

TERMS

Hikite Gamae - Pull back hand

Ushiro - Back

Tate - Vertical

FREE SPARRING

Mental Attitude

A student about to engage in sparring must concentrate on leaving their ego outside the sparring ring. The overwhelming feeling of "I must win this match" has no place inside the sparring ring as it prevents the student from ever learning new techniques. Learning new techniques and experimenting with these techniques in the sparring ring may typically result in losing sparring matches until that technique is perfected. You may find students unwilling to learn these new techniques until they learn for themselves that their own methods have great disadvantages in sparring - also known as the "School of Hard Knocks" training.

FITNESS

- Run 2.5 miles
- Situps: 50
- Pushups: 40
- Jumping Jacks: 50

KIHON (Basics)

Stripe 1

(Stance) Technique

Procedure

FTR = forward, turn, return; **SFSB**=stepping forward, stepping back; **IP**=in place

(Zenkutsu) Mae Geri, Sanbon Zuki

(Front Stance) Front Kick, Three Punches

FTR

(Zen.) Age Uke, Mae Geri, Gyaku Zuki, Gedan Barai

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

SFSB

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

(Frnt) Outside Block , (Horse) Side Elbow, Backfist, (Front) Low Block

SFSB

(Kokutsu Dachi) Uchi Uke, (Zen.) Kizami Zuki, Gyaku Zuki, Gedan Barai

Back stance for inside block, move to Front Stance for jabbing punch, Reverse Punch, Low Block

SFSB

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

(Back Stance) Knife Hand Block, Front Leg Front Kick, (front stance) Spear Hand

SFSB

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

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

FTR

(Zenkutsu) Mae Geri, Mawashi Geri, Uraken, Gyaku Zuki, Gedan Barai

(Front Stance) Front Kick, Round Kick, Backfist, Reverse Punch, Low Block

FTR

(Zen.) Mae Geri, Kekomi, (Kokutsu) Shuto Uchi, (Zen.) Gyaku Zuki, Gedan Barai

(Front) Front Kick, Thrust Kick, (Back Stance) Knife Hand Block, (Front), Reverse Punch, Low Block

FTR

(Jiyu Dachi) Mika Zuki Geri, Mawashi Empi

(Freestyle Stance) Crescent Kick, Round House Elbow

FTR

(Zenkutsu) Ushiro Geri

(Front Stance) Back Kick

FTR

(Zenkutsu), Same Leg: Mae Geri to front, Kekomi to the side

(Front Stance), Same Leg: Front Kick to front, Side Thrust Kick to side

IP

(Jiyu Dachi) Uraken, Gyaku Zuki

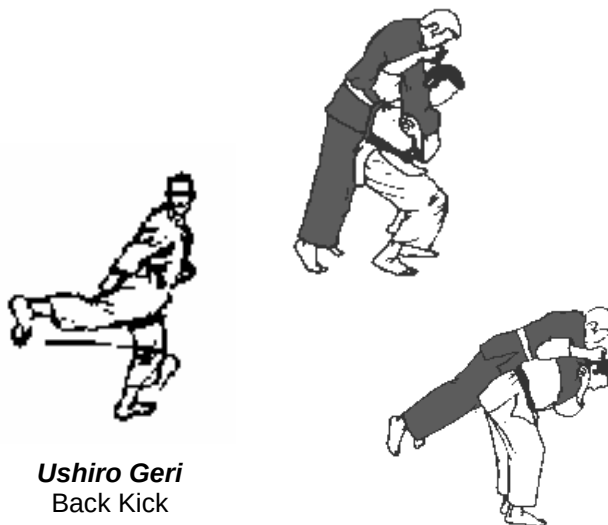
(Freestyle Stance) Back Fist / Reverse Punch

FTR

(Zenkutsu) Mae Geri Chudan, Kizami Zuki Jodan, Gyaku Zuki Chudan

(Front Stance) Front Kick, High Jabbing Punch, Middle Reverse Punch

FTR



Ushiro Geri
Back Kick

Throws

Ippon Seoinage (one arm shoulder throw)

Hips align completely to comfortably lift opponent

KUMITE (Sparring)

