

# KIHON WAZA

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# **TSUKE WAZA**

**(3 LEVELS OF PUNCHING)**

- **Tsuke Waza** (*students repeat*)
- **Rei** (*students bow*) **O-Negaiishimusu**
- **Chudan/ Gedan/ Jodan** (*stomach/ groin/ head*)
- **Hai** (*on command adopt your left hand out at for a stomach punch*)
- **Hitotsu** (*singles*)
- **Futatsu** (*doubles*)
- **Mittsu** (*triples*)
- **San Dan Tsuke** (*3 levels*)
- **Masubi Dachi** (*cover*)
- **Shizentai Yoi** (*shoulder width stance*)
- **Kyosuke Dachi** (*feet together stand at attention*)
- **Rei** (*on command bow*) **O-Negaiishimusu**

# UKEMI WAZA

(BREAK FALL DRILL)

- **Ukemi Waza** (*students repeat*)
- **Rei** (*students bow*) **O-Negaiishimusu**
- **Kamae Te**
- **Hai** (*on command adopt your first position depending on capability seiza, squatting or standing*)
- **Hajamae** (*begin*)
- Fwd break fall
- Tuck right arm under, left side break fall
- Right side break fall
- Left backward shoulder roll
- Landing with left knee up sitting on right foot, hands on thighs palm facing up (*facing rear*)
- Left fwd shoulder roll
- Pivot, landing with right knee up sitting on left foot, hands on thighs palm facing up (*facing front*)
- Right fwd shoulder roll
- Pivot, landing with left knee up sitting on right foot, hands on thighs palm facing up (*facing rear*)
- Knee walk (*as left knee hits ground left hand parry's & right hand shuto*)
- Repeat for the other side and then pivot to the right ending with right knee up, left knee down, palms on thighs facing up.
- **Seiza** (*on command adopt kneeling position*)
- **Suware Rei** (*on command bow*) **Arigato gozaimashita**
- **Hiza Kamae**
- **Hai** (*on command adopt left knee up, kneeling on right and left palm heel out, right palm heel close to chest*)
- **Kiritsu** (*on command stand up to shoulder width stance*)
- **Masubi Dachi** (*cover*)
- **Rei** (*on command bow*) **O-Negaiishimusu**

# SHI HO UKE WAZA

(4 Directional blocking /trapping & receiving )

- **Uke Waza** (*students repeat*)
- **Rei** (*students bow*) **O-Negaiishimusu**
- **Shizentai Yoi** (*shoulder width stance*)
- **Level 1** (*sensei to say out loud so all know what level*)
- **Hajamae** (*begin*)
- **Level 1** is done stationary starting with the left arm upper block following up with a right arm upper block, then two of each other block **lower/ outer/ inside/ karkai (tiger)/ shuto (knife hand)**
- **Level 2** is done moving in 4 directions turning to the left on the first and executing the blocks at each time and in the same order as level 1. 1<sup>st</sup> turn is to the left 90 degrees drag the left foot only on the first move, 2<sup>nd</sup> turn step rear foot behind and pivots 180 degrees, 3<sup>rd</sup> turn to the left 90 degrees, 4<sup>th</sup> turn step rear foot behind and turn 180 degrees. This order is followed for all the blocks except the **karkai** and **shuto**. On **karkai** the front foot steps across and pivots 180 degrees to the right. on **shuto** you step back into **cat stance (neko ashi dachi)**, on the turn step across on 45 degrees landing each time in **cat stance (neko ashi dachi)**
- **Level 3** is done the same as level 2, however we are adding in a strike. As you turn into the block you bring the front foot in together with the back and then step and slide once in position execute a straight punch. All punches are done to the height of the block. For the **inside block** as you step and slide you execute a forearm strike with the blocking arm. On the **karkai** it is an arm bar and the **shuto** is a tiger claw technique to the throat and one on hip.
- **Level 4** is the same as level 3, however we are now applying a groin kick to this. As you pull back and execute the block follow it up with the groin kick from the leading leg then step and slide and execute the appropriate strike. The only change here is when you step back to execute the karkai, step forward with the front leg and execute a rear leg stomp to the front (*foot is pointed out to the side 90 degrees*) and place back into position, step and slide and execute the appropriate strike.
- **Ashi Sabaki & Tai Sabaki** This level is concentrating on foot work & body movement only. Place hands behind back and apply footwork from level 2.
- **Masubi Dachi** (*cover /as hands push down feet come together*)
- **Shizentai Yoi** (*shoulder width stance*)
- **Kyosuke Dachi** (*feet together stand at attention*)
- **Rei** (*on command bow*) **O-Negaiishimusu**

# **HEISHU WAZA**

(Assorted tools of impact)

- **Heishu Waza** (*students repeat*)
- **Rei** (*students bow*) **O-Negaiishimusu**
- **Kamae Te**
- **Hai** (*on command adopt traditional right foot back fighting kamae*)
- **Hajamae** (*begin*)
- Left jab, right cross, left hook
- Weave then four uppercuts
- Rising right elbow, circular left elbow then a right elbow coming over the top
- Both hands hit down slapping across thighs and hook around (*as if grabbing around somebody's neck*)
- Switch left knee and land fwd then right knee, stomp down with right foot
- Slight head butt, followed by a left shoulder bump
- Shoot left hand out (*as if reaching out behind someone's head*) and execute a elbow over the top into your left palm
- Close both hands into a fist and rotate your left fist in towards your chest and then back out and adopt the traditional fighting stance
- **Masubi Dachi** (*cover /as hands push down feet come together*)
- **Shizentai Yoi** (*shoulder width stance*)
- **Kyosuke Dachi** (*feet together stand at attention*)
- **Rei** (*on command bow*) **O-Negaiishimusu**

# **KERI-JUTSU**

(Kick & associated techniques)

- **Keri Jutsu** (*students repeat*)
- **Rei** (*students bow*) **O-Negaiishimusu**
- **Kamae Te**
- **Hai** (*on command step back & adopt traditional fighting kamae*)
- **Hajamae** (*begin*)
- Switch left leg roll check, left leg landing fwd
- Right leg front kick, parry impact with forearm strike land in fighting stance
- Step out on 45 with right foot with right hand in shuto, left hand above head
- Left leg thigh kick 360 degrees land side on right side fwd
- Parry with left strike with right forearm
- Low right side kick and land facing rear, right leg fwd and kakai
- Left leg back kick or stomp kick and step across with left foot to right hand side
- Right leg crescent kick
- Jumping front kick land reaching high with left and impact smashing down with elbow, bend legs on elbow, pulling right hand back (end in deep lunging)
- Switch across left arm behind back right arm in front
- Turn 180 degrees and impact to ribs with right spinning hammer strike swing right arm behind back
- Impact to temples with left and right fists (no lunging forward)
- Lean back bringing arms up and around clapping to ears
- Pull hands to your right ear for a neck crank
- Hook hands for a grab behind neck
- Knee with left and land fwd with left leg
- Reach high and drop scoop down to a deep lunging for a leg reap end in high stance
- Place both hands on outside of left foot and right leg sweep
- Left leg axe kick step and and slide forward land left leg fwd
- Shrug & shake and karkai (fighting stance)
- Step with left leg and right leg inside crescent kick hitting left hand
- Step back into cat stance
- Reach up high with right hand and hit down onto left palm with a **kiai**
- **Masubi Dachi** (*cover /as hands push down feet come together*)
- **Shizentai Yoi** (*shoulder width stance*)
- **Kyosuke Dachi** (*feet together stand at attention*)
- **Rei** (*on command bow*) **O-Negaiishimusu**

# KAISHU WAZA

(Techniques of the open hand)

- **Kaishu Waza** (*students repeat*)
- **Rei** (*students bow*) *O-Negaiishimusu*
- **Kamae Te**
- **Hai** (*on command step back to a cat stance, pulling your right hand back to your hip and left hand placed on your right hand so that the back of the hands are touching, continue the arm motion up until you end up with left hand shuto to front and right arm up above head. Application for wrist release*)
- **Hajamae** (*begin*)
- Step fwd into half lunging stance executing a right knife hand strike, then a reverse knife hand strike
- Left ridge hand strike, right ridge hand strike
- Spit and drop down into a squatting stance at the same time scraping the right hand down. Once in squatting flick a left backhand to groin region
- Stand back up and slap right hand down (*target is back of someone's head*)
- Step and slide fwd executing a left spear hand then right spear hand, reverse hand protecting face each time
- Step back with both feet and slap both hands on your thighs and bring back around to palm heel strike to ribs step and slide at this point
- Tiger claw to rip at the soft tissue of the ribs
- Bring both arms up and around head, arching right back and ending in front and clap to ears
- Execute a right arm neck crank keeping head down
- Scoop left arm out in front and down at the same time the right arm is pulled back high past your face and back behind and around again to strike to the groin with a rising ridge hand
- Grab for the testicles, step and slide executing a left palm heel to head
- Turn to the right stepping both feet back together ending in the start position of this exercise and repeating all the above on the opposite side
- This exercise ends up with right foot fwd and right palm heel. From here step your left foot in front of your right for a cross legged stance and then turning to the left step the right leg back around ending up in facing the front in a shoulder width stance
- **Masubi Dachi** (*cover*)
- **Rei** (*on command bow*) *O-Negaiishimusu*



# **KAMAE WAZA**

(Defensive posturing & mobility)

- **Kamae no Waza** (*students repeat*)
- **Rei** (*students bow*) **O-Negaiishimusu**
- **Masubi Dachi** (*Relax stance, feet are turned outwards hands stay by your side. This is another form of cover*)
- **Hachi Munji Dachi** (*this is another form of shoulder width stance, the left heel is turned out then followed by the right until you end up in shoulder width stance*)
- **Hajamae** (*begin*)
- Lean to the right and bring left arm across body then up and around for an outer block to the left with right arm chambered.
- Punch with the right hand to the left ending in a cross legged stance
- Turn 180 degrees & repeat all this again on opposite side
- Turn to the front bringing left hand across in front of body, palm facing out
- Go down to a squatting stance as you karkai, right hand in front
- Left then right stomach punch
- Turn to the left 90 degrees as you parry with the right, step and slide executing a lower block
- Turn 180 degrees and repeat on other side

**NOT FINISHED**

# NE KERI-JUTSU

(CRAB WALK)

- **Ne Keri Jutsu** (*students repeat*)
- **Rei** (*students bow*) **O-Negaiishimusu**
- **Kamae Te**
- **Hai** (*on command adopt crab walk position*)
- **Hajamae** (*begin*)
- Crab walk fwd/back/left / right
- Crab walk counter clock/ then clockwise
- In crab walk position right leg side kick then left leg groin kick followed by right leg round house kick landing on all fours
- Left fwd shoulder roll facing the back execute a right leg back kick with a kiai
- Tuck right arm under and do a left side break fall
- Hook kick with right leg ending up on your back
- Right leg front kick at the same time raising hips of the ground and slapping both hands down on 45 degrees
- Left backward shoulder roll ending up kneeling on the right knee with left knee up
- Left fwd shoulder roll landing in the same position as previous
- **Kiritsu** (*on command stand up to shoulder width stance*)
- **Kiyosuke Dachi** (*on command feet together*)
- **Rei** (*on command bow*) **O-Negaiishimusu**