



Lesson 6. Tegatana | Arms Form

Arm Structuring for Merging and Leading

Complete Outline

1. Sword Heritage

- Tegatana Concept
- Knife-hand
- Joints of the Arm Form
- Plane of the Center

2. Basic Attacks

- Attack Construction
- Shomen Uchi
- Yokomen Uchi

3. Empty Arm

- Adhesion
- Expansion

4. Tegatana Seigan

- Awareness
- Invitation
- Connection

5. Exercise 1 | Grip Cutting

6. Exercise 2 | Parallel Arm Entry

- Turn to Tegatana Seigan
- Enter with the Arm Form

7. Exercise 3 | Wrestling Hook

- Variation 1
- Variation 2

8. Lesson Insight