

## SHODAN SHIKEN 2° DAN

### Conditions:

- minimum 19 years old
- enough attendances on federal activities
- minimum 2 years 1° dan
- having followed three instructor training sessions with Paul shihan during those 2 years

## BASIC TECHNIQUES

### NAGE WAZA

Show counters against the following throws:

#### ippon seoi nage

- ko soto gari: block the hip, kuzushi with arms
- sumi gaeshi: jump over the hip and scoop L-leg
- hikkomi gaeshi: jump over the hip, grab arm as for seoi nage and scoop the R-leg
- yoko wakare: jump over the hip, R-leg in front of Uke, put your R-hand on his stomach
- uki waza: jump over the hip, L-leg in front of Uke and fall backwards
- te guruma: evade R-L till square on Uke, put your L-hand between his legs from behind

#### koshi guruma

- o goshi: evade R-L, step in front of Uke L-R
- yoko guruma: block by lowering weight; Uke reacts with headlock, R-leg between legs
- ushiro goshi: block by lowering weight, L-foot to the front, lift Uke and throw by pulling back your L-foot
- utsuri goshi: block the throw, lift Uke and at the highest point bring your L-leg in front of his hip

#### o goshi

- yoko guruma: block with your stomach, R-leg to the front and between the legs of Uke
- ushiro goshi: put your L-arm under Uke's arm and L-leg to the front and go below his centre of gravity
- utsuri goshi: evade R-L till square on Uke, lift and at the highest point L-leg in front of hip
- o tsuri goshi: evade R-L, grab his belt and turn your hip in front of Uke
- koshi guruma: evade R-L, grab around the head and turn your hip in front of Uke
- tani otoshi: react before Uke has turned completely and throw him

#### tai otoshi

- ko soto gari: step over the leg, pull back your L-foot, kuzushi with the hands
- o soto gari: block the throw (squat and push with the hands), turn on your R-foot
- o uchi gari OR uchi mata (with small jump): step over the leg and throw in one movement
- seoi nage: step over the leg and throw in one movement
- o goshi: evade R-L and slide in front of Uke with your arm under his arm
- ko tsuri goshi: evade R-L and slide in front of Uke with your arm under his arm and grab belt

#### o soto gari

- harai goshi: undergo the throw partly, put your L-foot backwards, keep turning to the left
- seoi nage: undergo the throw partly, put your L-foot backwards, keep turning to the left
- o soto gari: insufficient kuzushi from Uke, put your L-foot a little bit backwards, kuzushi with arms
- soto maki komi: block the throw by putting your L-foot backwards + push forwards, pivot on both legs
- te guruma: block the throw by putting your L-foot to the front, turn and grab the leg
- ushiro goshi: block the throw by putting your L-foot to the front, turn and grab around his waist
- utsuri goshi: block the throw by putting your L-foot to the front, turn and grab around his waist

**You must be able to show the combinations in the following ways:**

- as reaction on a throw from Uke while he's being escorted outside by Tori
- in a fighting combination where:
  - either Uke attacks with a kicking and punching combination + the throw
  - either Tori attacks with a kicking and punching combination and Uke reacts with a throw

## JUTTE WAZA

### General rules when working with a jutte:

- a jutte is a metal stick of about 30 cm (12 inches) long with usually one protruding hook (kagi) just below the handle
- every hit with the jutte will hurt! Actually it will hurt a lot! So always be careful during practice.
- the jutte can be used for locking and strangling techniques; even throws are possible
- arm locks are more difficult because the weapon is so short, finger and wrist locks are more painful!

### Some examples of how a jutte can be used: the jutte is tucked into your belt

#### grab at the collar with L-hand from behind

- pull the jutte in a normal grip, turn and hit to the plexus with the back of the jutte, put the jutte against the neck, grab the jutte around the neck + strangle
- pull the jutte in a normal grip, turn and hit to the plexus with the back of the jutte, turn a little bit further and put the jutte against the back of the arm above the elbow and apply arm lock

#### grab at the collar with L-hand from behind + hit to the face with the R-hand (after the turn)

- pull the jutte in a normal grip, turn and hit to the plexus with the back of the jutte, block the hit with your L-hand, put the jutte around his wrist and apply pressure with both hands
- pull the jutte in a reverse grip, turn and hit to the plexus with the back of the jutte, block the hit with your L-hand, put the jutte under his arm and over his wrist + apply ude garami

#### grabbing both lapels

- pull the jutte in a normal grip, bring your arm under both arms and put the jutte on his wrists; grab underneath with other hand and squeeze

#### diagonal wrist grip (jutte in your hand, reverse grip)

- bring the jutte over his wrist, grab the end with your other hand and apply pressure on his wrist (nikyo)

