

Tankendo Commands

Kihon waza (basic techniques)

1. Tsuki waza
Nodo/dō no tsuki **Command:** “*Nodo (dō) wo tsuke*”

2. Uchi waza
a) Men uchi **Command:** “*Men wo ute*”
b) Hidari/Migi men uchi **Command:** “*Hidari (migi) men wo ute*”
c) Kote uchi **Command:** “*Kote wo ute*”

3. Renzoku tsuki/uchi
a) Renzoku tsuki **Command:** “*Tsuzuite (nodo/dō wo) tsuke*”
b) Renzoku men uchi **Command:** “*Tsuzuite men wo ute*”
 Command: “*Tsuzuite hidari/migi men wo ute*”

4. Tsuki nagashi/uchi nagashi
a) Tsuki nagashi **Command:** “*Nodo (dō) wo tsuke mae e*”
b) Uchi nagashi **Command:** “*Men (kote) wo ute mae e*”

5. Seme waza no harai waza
a) Harai-zuki **Command:** “*Hidari (migi) ni harai nodo (dō) wo tsuke*”
b) Harai uchi **Command:** “*Hidari (migi) ni harai men wo ute*”

6. Ōji waza no harai waza
a) Tsuki harai-zuki **Command:** “*Tsuki wo harai nodo (dō) wo tsuke*”
b) Uchi harai uchi **Command:** “*Men wo harai men wo ute*”

7. Irimi/seitai waza
a) Irimi no yōryō **Command:** “*Irimi hajime*” (entering move to tsuba only)
b) Irimi kara seitai yōryō **Command:** “*Irimi seitai hajime*” (entering + unbalancing only)
c) Irimi seitai-zuki **Command:** “*Hidari (migi/ue) Irimi seitai tsuki hajime*”

Ōyō waza (advanced techniques)

A. Seme waza

- 1) Tsuki waza
a. Nodo (dō) no tsuki **Command:** “*Nodo (dō) no tsuki, hajime*”
b. Nihon/sanbon no tsuki **Command:** “*Dō/nodo/dō no tsuki, hajime*”
c. Uchi harai-zuki **Command:** “*Hidari (migi) ni harai nodo (dō) tsuki, hajime*”
d. Karada wo hiraite no tsuki **Command:** “*Migi (hidari) taiten nodo (dō) tsuki, hajime*”
e. Irimi seitai-zuki **Command:** “*Irimi seitai-zuki, hajime*”

2. Uchi waza

- a. Men/kote uchi
- b. Nihon/sanbon no uchi
- c. Uchi harai uchi

- d. Karada wo hiraite no uchi

Command: “*Men (kote) wo ute, hajime*”

Command: “*Men wo ute, hajime*”

Command: “*Hidari (migi) ni harai men (kote) wo ute, hajime*”

Command: “*Migi (hidari) taiten men wo ute, hajime*”

B.Ouji waza

1) Tsuki waza

- a. Tsuki harai-zuki
- b. Tsuki seitai-zuki
- c. Uchi harai seitai-zuki
- d. Uchi/tsuki kawashi-zuki
- e. Men kawashi tsuki
- f. Kote kawashi tsuki

Command: “*Tsuki wo harai nodo (dō) wo tsuke, hajime*”

Command: “*Tsuki seitai dō tsuki, hajime*”

Command: “*Tsuki seitai dō tsuki hajime*”

Command: “*Uchi (tsuki) kawashi nodo (dō) tsuki, hajime*”

Command: “*Uchi kawashi nodo (dō) tsuki, hajime*”

Command: “*Kote kawashi nodo (dō) tsuki, hajime*”

2) Uchi waza

- a. Uchi harai uchi
- b. Men harai uchi
- c. Tsuki kawashi uchi

Command: “*Tsuki wo harai men (kote) wo ute, hajime*”

Command: “*Uchi wo harai men (kote) wo ute, hajime*”

Command: “*Tsuki wo kawashi men wo ute, hajime*”