Ten — A New Carrier, Not A New Technique

拾貳 · taisabaki五法 · status **derived** — generated from corpus gaps, a hypothesis not a finding · 8 passages, 3 sources

TLDR / 80-20

> **Ten is not a new technique. It is a new carrier for techniques you already own.**
> Tengi is built by re-attaching a familiar hand or leg technique to a rotating body, in graded assisted steps — never by drilling a novel strike.

The Keys

- **The naming convention is itself the evidence.** Tenin no Hokei lists tentai ebi-geri, tentai zenten-zuki, tentai sha-zenten hangetsu-ate — the strike is old, the carrier is new.
- **The form is assembled from parts of other forms on purpose**, stated explicitly so that tengi can be learnt gradually rather than as fresh material.
- **Attaching a known technique to rotation changes exactly one variable: the reference frame.** The elbow is still a hinge, the wrist still snaps.
- **Change two variables at once and a failed repetition tells you nothing.** You cannot say whether the limb or the rotation was at fault. That is the whole design.
- **Rotation is a deliberate loss of balance**, and the source locates the chance to create technique precisely in the out-of-balance state.
- **But a committed body has nothing to push against and cannot re-aim mid-flight.** So aim must be set before stability is surrendered — accuracy before speed, as a hard constraint.
- **The spotters are the variable being trained down, not safety kit.** A body expecting the floor spends its attention on the floor; two assistants buy that attention back.
- **Assistance reduces two → one → none in measured steps**, returning the landing consequence gradually rather than all at once.

The drill, in one table

Pick one technique you already perform correctly standing. **It does not change for six weeks.**
Baseline first: 9 of 10 on target, both sides, standing — below that the technique is not ready to be carried.

Week	Reps/side	Sets	Assistants	Gate
1–2	5	4	2	4/5 both sides, no assistant taking your weight
3	7	5	2	6/7 both sides, two consecutive sessions
4	7	6	1	6/7 both sides with a single assistant
5	10	6	1	8/10 both sides, assistant reports no contact
6	10	8	0	8/10 unassisted — **only now may speed rise**

Fail a gate and repeat the week rather than carrying the failure forward. **The assistant count is the one number whose gate has a physical cost when you get it wrong.**

AI's Take

- **The corpus never says what Ten physically is.** No passage gives its axis or geometry. The rotational reading is my inference off the *tentai* prefix alone.
- **So the claim is restricted to training order, which is documented** — and says nothing about the movement's shape, which is not.
- **Only the two rep bands come from the source.** The weekly ladder, the accuracy gate and the baseline test are my construction, untested on anyone.
- **The assistant criterion is a hole I filled.** The passage describing it is cut off mid-sentence, so "no assistant taking your weight" is invented to cover the gap.
- **One textbook, in translation, with OCR damage, stating its own doctrine.** No sample, no trial, no comparison against any other way of teaching tengi.