



Lesson 9. Tenkan | The Body Turn

Merging and Leading with the Body Rotation

Complete Outline

1. Engine of Techniques

- The Source of Power
- Tenkan Concept

2. Tenkai

- Short Turn in Solo
- Inverted Tegatana
- Connection with Uke
- Entry with Inverted Tegatana
- Strategic Positioning

3. Rotation with Tenkan

- Full Spin in Solo
- Foot Transposition
- System Leadership
- Position Maintenance

4. Exercise 1 | Koshi Hold

5. Exercise 2 | Standing Up for Tenkan

6. Exercise 3 | Grip Cutting and Tenkan

7. Lesson Insight