

3 Feb 2019 Combined Kenshu

Morning – Judith

(Notation: G = Gyaku hanmi, A = Ai hanmi)

I. Tai Sabaki (Yoke)

A. Front Strike; Katate mochi

1. (Gyaku hanmi) – Outside escape – (cross-step back at end)

Kaiten Yoke

Hitoimi Yoke

Alternate hitoimi and kaiten yoke

2. (Ai hanmi) – Inside escape/block (with no step back) = cross-step in pivot; shite hitoimi yoke

3. Combination (Gyaku hanmi): – Front strike, yokumen; suigetsu tsuki; ganmen tsuki – Shite all step back

II. Techniques (all begin Gyaku hanmi)

1. Shomen uchi (hitoimi yoke); shomen uchi (kaiten yoke) hijishime

2. Shomen uchi (kaiten yoke); shomen uchi (hitomi inside to aihanmi) – tenkan kokyunage

3. Shomen uchi (kaiten yoke) suigetsu tsuki hijiate #2

4. “ kata mochi suigetsu tsuki hijiate #1

5. “ kata mochi yokumen uchi ikkajo nage #1 (blocking down, hitting up)

6. “ kata mochi ganmentskuki shiho nage

Afternoon – Jim

(Notation: S = Shite, U = Uke)

Kokyunage = Breath throw. Means no lock or grab, Shite re-directs Uke's attack.

After a technique is understood, aim to be dynamic: Shite continues Uke's movement without stopping.

1. Katate mochi (Gyaku hanmi) Kokyu nage

[video](#)

- Step back, shift (uchi otoshi)
- Pivot, cut U forward.
- Shuffle across U's body, keep contact hand at waist height, project U backward
- Open step, step through, project U backward (sumi otoshi)
- All 4 movements in sequence

2. Katate aya mochi (Ai hanmi) Kokyu nage

[video](#)

- Pivot, throw U forward (add elbow power for bigger projection)
- Step to U's inside, under arms, shift, throw U forward
- Shuffle across U (like ikkajo #1), throw U backward
- Open step, step through to U's outside, cut U backward
- All 4 movements in sequence
- Circle hand from U's inside to outside, throw to side (S does little body movement)
- Cut forward like ikkajo #1, pass hand under U's arm, shift, lift U back up and throw forward (shift)

3. Morote dori Kokyu nage

[video](#)

- Drop elbow, throw U backward (add elbow power for bigger projection)
- Drop elbow, step+pivot, throw U forward (optional: use second hand)
- Open step, step through, hijiate kokyunage
- Open step, step through, sumi otoshi

4. Ryote mochi (Ai hanmi) Kokyu nage

- S shifts, turning U (back breakfall) – horizontal rotation. L hand leads out to where U falls.
- S shifts, moving hands up and down – vertical rotation. Project U into forward roll.
- Shuffle forward, hand to elbow, sumi otoshi

5. Kata mochi Kokyu nage

- (Ai hanmi) Shift, keep U moving forward. Forward hand cuts to U's rear shoulder/neck. U grabs on S's shoulder (not in front of shoulder as in basic technique), grasp dogi. [video](#)
- (Gyaku hanmi) Change feet + step back slightly to side, project U through with R hand. Stay in contact, move with U's attacking speed. [video](#)