

Kihon 9th Kyu *Video's for kihon on web page*

5th April 2011

Technique

Zenkutsu-dachi

Age uke forward and return.

Oi tsuki jodan moving back teisho uke.

Oi tsuki chudan moving back soto uke.

Moving forward oi tsuki in Zenkutsu-dachi stepping back maewashi uki.

Maegeri chudan.

Maegeri jodan.

Bag work

Zenkutsu-dachi

Gyaku-tsuki (Focus pad)

Mawashi uki (Focus pad)
To the outside / inside

Name ashi (Body shield)

Mae geri (Body shield)

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Gohon Kumite Video's for kihon on web page

Ju dachi

Inside block.

Attacker: Ju dachi. Step forward jodan oi tsuki.

Defender: Ju dachi. Step back block, jodan teisho uke.

Attacker: Ju dachi. Step forward chudan oi tsuki.

Defender: Yoi. Step back block, soto uke.

Ju dachi

Outside block. (double block)

Attacker: Ju dachi. Step forward oi tsuki.

Defender: Ju dachi. Step back, block maewashi uki.

Goshin Jutsu

A grab from behind entrapping the arms

Use distraction by kicking back into the shins or stamp on the feet and throwing the head back. Extend the arms, at the same time thrusting your lower body back into the groin.

Grasping the right wrist with your left hand, elbow strike with your right elbow into the ribs then releasing your left hand turn and elbow strike with your left elbow into your opponent. Spinning clockwise elbow strike to the head with your right elbow. Turn to face your attacker. Push away or kick or knee to the groin.

A cross handed grab.

Stepping back gedan bari, breaking your attackers grip. Stepping forward strike striking to the head.

