



# Tensho Applications

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Attacker and Defender start in a Yoi position

1. **A: Reach for a throat grab with right hand**  
D: Step forward into right Sanchin Dachi, check and block Chudan Uke, and grab arm
2. **A: Grab arm from top, to apply a wrist lock**  
D: Prevent the wrist lock by circling inwards to break out and push elbow to the face
3. **A: Grab pushing arm with a Hike Uke movement**  
D: Break out with an outward circling move and strike down
4. **A: Grab striking arm**  
D: Almost break out with an upward Ko Uke and downward Teisho Uke
5. **A: Regrip tight**  
D: Almost break out with an outward Ko Uke and inward Teisho Uke on top
6. **A: Uppercut punch to second lowest rib**  
D: Block with circling inward and apply a wristlock
  
- 7.-12. **A: Same as 1 to 6 with left hand**  
D: Step forward into left Sanchin Dachi .....
  
13. **A: Reach for a double throat grab**  
D: Step forward into right Sanchin Dachi and block with a double Chudan Uke and try to grab the hands with a double Hike Uke
14. **A: Prevent being grabbed, circle down and inwards around the hands and reach for a double throat grab again**  
D: Double Block circling inwards and grab hand for lock (then loosen the grip for the next move)
15. **A: Grab both arms and pull down**  
D: Double break out with an outward circling move and strike down
16. **A: Grab both arms again**  
D: Almost break out with a double upward Ko Uke and downward Teisho Uke
17. **A: Regrip both arms**  
D: Almost break out with a double outward Ko Uke and inward Teisho Uke on top
18. **A: Hold on**  
D: Double break out through turning of the hands
  
19. **A: Grab both arms**  
D: Step back into left Sanchin Dachi and break out with Mawashi Uke, strike elbow
20. **A: Grab left arm with the right hand**  
D: Step back into right Sanchin Dachi and break out with Mawashi Uke, strike elbow
21. **A: Grab chest with left hand**  
D: Step back into Yamae position with a wrist lock on the chest