning the body 90° clockwise to the right), covering with the right hand in **SHOTEI** and finish the movement into **KIBA DACHI** (90° clockwise) and punch left **YONHON NUKITE** (both hands are open).



- 16 Bring the left foot to the right foot and slide back into right **ZENKUTSU DACHI** and simultaneously block with right **SEIKEN UCHI UKE** and left **SEIKEN GEDAN BARAI** (these movements are executed slowly).



- 17 Slowly bring the right fist back into **HIKITE**.



- 18 Punch right **SEIKEN JODAN OI TSUKI** with **KIAI**, followed by left **SEIKEN GEDAN GYAKU TSUKI** and right **SEIKEN CHUDAN OI TSUKI**.



- 19 Quickly bring the right foot back into right **SANCHIN DACHI** and execute a fast block right **SHUTO MAE MAWASHI UKE**, inhale continue the block with **IBUKI** (on the **SHOTEI** part of the block).



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



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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.*

*Adapted to the new KWF Kata-syllabus (Shihan Antonio Pinero - May 2019) with feedback of Shihan Paul Loris.*

# Tsuki no Kata - 突きの型



**IBUKI**



1a.



1b.



2.



3.



4.



5.



6a.



6b.



7a.



7b.



7c.



8a.



8b.



9a.



9b.



10.



11.



12.



13a.



13b.



13c. **KIAI**



14a.



14b.



14c.



14d.



15a.



15b.



16.



17.



18a. **KIAI**



18b.



18c.



19a.



19b. **IBUKI**

# Tsuki no Kata - 突きの型



20.