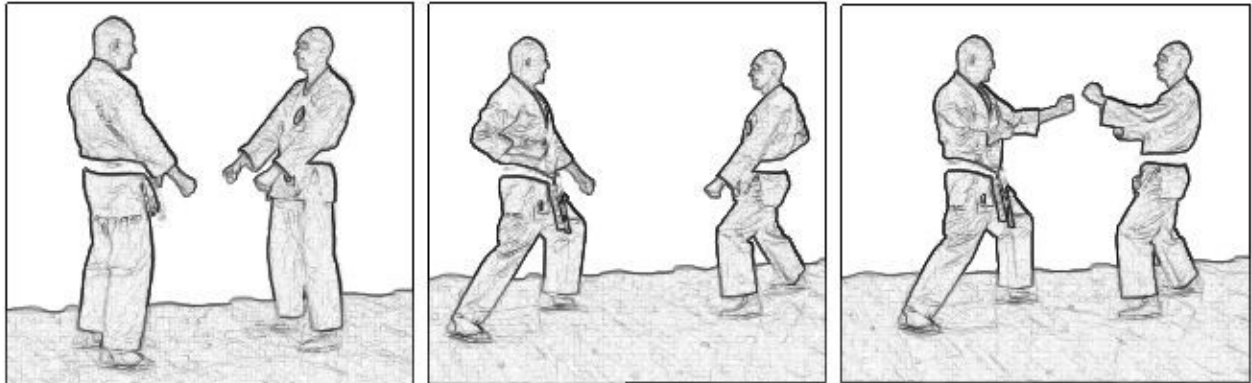
Kata

Taikyoku Shodan

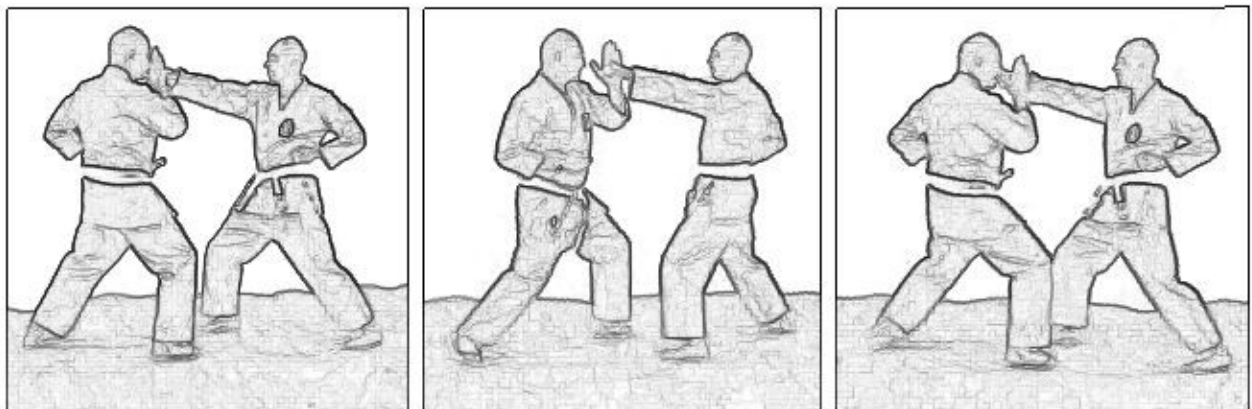
Gohon Kumite (Jodan) 9th Kyu

1st November 2008

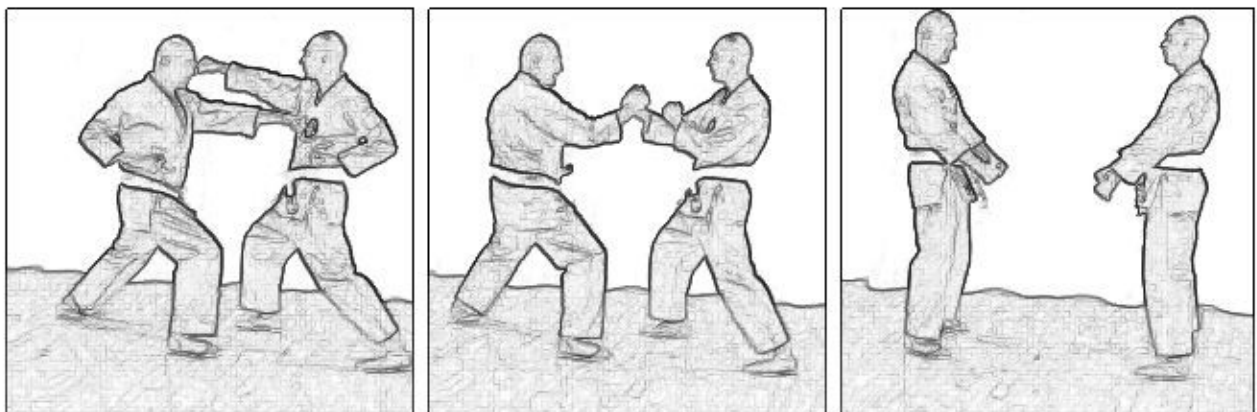
Zenkutsu-dachi All exercises to examiner's command. Five attacks stepping forward Counter with chudan gyaku tsuki after last technique. Then change attacker.



Attacker: Yoi .Step back, left gedan barai. Bring hands into guard position. Step forward jodan oi tsuki .



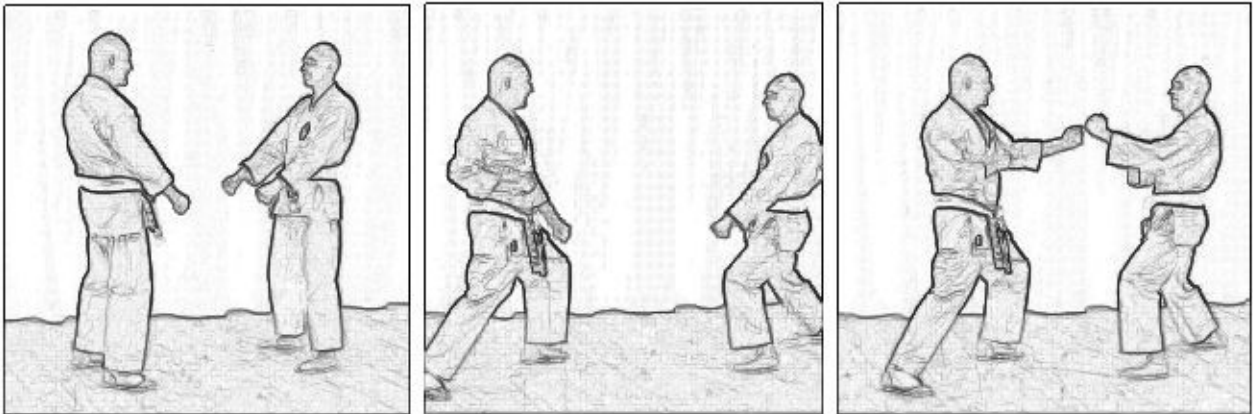
Defender: Yoi. Step back jodan te uke. Inside block. Gyaku tsuki on last technique.



