

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

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**.



- 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.



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 and Shihan Peter Voogt (Shihan Loek Hollander - IKO) and has some influences from Shihan Hatsuo Royama (KIKO).

Tsuki no Kata - 突き の 型

1^e Kyu



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**



20.