

## **Wu-Wei Tenshin**

### Tenshin from beginners (White 1)

1. 45° back zenkutsu dachi — gyaku zuki
2. 45° forward zenkutsu dachi — double palm block

### Tenshin from Fukyugata embu (White 2)

3. 45° back zenkutsu dachi — forwards sanchin dachi tsugi ashi
4. 45° back zenkutsu dachi — leg swap counter attack (tetsui and jodan zuki)
5. 45° forward zenkutsu dachi — pivot into gyaku zuki
6. 45° back neko ashi dachi — counter mae geri

### Tenshin from Geki sai dai ichi embu (White 3)

1. 45° back sanchin dachi age uke — leg swap, jodan zuki
2. 45° back sanchin dachi chudan uke — leg swap, mae geri, empi uchi
3. 45° back shiko dachi — pivot into gyaku zuki
4. Open back heiko — hike uke + shuto

### Tenshin from Geki sai dai ni embu (White 4)

1. Open forward heiko dachi — shuto uchi, step back and pivot into gyaku zuki
2. Sideways heiko dachi — gedan uke, adjust feet to 45° and mae geri
3. Sideways neko ashi dachi (step & pivot) — mawashi uke and push
4. Step forward and open heiko dachi — soto uke and gedan barai uchi

### Tenshin from Saifa Embu (Green 1)

1. 45° back okinawan kotusu dachi — gedan haiwan uke, ren geri (or mae tobi geri)
2. Small open back with gedan barai uke — step forward front leg and gyaku zuki
3. Large open back with gedan barai uke — chakuchi step up and yoko geri
4. Ashi kaete with double palm strike

### Tenshin from Naifunchin Embu (Green 2)

1. 45° back kiba dachi — step across/chakuchi and yoko geri
2. 45° forward kiba dachi — yori ashi in kiba dachi, kagi/yoko and gyaku combination
3. Open forwards kiba — haishu uke and yoko empi
4. Yori ashi forwards — han zenkutsu ashibo kake uke, mae geri

### Tenshin from Seiyunchin Embu (Brown 1)

1. 45° forwards and pivot sanchin dachi — step across/chakuchi and yoko geri
2. Yori ashi forwards — sanchin with sokumen awase uke or teisho osae uke
3. 45° forward and turn into sanchin — soto uke
4. Forwards shiko dachi with weaving — chudan sukui uke with ura nukite

### Tenshin from Shisochin Embu (Brown 2)

1. 45° forward and pivot zenkutsu dachi — arm bar
2. 45° forwards and turn into zenkutsu — gedan shuwan uke
3. 45° back and leg change (with stamp) into neko ashi dachi — chudan nukite
4. Forwards and pivot neko ashi — chudan and gedan open hand block

### Tenshin from Sanseiru Embu (Shodan 1)

1. 45° forward and turn shiko dachi — inside haiwan nagashi uke
2. Forwards into shiko — outside haiwan nagashi uke
3. Tsugi ashi — forwards followed by ashikubi kake uke, or backwards with scoop catch
4. Drop into shiko — gedan juji uke.