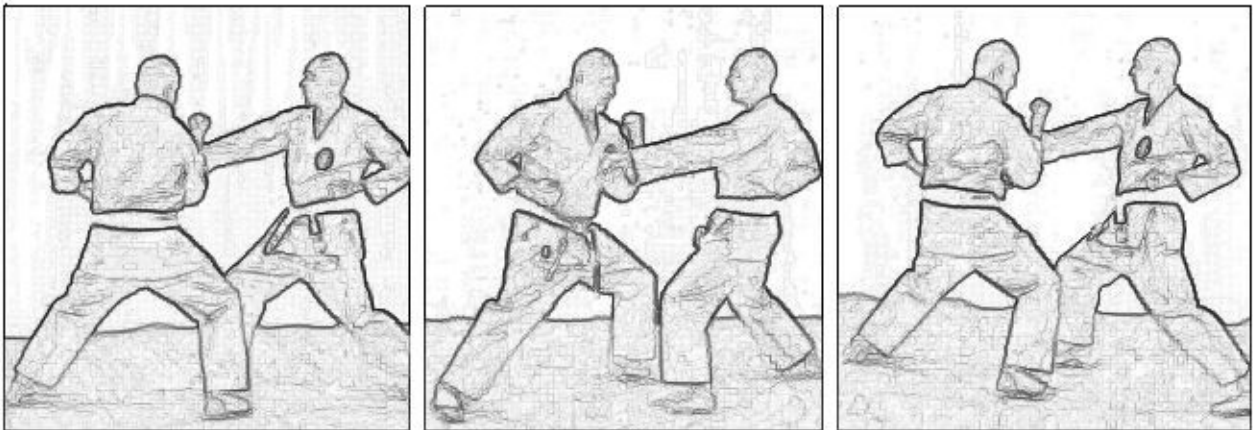
Gohon Kumite (Chudan) 9th Kyu

1st November 2008

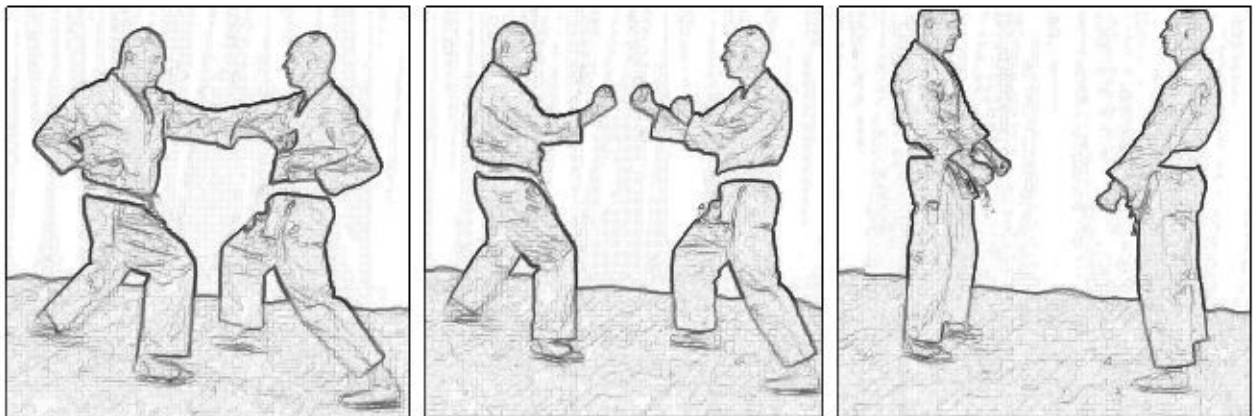
Zenkutsu-dachi All exercises to examiner's command. Five attacks stepping forward Counter with chudan gyaku zuki after last technique. Then change attacker.



Attacker: Yoi .Step back, left gedan barai. Bring hands into guard position. Step forward chudan oi tsuki .



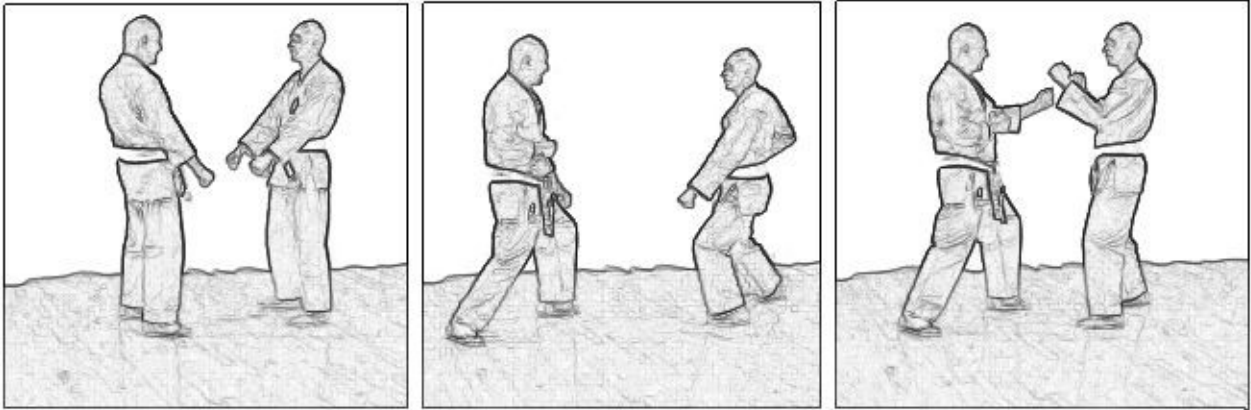
Defender: Yoi. Step back chudan soto uke. Inside block. Gyaku tsuki on last technique.



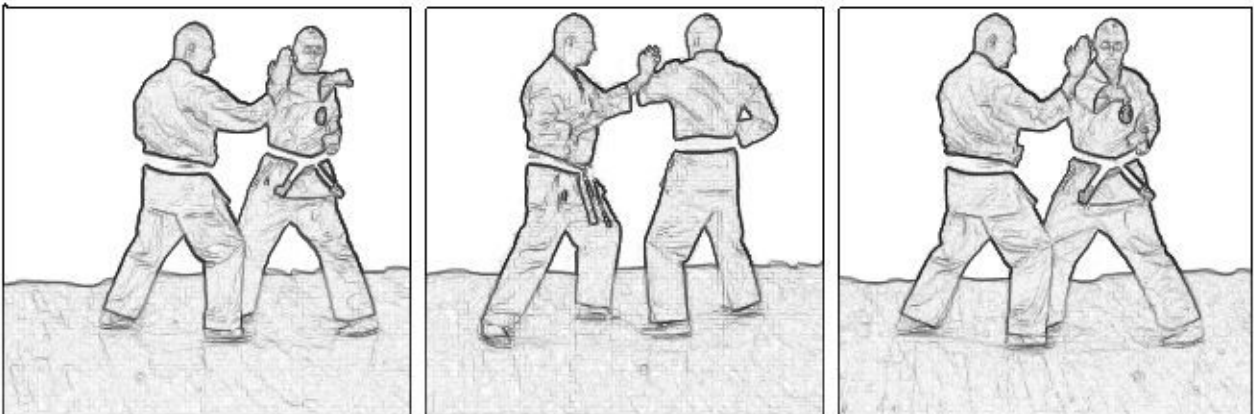
Gohon Sequence (Ju dachi) 9th Kyu

1st November 2008

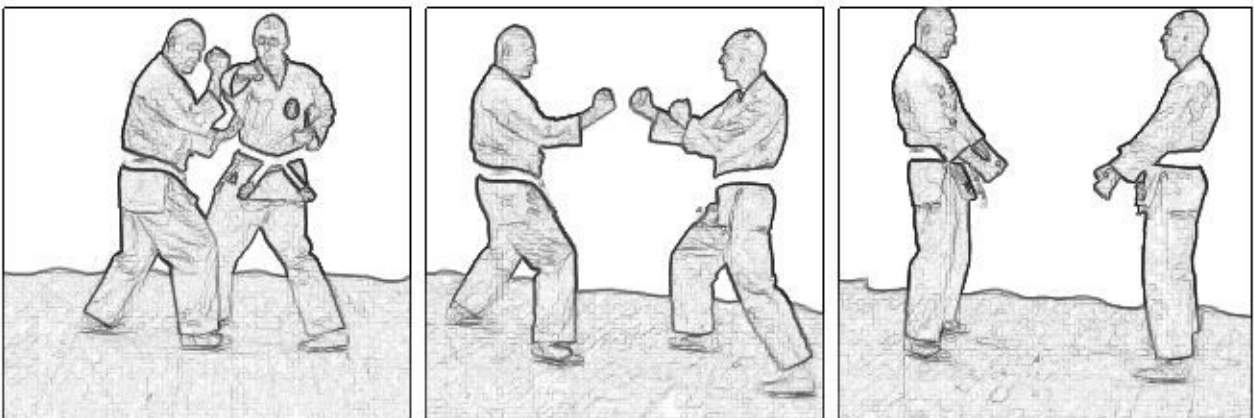
All exercises to examiner's command. Five attacks stepping forward.



Attacker: Ju dachi. Step forward oi tsuki.



Defender: Ju dachi. Step back, block maewashi uki.



Goshin Jutsu 9th Kyu

1st November 2008

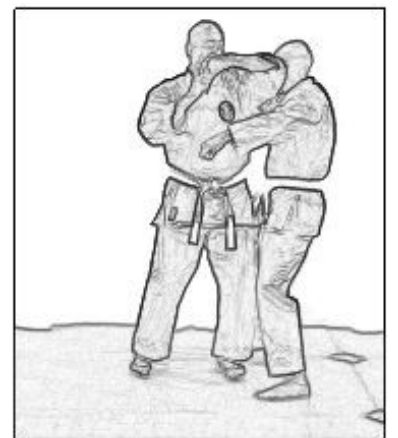
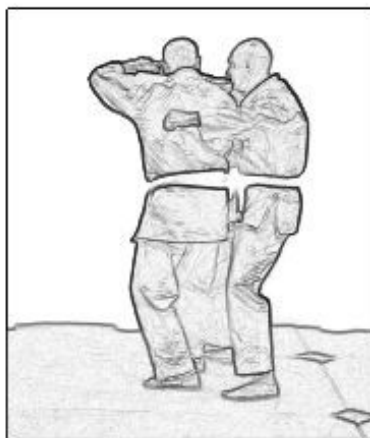
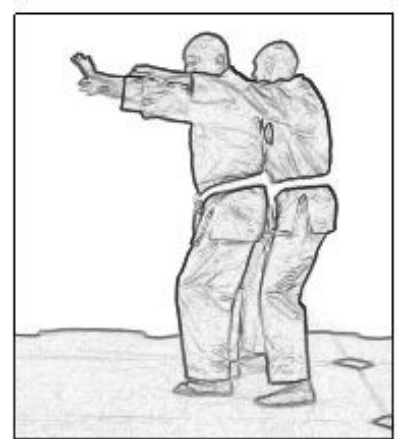
All exercises to examiner's command.



A grab from behind entrapping the arms.



Use distraction by kicking back into the shins or stamp on the feet. Extend the arms, at the same time thrusting your lower body back into the groin.



Grasping the right wrist with your left hand, elbow strike with your right elbow into the ribs then turn into your opponent. Left elbow strike to the head.



Turn and push your attacker sway.

Goshin Jutsu 9th Kyu

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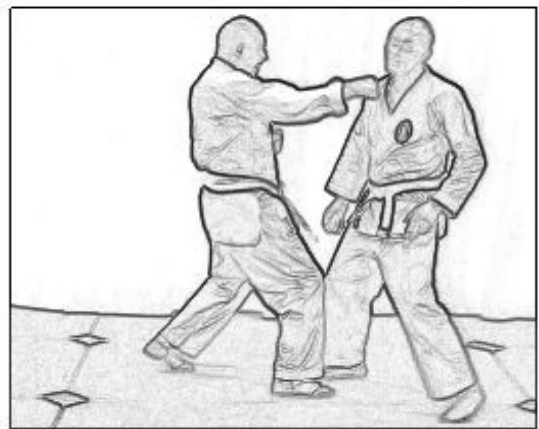
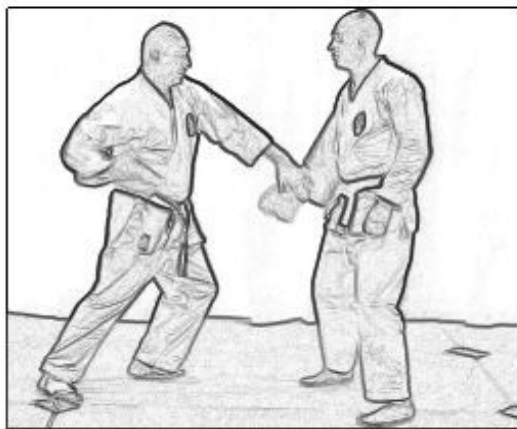
All exercises to examiner's command.



A cross handed grab.



Stepping back gedan bari, breaking your attackers grip.



Stepping forward strike striking to the head.