
status: derived

system: taisabaki五法

member: Ten

drafted: 2026-08-27

passages: 8

STATUS: *derived* — generated from corpus gaps. A hypothesis, not a finding.
Nobody has tried this. Promotion to *body-validated* is a human act and this file cannot perform it.

What this teaches

By the end of this lesson you will be able to tell apart two failures that feel identical from the inside: a tentai technique that missed because the technique itself was wrong, and one that missed because the rotation carrying it was wrong. You will also have a count — not a feeling — that tells you when you have earned the removal of a spotter.

Claim

Ten is not learned as a new technique but as 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, not by drilling a novel strike.

Evidence

- **[7]** is the load-bearing passage. Tenin no Hokei is described as composed of *parts of previously learnt movements from each of the other hokei*, explicitly so that tengi can be learnt in a gradual manner. Its listed content is names of the form *tentai + a technique that already exists elsewhere in the syllabus*: tentai ebi-geri, tentai zenten-zuki, tentai sha-zenten hangetsu-ate. The naming convention is itself the evidence — the strike is not new, the carrier is.
- **[2]** gives the method. Tengi training means incorporating the development examples into existing leg techniques (kicking, twisting, sweeping, hitting) and hand

techniques (punching, nukite, hitting), and it is the *completion* of that movement that counts as *tengi*. The same passage defines stepwise as easy-to-difficult with a specific focus on safety, systematic as linking related movements toward an advanced one, and states that assistance starts with two people and reduces to one.

- **[1]** names ten as one of five movement types and argues that because Taido moves five ways, every joint must be used according to its own kind — shoulders and hips ball-and-socket, elbows and knees hinge, ankles spiral, neck and wrists pivot. Ten is not given its own joints; it loads the same ones differently. This supports the carrier claim only indirectly.
- **[4]** supplies two working principles: that the out-of-balance state is where new technique comes from, and that one should develop accuracy rather than high speed. Neither is stated about Ten specifically.
- **[5]** is *not* *tengi*. It is *gohō-ate* — four counted directions of elbow strike with the right foot kept on the *kidō-ten*. It is used below for the fixed-axis idea only, and that is an analogy, not evidence.
- **[6]** supplies the rep bands used in the drill: 5–10 repetitions on one side from *hidari chūdan-gamae*, and 4–8 repetitions alternating left and right on the spot using *ten-soku*. The excerpt does not show which of the *gohō* those numbered items belong to; the only labelled heading visible is *Ungi*, which comes *after* them. Treat these as this corpus's house range for on-the-spot repetition, not as a prescribed *tengi* dose.
- **[3]** is general upper-limb mechanics — elbow flexion in defence, wrist snap, reach limits. No Ten content.
- **[8]** is a retrieval false positive. It concerns the purpose of Taido training in general, and its "ten" is the numeral in a proverb about ten people's eyes, not the *gohō Ten*. It carries no weight here.

What the passages do not support: none of them defines what Ten physically *is*. No passage states its axis, its geometry, or how it differs mechanically from *un*, *hen* or *nen*. I inferred rotation only from the *tentai* prefix in [7]. The Claim is therefore restricted to training order, which is documented, and says nothing about the movement's shape, which is not.

Mechanism

Attaching a known technique to rotation changes exactly one variable: the reference frame. The joint work is unchanged — the elbow is still a hinge, the wrist still snaps [3]

— but its orientation to the ground, and the moment at which it may fire, are now dictated by the body's rotation rather than by the floor. Introduce a new technique on a new carrier and you change two variables at once, at which point a failed repetition tells you nothing, because you cannot say whether the limb or the rotation was at fault. Holding the technique fixed is what makes the repetition diagnostic. This is why [7]'s hokei is assembled from movements you have already learnt rather than from fresh ones.

Second, rotation is a deliberate loss of balance, and [4] locates the chance to create technique precisely in that out-of-balance state. But a body already committed to rotation has nothing to push against and cannot re-aim mid-flight. The aim must therefore be set *before* stability is surrendered — which is why accuracy has to precede speed here rather than follow it, and why [4]'s general preference becomes a hard constraint once the technique is carried.

Third, the assistants. Attention is finite, and a body that expects to hit the floor spends its attention on the floor. Two assistants remove the landing consequence so that attention can go to the technique; reducing to one, then to none, returns that consequence in measured steps [2]. The spotters are not a safety accessory bolted onto the drill — they are the variable being trained down.

Drill

Choose **one** technique you already perform correctly standing — a zuki or an ebi-geri. It does not change for six weeks.

Set a fixed target at a fixed height: a held pad, or a mark on the wall. Every repetition scores hit or miss against that target. Accuracy is the number that gates progression; speed is not trained at all until week 6 [4].

Baseline, before week 1: 10 repetitions per side, standing, no rotation, against the target. If you do not score 9 of 10 on both sides, the technique is not ready to be carried and the rest of this drill is wasted on it.

Then, from hidari chūdan-gamae, attach that same technique to the tentai entry and work on the spot, alternating sides.

Week	Reps per side	Alternating sets	Assistants	Gate to advance
1–2	5	4	2	4/5 on target both sides, with no assistant taking your weight
3	7	5	2	6/7 both sides, held across two consecutive sessions
4	7	6	1	6/7 both sides with a single assistant
5	10	6	1	8/10 both sides, and the assistant reports no contact made
6	10	8	0	8/10 unassisted — only now may speed be raised

Two numbers move week over week: the repetition count (5 → 10 per side, 4 → 8 alternating sets) and the assistant count (2 → 1 → 0). If a gate fails, repeat the week rather than carrying the failure forward. The assistant count is the one number in this drill whose gate has a physical cost when you get it wrong.

The bands 5–10 and 4–8 are taken from [6]. The week-by-week ladder between them, the target-accuracy gate, and the baseline test are my construction, not the textbook's.

What you should now be able to do

You can now read a failed *tentai* repetition instead of merely repeating it: because the technique is held constant across all six weeks, a miss points at the rotation, and a technique that degrades only under rotation points at the timing of the release rather than at the limb. You have a spotter-removal decision that rests on a scored count rather than on your own sense of readiness. What you do not have from this is a model of the movement's shape — you have a way to train it, not a description of it.

Limit

This establishes nothing about what *Ten* physically is. No passage in this set defines its axis or its mechanics; the rotational reading comes from my inference off the *tentai* prefix in the technique names in [7], and could be wrong.

The evidence is one textbook — Taido Kyohan, three volumes — in translation, and several of the retrieved excerpts are mangled by OCR (the numerals in [6] and [7] arrive as glyph names). It is a single school stating its own doctrine. There is no sample, no trial, no outcome data, and no comparison against any other way of teaching tengi. Nothing here shows that graded assisted practice produces better tengi than the alternative; it shows only that this textbook prescribes it.

Three specific weaknesses to hold onto. The assistant sequence in [2] is cut off mid-sentence — the text stops at "once the movement", so the actual criterion for reducing from two spotters to one is *not* in evidence, and my "no assistant taking your weight" gate is invented to fill that hole. The rep bands from [6] are not attributed to Ten anywhere in the excerpt; the only labelled section in it is Ungi. And [5], which supplies the fixed-axis intuition, is a four-direction elbow-strike drill, not a tengi drill at all.

Everything in the Drill beyond those two number bands is my interpolation and has not been tested on anyone.