

TERMS

Zanshin - awareness

Mushin - clearing the mind of distractions

FREE SPARRING

- Accuracy is improving. Easy to hit a stationary object but skill and experience is necessary to hit a moving target
- Instinct in fighting is improving as you continue to spar - you begin to know what your opponent is going to do.

SELF DEFENSE

Ne-waza (Ground Fighting)

- Mount & Guard Positions

- Side Control

Kansetsu-waza

- **Ude-garami** (Americana Keylock hold; 'Figure 4')
- Hammerlock
- Arm bar fusing defender's shoulder

KIHON (Basics)

Stripe 1

(Stance) Technique

Procedure

FTR=Forward, Turn, Return

(Zenkutsu) Mae Geri, Sanbon Zuki

(Front Stance) Front Kick, Three alternating punches

FTR

(Zenkutsu) Age Uke/Gedan Barai/Gyaku Zuki/Gedan Barai

(Front Stance) Upper Block, Low Block, Reverse Punch, Downward Block

FTR

(Zen.) Soto Ude Uke, (Kiba) Yoko Empi, (Zen.) Uraken, Gyaku Zuki, Gedan Barai

(Front) Outside Forearm Block, (Horse) Side Elbow Strike, (Front) Reverse Punch, Low Block

FTR

(Kokutsu) Uchi Uke, (Zenkutsu) Kizami Zuki, Gyaku Zuki, Gedan Barai

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

FTR

(Kokutsu) Shuto Uke, Mawashi Kizami Geri, (Zenkutsu) Nukite

(Back Stance) Knife Hand Block, Front Leg Roundhouse Kick, (Front) Spearhand

FTR

(Kokutsu) Manji Uke, Gedan Shuto, (Zenkutsu) Gedan Barai

(Back Stance) X block, Low Knife Hand Block, (Front Stance) Downward Block

FTR

(Zenkutsu) Ren Geri Mae Geri / Mawashi Geri

(Front Stance) Front Kick / Roundhouse Kick

FTR

(Kiba Dachi) Yoko Geri Keage

(Horse Riding Stance) Side Snap Kick

FTR

(Zenkutsu) Mika Zuki Geri, Mawashi Empi

(Front Stance) Crescent Kicking Block, Roundhouse Elbow Strike

FTR

(Jiyu Dachi) Uraken Uchi

(Freestyle Stance) Backfist

FTR

(Jiyu Dachi) Mae Geri (Chudan), Kizami Zuki (Jodan)

(Freestyle Stance) Front Kick (mid) / Jabbing Punch (high)

FTR



Manji Uke
X Block



Gedan Shuto Uke
(Low Knife Hand Block)



Mawashi Empi
Roundhouse Elbow Strike



Mount Position



Guard Position



Side Control



Back Mount Position

KUMITE (Sparring)

Stripe 2

KIHON IPPON KUMITE #4

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
DEFENDER

Migi Jodan Oi Zuki (right high lunge punch)

Zenkutsu, Haishu Juji Uke, Migu Chudan Mawashi Geri Keage, Hidari Ushiro Mawashi Empi

R. Ft. Front Stance, High X Block, R. Mid Level Roundhouse Kick, turning into a L. Roundhouse Elbow Strike

CHUDAN

ATTACKER
DEFENDER

Migi Chudan Oi Zuki (right mid-section lunge punch)

Kokutsu, Hidari Chudan Kizami Mawashi Geri, Hidari Jodan Kizami Zuki, Migu Chudan Gyaku Tate Zuki

L. Ft. Back Stance, L. Front Leg Roundhouse Kick, L. High Japping Punch, R. mid-section Reverse Vertical Punch

MAE GERI

ATTACKER
DEFENDER

Migi Chudan Mae Geri (right front kick)

Neko Ashi Dachi, Migu Gedan Barai, Hidari Chudan Shuto Uke, Migu Chudan Empi in Zenkutsu Dachi

R. Ft. Cat Stance, R. Downward Block, Left Mid Level Knife Hand Block to opponent's right shoulder, Extend front foot into Front Stance with Elbow Strike to chest

YOKO GERI

ATTACKER
DEFENDER

Migi Chudan Yoko Geri Kekomi (right front side thrust kick)

Zenkutsu, Hidari Gedan Kake Uke, Migu Jodan Haito Uchi, Zenkutsu

L. Ft. Front Stance, Left Low Hooking Block, Right High Ridge Hand Strike

MAWASHI GERI

ATTACKER
DEFENDER

Migu Jodan Mawashi Geri (round kick)

Shiko Dachi, Jodan Shuto Morete Uke, Migu Chudan Morote Yoko Empi

Square Stance, High Augmented Knife Hand Block, Right Middle Augmented Side Elbow

SELF DEFENSE: Defense from a High Punch

- Application #4: *Tai Sabaki* #1, reverse side *Age Uke* (Side High Block), *Oi Zuki* (Front Punch), arm bar control
 - Application #5: *Tai Sabaki* #1, *Yoko Geri* (side kick), pull down
 - Application #6: *Tai Sabaki* #1, Side High Block, trap, pull down hand in joint lock, front kick, ax kick
 - Application #7: *Tai Sabaki* #5 (stepping away), *Yoko Geri* (side kick), *Shiho Nage* (4 corner throw)
- Defense from a Low Punch
- Application #8: *Tai Sabaki* #5 (step straight back), perry down, trap, *Mae Geri* (front snap kick), outer wrist twist



Koshi Nage



Shiho Nage



Haito Uchi
Ridge Hand



Haishu Juji Uke
High X Block



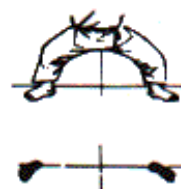
Gedan Kake Uke
Low Hooking Block



Tate Zuki
Vertical Punch



Neko Ashi Dachi
Cat Stance



Shiko Dachi
Square Stance

FITNESS

- Run 2 miles
- Situps: 40
- Pushups: 35
- Jumping Jacks: 50

Throws

Koshi Nage - Hip throw performed with a wide stance and the intention of throwing the opponent so a kick or stomp can be administered.