Stripe 2

KIHON IPPON KUMITE #5 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, Hidari Jodan Age Uke, Migi Chudan Mawashi Geri, Migi Chudan Tettsui Uchi***
R. Ft. Front Stance, L. High Block (grab wrist), R. Mid Roundhouse kick, move into a horseback stance, R. Mid Hammer Fist

CHUDAN

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

DEFENDER ***Kokutsu, Hidari Chudan Empi Uke Kiba Dachi, (Spin) Jodan Migi Ushiro Mawashi Empi Uchi***
L. Ft Forward Horse Stance with Elbow Block, (Spin) High Roundhouse Elbow

MAE GERI

ATTACKER ***Migi Chudan Mae Geri*** (right front kick)

DEFENDER ***Kokutusu Dachi, Hidari Sukui Uke, Migi Chudan Gyaku Zuki***
L. Ft Forward Back Stance, Scooping Block with the Fist, Right Mid Reverse Punch

YOKO GERI KEKOMI

ATTACKER ***Migi Chudan Yoko Geri Kekomi*** (Right Middle-Section Side Thrust Kick)

DEFENDER ***Migi Ushiro Gedan Barai, Migi Chudan Yoko Geri Kekomi, Migi Chudan Yoko Empi Uchi Kiba Dachi***
Right Backside Low Block, Right Middle Side Thrust Kick, R. Side Elbow Strike in Horse Stance

MAWASHI GERI

ATTACKER ***Migi Jodan Mawashi Geri*** (Right High Roundhouse kick)

DEFENDER ***(Jiyu Dachi) Migi Jodan Soto Ude Uke, Spin, Hidari Jodan Shuto Uchi in Zenkutsu Dachi***
Outside block, spin, L. knife hand strike to temple

JIYU IPPON KUMITE #1 Semi-Free One Step Sparring:

Attacker and Defender start in Jiyu Dachi (freestyle stance). Perform all Jiyu Ippon Kumite on both sides of body (Mirror image or switch feet before starting)

JODAN

ATTACKER ***Migi Jodan Oi Zuki*** (right high lunge punch)

DEFENDER ***Jiyu Dachi, Hidari Jodan Tate Shuto Uke, Migi Chudan Gyaku Zuki, Hikite Gamae***
Freestyle Stance, Left High Vertical Knife Hand Block, Right Mid Reverse punch, Hand Pulled Back

CHUDAN

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

DEFENDER ***Jiyu Dachi, Hidari Chudan Soto Ude Uke, Migi Chudan Gyaku Zuki, Hikite Gamae***
Freestyle Stance, Left High Outside Forearm Block, Right Mid Reverse Punch, Hand Pulled Back

MAE GERI

ATTACKER ***Migi Chudan Mae Geri*** (right front kick)

DEFENDER ***Jiyu Dachi, Hidari Gedan Barai, Migi Chudan Gyaku Zuki, Hikite Gamae***
Freestyle Stance, Left Low Block, Right Middle section Reverse Punch, Hand pulled back position

Applications

Defense from High Punch

- Application #9: Tai Sabaki #2, Te Nagashi Uke (hand sweeping block with palm heel strike, Side Choke)
- Application #10: Tai Sabaki #2 Gyaku Age Uke (Reverse High Side Block), Nukite (spearhand), Leg Bar (grab behind ankle, push slightly below knee)

Defense from a Low Punch:

- Application #11: Tai Sabaki #1, Gedan Barai (Low Block), Gyaku Zuki (Reverse Punch), neck throw