### For the examination: show techniques with jutte:

- against three different attacks where Uke grabs Tori
- against three different attacks where Uke attacks Tori with a weapon (your choice)
- **write a paper in English**, explaining all the above (text and photos) and **send it to Paul shihan at least one month before the examination.**

## TANTO WAZA unarmed defence against knife attack

### General rule

- in the program for 2° kyu you learned to block the attack with the arm on the same side; now the knife is blocked with the opposite arm or a different way

### 1. reaction with opposite arm (knife in heaven grip)

#### diagonal cut to the neck (forehand)

- block with R-hand, check with L-hand + atemi to face, with R-hand pass the arm **underneath** to other side + disarm with kote gaeshi
- block with R-hand, check with L-hand + atemi to face, with R-hand pass the arm **upwards** to other side + disarm with kote mawashi

#### diagonal cut to the neck (backhand)

- block with L-hand, check with R-hand + atemi to face, grab with R-hand & pass the arm underneath to other side + disarm with kote mawashi
- block with L-hand, check with R-hand + atemi to face, grab the wrist with L-hand + disarm with kote gaeshi

#### horizontal cut to the middle (forehand)

- block with R-hand, check with L-hand + atemi to face, with R-hand pass the arm underneath to other side + disarm with kote gaeshi

#### horizontal cut to the middle (backhand)

- block with L-hand, check with R-hand + atemi to body + disarm with kote mawashi
- block with L-hand, check with R-hand + atemi to body, grab the wrist with L-hand + disarm with kote gaeshi

**practice form: loop drill (always pass the knife underneath or upward to the other side + atemi)**  
**loop drill = block & send to other side in 1 motion; Uke tries to find an opening to cut or stab.**

### 2. reaction with tai sabaki

#### stab to the stomach

- tai sabaki to the front and to the outside + atemi to face + ude gatame + a short hara gatame + waki gatame + disarm (goshin)

#### pulling the knife out of the jacket

- block the elbow of the front arm, atemi to face + ude gatame to the ground + disarm (goshin)

#### stabbing to the neck (forehand) (knife in earth grip / ice pick)

- tai sabaki to the front and to the outside, block with R-hand and guide the knife with the L-hand until between Uke's legs, grab his wrist with both hands + kote gaeshi to the ground + disarm (goshin)

## APPLICATIONS

### COMBINATIONS

Defend yourself against one or more attackers. Uke continually attacks during 4 minutes. Always use a combination of minimum 3 basic techniques. The **emphasis lies on variation** in the techniques.

### DEFENCE AGAINST WEAPONS

Defend yourself against one or more attackers armed with stick, knife, fire arm or a chair. Uke continually attacks during 5 minutes. Always use a combination of minimum 3 basic techniques.

### RANDORI CONTACT

Defend yourself against 2 or 3 armed or unarmed attackers during at least 2 minutes.  
The **emphasis lies on efficiency**.

### RANDORI DISTANCE

Defend yourself against one attacker during at least 2 minutes; no grabbing attacks and no groundwork.

### FREE FIGHT

Free fight during at least 2 minutes against one attacker; with throws and groundwork. Both Uke and Tori wear light boxing gloves and are allowed to make light contact, also on the ground.

# KATA

## GOSHIN JUTSU NO KATA

Demonstrate the complete kata

1° series: grabbing attacks

- Ryote-dori (grabbing with both hands)
- Hidari-eri-dori (grabbing the left lapel)
- Migi-eri-dori (grabbing the right lapel)
- Kataude-dori (grabbing the arm from behind)
- Ushiro-eri-dori (grabbing the collar from behind)
- Ushiro-jime (strangulation with arm from behind)
- Kakae-dori (bear hug from behind)

2° series: attacks from a distance

- Mawashi zuki (hook punch)
- Ago-tsuki (uppercut)
- Gammen-tsuki (straight punch to the face)
- Mae-geri (front kick)
- Yoko-geri (side kick)

3° series: attacks with knife

- Tsukkake (pulling the knife out of the jacket)
- Choku-zuki (thrust to the chest)
- Naname-zuki (diagonal thrust to the neck)

4° series: attacks with stick

- Furiage (lifting the stick upwards)
- Furiroshi (diagonal hit with two hands)
- Morote-zuki (thrust with both hands)

5° series: threats with a gun

- Shomen-zuke (weapon to the stomach)
- Koshi-gamae (weapon at the hip of Uke)
- Haimen-zuke (weapon in the back)

## HEIAN NIDAN

Demonstrate the complete kata + and show at least six different bunkai.

Perform the kata with normal speed. Explanation is not necessary.

Demonstrate the bunkai and explain what part(s) of the kata you use and what is happening.

For the bunkai:

- make use of nage waza, kansetsu waza, shime waza when possible
- show the possible kyusho jutsu applications: explain the points + body mechanics
- **write a paper in English and make use of photos**, explaining all the above and send it to Paul shihan **at least one month before the examination.**