Shiho Nage—
Outward arm rotation
(4 Corner Throw)

General Knowledge

Points of Control of an Attack

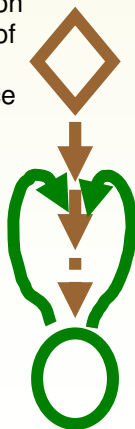
1. Control by sliding in toward source of attack



2. Control beyond the point of impact and maximum extension of attack



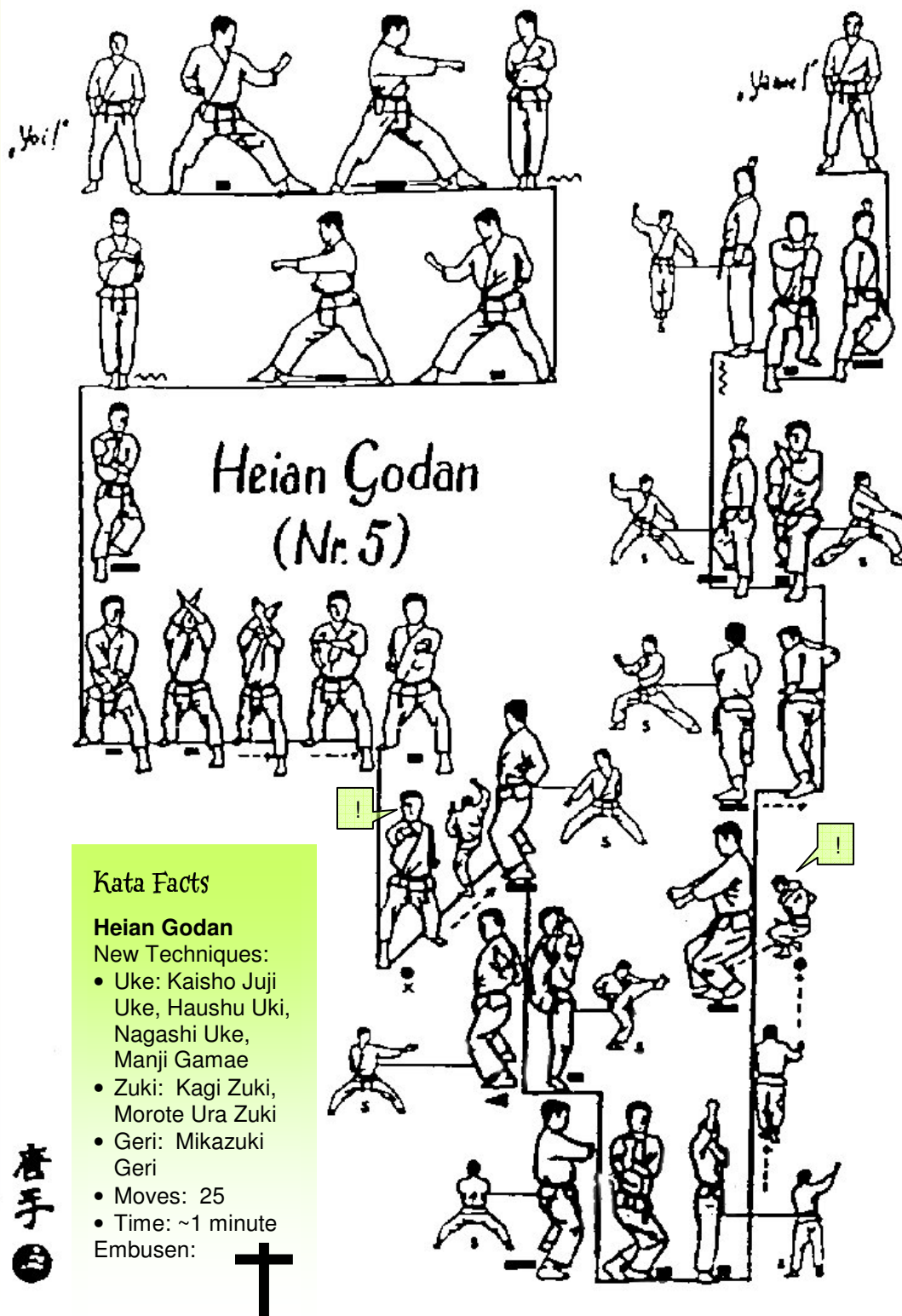
3. Control on either side of aggressive convergence



KATA (Form)

Stripe 3

Heian Godan (Peaceful Mind #5) - No Count



Kata Facts

Heian Godan

New Techniques:

- Uke: Kaisho Juji Uke, Haushu Uki, Nagashi Uke, Manji Gamae
- Zuki: Kagi Zuki, Morote Ura Zuki
- Geri: Mikazuki Geri
- Moves: 25
- Time: ~1 minute
- Embusen:

