

Tensho *Rotating Palms*

General:

- think of all power in the finger tips
- focus on palm heel
- breath low (in abdomen), this is the focus area for tension
- blocks/strikes should be in a focused zone (don't block too wide, too close to body, or too far out)

Excerpt from GKK Kata... Tensho Kata was created by Chojun Miyagi. Tensho means rotating hands, rotating palms, or flowing hands. This Kata combines hard dynamic tension with deep breathing, concentrating strength in the Tanden, with "soft" flowing hand movements. Tensho demonstrates the "ju" or soft aspect of Goju-Ryu. It is important not to mistake "ju" to mean weak. There is a noticeable influence of the White Crane system. Tensho teaches the generation of power, various open hand techniques and escapes.

1. Step into right sanchin stance, perform double middle block.
2. Slowly pull left hand to chamber (inhale short, exhale short).
 - With open right hand, quickly grab & pull (finger strikes) (inhale short); back to chamber.
 - Application: use ridge hand to strike the right side of opponent's neck with the right thumb
 - Right hand shuto to neck, fast (inhale short), back to chamber.
 - Palm heel strike (shotei ate) to head, slow (inhale long).
 - Turn right hand over into shuto position & quickly bring back to chamber (inhale short).
 - Low shotei ate, slow (exhale long).
 - Turn hand over (koken position, wrist block) & slowly bring hand up w thumb & ring finger connected until hand can't go any higher w elbow within a golf ball of ribs (inhale long). Keep pressure on entire right arm.
 - Keeping pressure on right arm, turn hand over, move hand down slowly w palm heel until forearm is parallel to floor (exhale long).
 - Turn hand to form koken to side, bend wrist maximally & move hand slowly to right (thumb & middle finger connected) as far as it will go without moving right elbow more than a golf ball (inhale long).
 - Turn hand over and w palm heel slowly bring back to center of body until forearm is parallel to side wall of room (exhale long).
3. Step into left sanchin stance, perform above sequence of movements to the opposite side.
4. Step into right sanchin stance, perform above sequence of with both hands.
5. Staying in place, Scoop with both hands, slow, bring hands to solar plexus (inhale long).
 - Quick & forcible spearhand (nukite) to solar plexus (exhale short).
6. Step back into left sanchin, same scoop (inhale long) & nukite (exhale short).
7. Step back into right sanchin, same scoop (inhale long) & nukite (exhale short).
8. Step back into left sanchin, circular block (mawashi uke) followed by double palm heel strikes (slow, long exhale). Right hand high.
9. Step back into right sanchin, circular block (mawashi uke) followed by double palm heel strikes (slow, long exhale). Left hand high.
10. Close.

Notes on Sanchin

- Out breath is more important than in breath
- Tightening stomach is important, loud exaggerated noise is not
- Willpower (spirit) is one of the keys (I am in it, I am ready, I can take your punch)