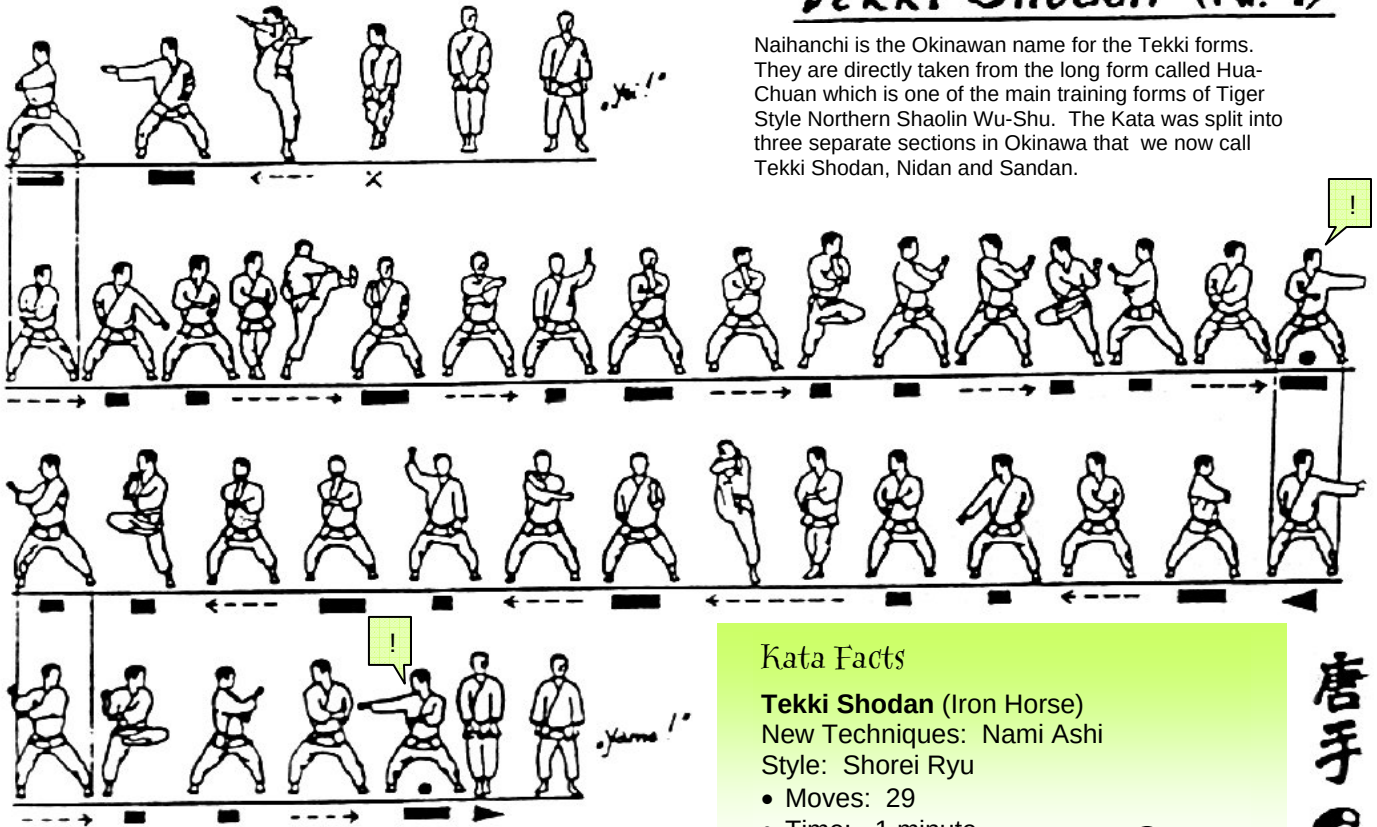
KATA (Form)

Stripe 3

Tekki Shodan (Iron Horse #1) - No Count

Tekki Shodan (Nr. 1)

Naihanchi is the Okinawan name for the Tekki forms. They are directly taken from the long form called Hua-Chuan which is one of the main training forms of Tiger Style Northern Shaolin Wu-Shu. The Kata was split into three separate sections in Okinawa that we now call Tekki Shodan, Nidan and Sandan.

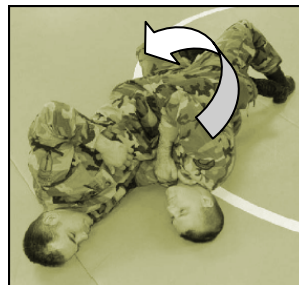


Kata Facts

Tekki Shodan (Iron Horse)
 New Techniques: Nami Ashi
 Style: Shorei Ryu
 • Moves: 29
 • Time: ~1 minute
 Embusen:



Escape the Mount, Trap



Roll



Now in Guard



Escape the Guard



Rotate hip and create a base moving opponents leg



Move into Side Control

Self Defense

Ne-Waza (Ground Fighting)

- Escape from Mount
- Escape from Guard