

TERMS

Nukite - Spear Hand

Mikazuki - Crescent

FREE SPARRING

- Learn to develop quicker reflexes in order to take control of the situation
- Eliminate unnecessary movement - move only when and as fast as you need to. Benefits: you're less predictable, harder to read; ability to judge distance increases your speed.

SELF DEFENSE

Rear Bear Hug

- 2 Finger Lock
- Under arm twist
- Throw to ground

Kenka-Yotsu (same side grab defense)

Ai-Yotsu (opposing grab defense)

Kaiten (Rolls)

- Jump Forward Roll over obstacle
- Turn, Forward Roll

Kansetsu-waza

- Shoulder/Elbow Joint Locks (Arm Bar)

KIHON (Basics)

Stripe 1

(Stance) Technique

Procedure

FTR = forward, turn, return; SFSB=stepping forward, stepping back

(Zenkutsu) Sanbon Zuki

(Front Stance) Three Punches

FTR

(Kiba Dachi) Sanbon Zuki

(Horse Riding Stance) Three Punches

FTR

(Zenkutsu) Uraken, Gyaku Zuki, Gedan Barai

(Front Stance) Backfist, Reverse Punch, Downward Block

SFSB

(Zenkutsu) Soto Ude Uke, (Kiba) Yoko Empi, (Zenkutsu) Uraken

(Front) Outside Block, (Horse) Side Elbow/Backfist, (Front Stance)Low Block

SFSB

(Zenkutsu) Uchi Uke, Kizami Zuki, Gyaku Zuki

(Front Stance) Inside Forearm Block, Jabbing Punch, Reverse Punch

SFSB

(Zenkutsu) Shoto Uke / Nukite

(Front Stance) Knife hand block, Spear Hand

SFSB

(Zenkutsu) Haishu Uke

(Front Stance) Back Hand Block

SFSB

(Zenkutsu) Mae Geri, Oi Zuki

(Front Stance) Front Kick, Lunge Punch

FTR

(Zenkutsu) Mae Geri/Gyaku Zuki

(Front Stance) Front Kick, Reverse Punch

Turn Gedan Barai/Gyaku Zuki

Turn Low Block, Reverse Punch

(Zenkutsu) Ren Geri Mae Geri, Mawashi Geri

(Front Stance) Combination Front Kick, Front Thrust Kick

FTR

(Jiyu Dachi) Mikazuki Geri

(Freestyle stance) Crescent kick block

FTR

(Jiyu Dachi) Kizami Zuki/Gyaku Zuki from Jiyu Dachi

(Freestyle stance) Jabbing Punch, Reverse Punch

Change Stance, Repeat same combo

(Jiyu Dachi) Mae Geri Chudan from Jiyu Dachi

(Freestyle stance) Front Kick to mid section

Change Stance, Repeat same combo



Haishu Uke

Back Hand Block



Mika Zuki Geri

Crescent kick block



Nukite

Spear Hand

Arm Bar



KUMITE (Sparring)

Stripe 2

KIHON IPPON KUMITE #3

Basic Attack Sparring:

Attacker starts in Zenkutsu Dachi (front stance), Defender starts in Shisentai (natural stance). Perform all Kihon Ippon Kumite on Both Sides of Body (Mirror image or switch feet before starting). This sparring sequence includes a stance with a block, and two strikes (**Dachi Waza, Uke Waza, Uchi Waza, Uchi Waza**).

JODAN

ATTACKER **Migi Jodan Oi Zuki** (right high lunge punch)
 DEFENDER **Zenkutsu & Migu Jodan Age Uke, Migu Yoko Geri Keage, Migu Chudan Yoko Empi**
 R. Ft. Front Stance with R. High Block, R. Side Snap Kick, R. Side Middle Side Elbow Strike

CHUDAN

ATTACKER **Migu Chudan Oi Zuki** (right mid-section lunge punch)
 DEFENDER **Zen. & Hidari Chudan Uchi Ude Uke, Hidari Jodan Kizami Zuki, Migu Chudan Gyaku Zuki**
 L. Ft. Front Stance & L. Inside Forearm Block, Left (High) Jabbing Punch, R. Mid Reverse Punch

MAE GERI

ATTACKER **Migu Chudan Mae Geri** (right front kick)
 DEFENDER **Zenkutsu, Hidari Chudan Kaki Uke, Hidari Jodan Urakin Uchi, Migu Chudan Gyaku Zuki**
 L. Foot Forward Front Stance, L. Downward Hooking Block, L. High Backfist, R. Mid Reverse Punch

YOKO GERI

ATTACKER **Migu Chudan Yoko Geri Kekomi** (right front side thrust kick)
 DEFENDER **Zenkutsu, Hidari Chudan Soto Ude Uke, Migu Chudan Gyaku Zuki**
 L. Foot Forward Front Stance, L. Outside Forearm Block, R. Mid Reverse Punch

MAWASHI GERI

ATTACKER **Migu Jodan Mawashi Geri** (round kick)
 DEFENDER **Zenkutsu, Hidari Chudan Uchi Ude Uke, Migu Chudan Gyaku Zuki**
 L. Foot Forward Front Stance, Left Inside Forearm Block, R. Mid Reverse Punch

All Basics list above from a fighting stance

SELF DEFENSE:

- Demonstrate Jump Forward Roll (over an obstacle)
- Demonstrate Turn Forward Roll
- Demonstrate Rear Bear Hug Defense
- Demonstrate Grab Defense
- Demonstrate shoulder/elbow joint locks
- Demonstrate **Uchi Mata**
- Application #2 (defense from High Punch): Tai Sabaki movement 1 (Ref: 9th Kyu, Stripe 2), side high block (similar to **Age Uke** for side defense), **Mawashi Geri** (round kick), Arm Bar
- Application #3 (defense from High Punch): Tai Sabaki movement 4, **Tate Shuto Uke, Jodan Shuto Uchi, Uchi Mata** (vertical knife hand block with knife hand strike to neck, neck throw)

FITNESS

- Run 1.5 miles
- Situps: 35
- Pushups: 30
- Jumping Jacks: 50



Uchi Mata
Neck Throw

Throws

Uchi Mata - Neck Throw: Hold opponent around the neck with one arm and the opponent's wrist/forearm with the other. Lift opponent on hip and turn him/her in mid air using the hold on the neck and wrist so opponent impacts on the ground with weak side. Note that the body of the thrower should not be entirely in front of the opponent because it prevents him from lifting the opponent on his hip.

Theory of Attack

Internal Factor:

- **Mind** (aggressive, intentional, total commitment)

External Factors:

- **Physical:**
 - **Body** (weapon)
 - **Functional:**
 - Dynamic (motion of attack)
 - Technical (technique of attack)
- Taken together, these factors lead to the Unified Power of Attack.

Theory of Defense

Internal Factor:

- **Mind** (center of inner stability, control, and power)

External Factors:

- **Physical:**
 - **Body** (instrument of defense)
- **Functional:**
 - Dynamic (motion of evasion, centralization, extension)
 - Technical (technique of neutralization)

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

Kata Facts

Heian Yodan

New Techniques:

- Uke: Kakiwake Uke, Gedan Juji Uke
- Zuki: Mawashi Empi
- Moves: 27
- Time: ~1 minute
- Embusen:

KATA (Form)

Stripe 3

Heian Yodan (Peaceful Mind #4) - No Count

