

Tekki Shodan, also known as Naihanchi Shodan, is a kata commonly practiced in various styles of karate, including Shotokan and Shito-ryu. It is characterized by its strong, linear movements and emphasis on stability and grounding. Tekki Shodan is typically performed in a horse-riding stance (kiba-dachi) and features a series of defensive and offensive techniques, including punches, blocks, knee strikes, and stomps. The kata focuses on developing lower body strength, balance, and concentration. It is often considered an intermediate-level kata and is an important part of karate training.