

## 2° KYU – BLUE BELT – MAIN THEME: SACRIFICE THROWS & WEAPENS

### -- NAGE WAZA – THROWING TECHNIQUES

Practice throws starting from KUMI KATA, then apply them in KATA and RANDORI

<b>kani basami</b> – scissor throw	<b>sumi gaeshi</b> – corner reversal
<b>yoko guruma</b> – side wheel	<b>yoko wakare</b> – side separation
<b>waki otoshi</b> – armpit drop	<b>soto maki komi</b> – outer wrap around
<b>ko uchi maki komi</b> – small inside winding throw	<b>sankyo nage</b> – throw from sankyo

### Ex TAI-SABAKI-NO-KATA

Application with **sutemi waza** (sacrificing throws)

<b>1. kani basami</b> <i>grab wrist with L hand, R hand on the floor; L-leg in front of stomach, R-leg in the back of knees; throw Uke with scissor movement of legs</i>	<b>3. yoko guruma</b> <i>R-arm over his arm on to his back (palm flat on back), L-hand in neck; head to his belly and throw Uke by spinning around your axis</i>	<b>5. waki otoshi</b> <i>place L-arm in front of his stomach, slide L-foot behind his legs; let your leg slide further and throw uke by sitting down</i>
<b>2. sumi gaeshi</b> <i>grab with L-hand behind elbow &amp; with R-hand around neck; place L-foot between his feet and R-foot on inner L-thigh; sit and throw</i>	<b>4. yoko wakare</b> <i>grab with L hand behind elbow &amp; place R hand against his stomach; lie on your R side and throw Uke by spinning around your axis</i>	<b>6. soto maki komi</b> <i>L-hand grab behind elbow and turn all the way until your R-arm-pit makes contact with his R-shoulder; keep spinning and throw Uke</i>

### Ex RANDORI with SACRIFICE THROWS

Apply sacrifice throws to various grappling attacks (Front, Back, and Side) + hook punch.

### Ex KANSETSU NO KATA (10 standing + 4 on the ground)

Same applications as in the previous grade, but change by means of strangulation with one hand

- strangulation by Uke: from right to left (or from left to right)
- strangulation by Tori: Tori becomes Uke / Uke becomes Tori

### Ex ATEMI WAZA – PUNCHING & KICKING TECHNIQUES

Rehearsal of the techniques and combinations of the previous grades (ippon kumite):

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| - oi zuki jodan → age uke + gyaku zuki   | - yoko geri kekomi → uchi barai + gyaku zuki |
| - oi zuki chudan → soto uke + gyaku zuki | - mawashi geri → uchi ude uke + gyaku zuki   |
| - mae geri → gedan barai + gyaku zuki    | - ushiro geri chudan → osae uke + gyaku zuki |

### -- DEFENCE AGAINST WEAPONS

**general rules:**

- get out of the line of attack – especially with knife or gun
- always work from the centre of your body
- first think of your own safety
- secondly think of the safety of bystanders
- look for short efficient techniques
- bring the attacker under control (usually on the ground)
- take away the weapon (put it away or place it under your feet)
- don't use the weapon to keep the attacker under control (is possible with stick, but not with knife or gun)
- NEVER fight for the weapon: first control (with a lock) and then take away the weapon

### Ex ATTACKS WITH LONG STICK (90 – 100 cm)

<b>diagonal hit with stick with one hand</b> <ul style="list-style-type: none"> <li>- (forehand) <i>step in deep, block the arm + atemi chin + o soto gari (goshin)</i></li> <li>- (backhand) <i>block the arm, behind Uke + hadake jime</i></li> </ul>	<b>diagonal hit with stick with two hands</b> <ul style="list-style-type: none"> <li>- <i>dive under the hit and guide the arm, circle both arms with your arm, tetsui on throat + push Uke backwards with shuto under the nose (goshin)</i></li> </ul>
<b>hit straight down with two hands</b> <ul style="list-style-type: none"> <li>- <i>step in deep, under the weapon + morote gari</i></li> <li>- <i>step in deep, block the elbows + head- &amp; knee but</i></li> </ul>	<b>thrust with stick with two hands</b> <ul style="list-style-type: none"> <li>- <i>tai sabaki to the inside, grab the stick + mae geri</i></li> <li>- <i>tai sabaki to the outside and front, grab the stick with both hands + kaiten nage (goshin)</i></li> </ul>

