

TERMS

Jiyu - free form

Kizami - front arm/leg

Waza - technique

FREE SPARRING

- Try dominant hand in front
- Try vertical punch for distance in jabs
- Use of parry to gain advantage
- Never throw just one technique

SELF DEFENSE

Front Bear Hug

- Arms Free
- Arms Locked

Kaiten (Rolls)

- Rolling Backward

Ukemi (Falls)

- Side Break Fall
- Front Break Fall

Kansetsu-waza

(Joint Lock)

- Supinating wrist-lock

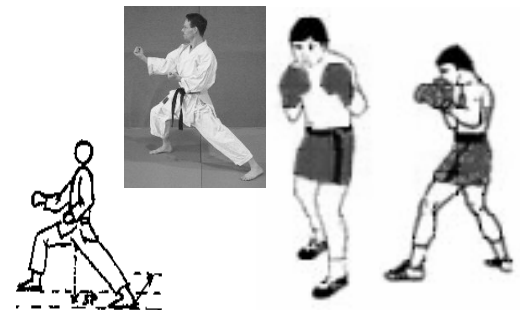
KIHON (Basics)

Stripe 1

Technique	Stance	Procedure
Sanbon Zuki Three Punches	Kiba Dachi Horse Stance	In Place
Sanbon Zuki Three Punches	Zenkutsu Front Stance	Forward, Turning, Return
Uraken, Gyaku Zuki, Gedan Barai Backfist, Reverse Punch, Downward Block	Zenkutsu Front Stance	Step Forward, step back
Tettsui Uchi Downward Hammer Fist	Kiba Horse Riding Stance	Step Forward, step back
Age Uke, Gyaku Zuki, Gedan Barai Upper Block, Reverse Punch, Downward Block	Zenkutsu Front Stance	Step Forward, step back
Soto Ude Uke, Gyaku Zuki, Gedan Barai Outside Forearm Block, Reverse Punch, Downward Block	Zenkutsu Front Stance	Step Forward, step back
Uchi Uke, Gyaku Zuki, Gedan Barai Inside Forearm Block, Reverse Punch, Downward Block	Zenkutsu Front Stance	Step Forward, step back
Shoto Uke Knife Hand Block	Kokutsu Back Stance	Step Forward, step back
Ren Geri Chudan, Jodan Combination Kick Mid Level then High (Front, Side)	Zenkutsu Front Stance	Forward, turn, return back
Yoko Geri Keage Side Snap Kick	Kiba Horse Riding Stance	Forward, turn, return back
Yoko Geri Kekomi Side Thrust Kick	Kiba Horse Riding Stance	Forward, turn, return back
Mawashi Geri Round Kick	Zenkutsu Front Stance	Forward, turn, return back
Kizami Zuki Free Style Jab	Jiyu Dachi Free Style Stance	Facing Front
Gyaku Zuki Free Style Reverse Punch	Jiyu Dachi Free Style Stance	Facing Front



Mawashi Geri
Round Kick



Jiyu Dachi (freestyle stance); like **Zenkutsu Dachi** but with hands in an on-guard position; During sparring, the feet are closer together, knees are bent

Throws

Osoto Geri - Large Outer Reap: Step to the opponent's side while pulling the sleeve of the same side outwards and downwards- and the other side of his gi backwards and outwards thus shifting his balance to only one leg. Give a swift sweep of the leg (at the lower calf/heel) while continuing the motion of the hands.

Joint Locks

Supinating Wrist-lock

The supinating position is when your palm is facing toward you. For the wristlock, rotate your opponent's hand in the direction of the thumb. This would be considered a supinating wristlock.

FITNESS

- Run 1 mile
- Situps: 25
- Pushups: 20
- Jumping Jacks: 50

KUMITE (Sparring)

Stripe 2

KIHON IPPON KUMITE #2

Basic Attack Sparring:

Attacker starts in Zenkutsu Dachi (front stance), Defender starts in Shisentai (natural stance).

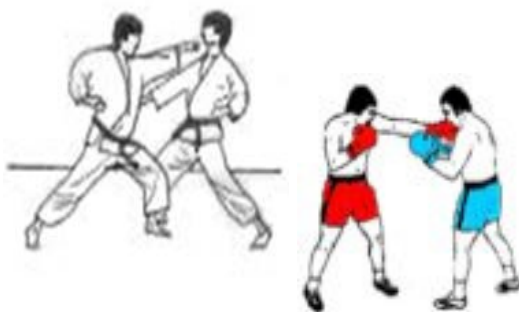
	Dachi Waza Stance	Uke Waza Block	Uchi Waza Strike
JODAN Attacker	Migi Jodan Oi zuki Right high lunge punch		
Defender	Zenkutsu Step back with R. Foot, Front Stance	Hidari Jodan Tate Shuto Uke Left upper knife hand block	Migi Jodan Shuto Uchi Right knife hand strike To neck
CHUDAN Attacker	Migi Chudan Oi zuki Mid lunge punch		
Defender	Zenkutsu Gayaku Zuki Step back with R. Foot, Front Stance	Migi Chudan Gyaku Uchi Uke Inside Block	Kiba Dachi, Hidari Chudan Yoko Empi Horse stance, Left, mid-level side elbow strike
GEDAN Attacker	Migi Chudan Mae Geri right front snap kick		
Defender	Zenkutsu, Mig Gedan Barai Step back with R. Foot, Front Stance, right low block	Jodan Kizami Zuki Front hand high punch	Chudan Gayaku Zuki Mid Reverse Punch

All Basics list above from a fighting stance

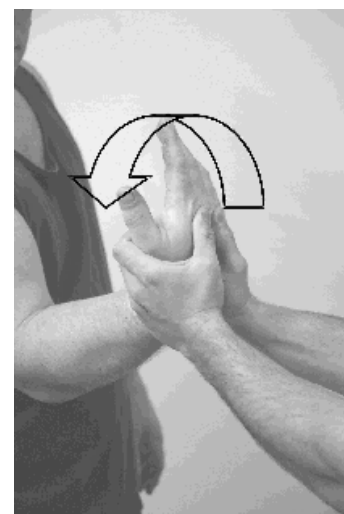
SELF DEFENSE:

- Demonstrate Side Break Fall
- Demonstrate Front Break Fall
- Demonstrate Roll Backward
- Demonstrate **Osoto Geri**
- Application #1 (defense from High Punch): **Age Uke, Gyaku Zuki, Osoto Geri**
(high block, reverse punch, outer reap)

Osoto Geri
Large Outer Reap



Kizami Zuki Jabbing Punch



General Knowledge

Process of Self Defense

As described in *Aikido and the Dynamic Sphere* by A. Westbrook and O. Ratti

1. Perception

Aware vs. unaware
Concentrated vs. dispersed

2. Evaluation

Calm & precise vs. perturbed and confused

3. Reaction

Specific, immediate, powerful, and consistent vs. unrelated, anachronistic, inadequate, erratic

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Each kata forms a basic shape called an **embusen**. The **embusen** for Taikioku Shodan looks like a capital H on its side. This character in Chinese means 'work.' This character is used in Kung Fu/Gong Fu and it simply translates to 'hard work.'

Kata Facts

Heian Sandan

New Techniques:

- Dachi: Heisoku, Kiba
 - Uke: Kosa Uke, Empi Uke
 - Zuki: Tate Zuki
 - Geri: Fumikomi, Kansetsu Geri
 - Moves: 23
 - Time: ~1 minute
- Embusen:

KATA (Form)

Stripe 3

Heian Sandan (Peaceful Mind #3) - No Count