Ex ATTACKS WITH CHAIN	
<b>general rule</b> - a chain (or another flexible weapon like a belt) keeps moving after the block (physical law of movement) and is even accelerated (centrifugal force) so you might even be hit harder by the weapon; that's why such an attack is not really blocked, but absorbed	
<b>diagonal hit (forehand) with chain</b> - <u>absorb</u> the hit, turn inwards + <i>ippon seoi nage</i> ; turn Uke on his stomach + disarm - <u>absorb</u> the hit, grab the wrist with both hands + <i>shiho nage</i> + disarm	<b>diagonal hit (backhand) with chain</b> - <u>absorb</u> the hit, bring the wrist to your hip + <i>ude gatame</i> + disarm - <u>absorb</u> the hit, grab the wrist + <i>kote gaeshi</i> + disarm

Ex ATTACKS WITH KNIFE	
<b>general rule</b> - always step in deeply and grab the attacking arm above the elbow + <i>empi</i> (strike with the elbow)	
(knife in heaven grip)	
<b>diagonal cut to the neck (forehand)</b> - block with L-arm + R- <i>empi</i> to face → <i>o soto gari</i>	<b>diagonal cut to the neck (backhand)</b> - block with R-arm + L- <i>teisho</i> → <i>kanuki gatame</i>
<b>horizontal cut to the middle (forehand)</b> - block with the L-arm, grab with your R-hand over the arm and pull the elbow towards you → <i>ude gatame</i>	<b>horizontal cut to the middle (backhand)</b> - block with R-arm + L- <i>empi</i> , grab around the arm and turn backwards → <i>ude garami</i>
<b>straight stab to the stomach</b> - block with L-arm ( <i>shuto barai</i> ), grab with your R-hand and pull the elbow towards you + <i>ude gatame</i> - block with R-arm ( <i>shuto barai</i> ), grab the arm with your L-hand + <i>ude garami</i> - grab the wrist with both hands + pull to L-hip, raise the arm between the two bodies + <i>shiho nage</i> - grab the wrist with both hands + pull to R-hip, step under the arm + <i>kote hineri</i> ( <i>sankyo</i> )	
(knife in earth grip / ice pick)	
<b>stab to the neck (forehand)</b> - grab wrist with both hands, bring arm over Uke's arm + <i>waki gatame</i> , turn wrist to outside → <i>kote gaeshi</i>	

Ex THREAT WITH SHORT FIRE ARM (revolver or pistol)	
<b>threat from the back</b> - <i>tai sabaki</i> backwards to the outside of the arm ( <i>shuto barai</i> ) + <i>haito uchi</i> to the neck(points) of Uke, grab the wrist with your L-hand, put your R-hand in the elbow crease and throw Uke with <i>kote gaeshi</i> - <i>tai sabaki</i> backwards to the inside of the arm ( <i>shuto barai</i> ) + <i>haito uchi</i> to the neck(points) of Uke, grab the arm with your L-hand, R-hand on the elbow + <i>ude gatame</i>	
<b>threat to the chest from the front</b> - <i>tai sabaki</i> to the outside, push away the hand (thumb under) <i>atemi</i> to the face + <i>kote gaeshi</i>	<b>threat to the head from the side (Uke stands on the R-side of Tori)</b> - (Uke's R-hand in front of your hand) push away the hand and make a backwards <i>tai sabaki</i> with <i>empi</i> , turn under his arm + <i>ude garami</i> on the back - (Uke's R-hand behind your hand) push away the hand + <i>atemi</i> to the face + <i>ude gatame</i> - (Uke's L-hand in front of your hand) push away the hand, grab the wrist + <i>waki gatame</i> - (Uke's L-hand behind your hand) push away the hand, turn towards Uke + <i>shuto</i> to the neck + <i>o soto gari</i>
<b>threat to the stomach from the front</b> - <i>tai sabaki</i> to the outside, push away the hand (thumb up) lock the arm on your shoulder and continue with <i>shiho nage</i>	
<b>threat from the front, weapon is at Uke's hip</b> - <i>tai sabaki</i> to the front, hit the weapon to the outside and hit to the, grab the weapon with both hands, pull it upwards and out of Uke's hand (watch out for the finger)	

Ex THREATS WITH LONG FIRE ARM (gun, rifle)	
<b>threat from the front</b> - push away the barrel of the gun and turn it upwards grab the butt with other hand, push the gun against Uke's shoulder + <i>o soto gari</i>	<b>threat from the back</b> - turn backwards, push away the barrel of the gun and catch it in your arm + hit the neck(points) + hit to Lu5 (outside: <i>empi</i> / inside: <i>teisho</i> ) + disarm

Ex RANDORI with WEAPENS
Apply all you know to multi-weapon attacks (front, rear, and side) by multiple attackers.