

## SHODAN SHIKEN 3° DAN

### Conditions:

- minimum 22 years old
- enough attendances on federal activities
- minimum 3 years 2° dan
- having followed four instructor training sessions with Paul shihan during those 3 years

## BASIC TECHNIQUES

### KANSETSU WAZA

#### Show counters to locking techniques:

- explain the 4 principles, starting from the technique: ude hishigi te gatame
- demonstrate the series of counters
- show 5 combinations where counters are applied:  
Uke attacks → lock 1 → is countered by Uke with lock 2 → countered by Tori with lock 3

### HANBO WAZA (walking stick)

#### Use tai-sabaki-no-kata to show **THROWING** techniques with hanbo:

##### **tai sabaki # 1**

- grab stick with 2 hands, deflect punch with stick (point UP), stab to the face and insert over Uke's arm, bend the arm and throw with ude garami nage

##### **tai sabaki # 2**

- grab stick with 2 hands, deflect punch with stick (point DOWN), step in with L-foot and hit to floating ribs, put L-foot in front of Uke push up stick + throw (+ sweep with L-leg)

##### **tai sabaki # 3**

- deflect punch with hand and stick, keep control of arm with hand, turning motion with stick upwards between legs, keep the stick between Uke's legs and push against his thigh

##### **tai sabaki # 4**

- deflect punch with stick (point DOWN) and hand, the stick moves over your head until on your R-shoulder + throw with seoi nage

##### **tai sabaki # 5**

- grab stick with 2 hands, deflect punch with stick (point UP), push the stick forward again with your R-hand (against his chest); the other part of the stick is against your hip; control his R-elbow with your L-hand + o soto gari

##### **tai sabaki # 6**

- deflect the punch with the stick (point UP), grab the wrist, hit to the floating ribs and put stick under arm to throw with tai sabaki

#### Use tai-sabaki-no-kata to show **LOCKING** techniques with hanbo:

##### **tai sabaki # 1**

- grab stick with 2 hands, deflect punch with stick (point UP), stab to face and insert over Uke's arm, bend the arm and bring Uke down with ude garami

##### **tai sabaki # 2**

- deflect punch with stick (point DOWN), step in with R-foot and put the stick against his neck (hit), grab around his neck and apply neck lock

##### **tai sabaki # 3**

- deflect punch with hand and stick, insert stick over his arm and under your armpit and bring his under arm up and the stick down

##### **tai sabaki # 4**

- deflect punch with hand or stick, insert stick under his L-armpit, grab behind his arm and apply ude garami with the stick

##### **tai sabaki # 5**

- step to outside, hold stick in your L-hand (point UP) on the inside of his elbow, parry the hit with your R-hand, grab his arm and pull against your shoulder to unbalance him, bring your R-arm over his arm and around your stick and turn in other direction (arm squeeze) and bring him down on his stomach, control with stick

##### **tai sabaki # 6**

- deflect the punch with the stick, grab the wrist of his L-arm, put the stick under his arm against his chest and apply ude gatame with stick

### TANTO WAZA (defence with knife against a knife attack)

**both with knife** in heaven grip, you perform tegumi (drill), with a # 1 cut to the neck (two possibilities):

- block + cut to the chest, pass the arm upwards to the other side, grab the wrist with your knife-hand, disarm with L-hand + control with L-ude gatame + bring Uke to the ground
- block + cut to the chest, pass the arm upwards to the other side, grab the wrist with your L-hand, disarm with your R-wrist, bring the wrist down, and pull the elbow forwards with your knife + ude garami + control of the neck with the back of the knife

**both with knife** in heaven grip, trying to stab to the stomach, both holding each others wrist:

- try to cut to the grabbing arm and grab the knife hand after his reaction + disarm
- drop the knife, grab his wrist with both hands + shiho nage + control on the ground
- step under his arm to release his grip, hit to the kidney with back of knife + push on top of collarbone
- stab to his foot, cut to the knife arm (muscle, not artery!), bring his arm in front of his chest + cut the outside of his arm + control

## APPLICATIONS

### COMBINATIONS ON SITUATIONS

Defend yourself against one or two attackers, in special or unusual situations.

Imagine a difficult situation: sitting on a chair, one arm in a sling, cornered in an elevator, in a wheelchair ...

Create your own defence

- at least four techniques
- first show the techniques with normal speed
- then you explain the technique in different parts
- **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.**

### DEFENCE AGAINST WEAPONS

Defend yourself against one or more attackers armed with stick, knife, fire arm or a chair. Uke continually attacks during 2 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

## TANTO NO KATA

Demonstrate the complete kata

1° series: make use of **kyusho jutsu**

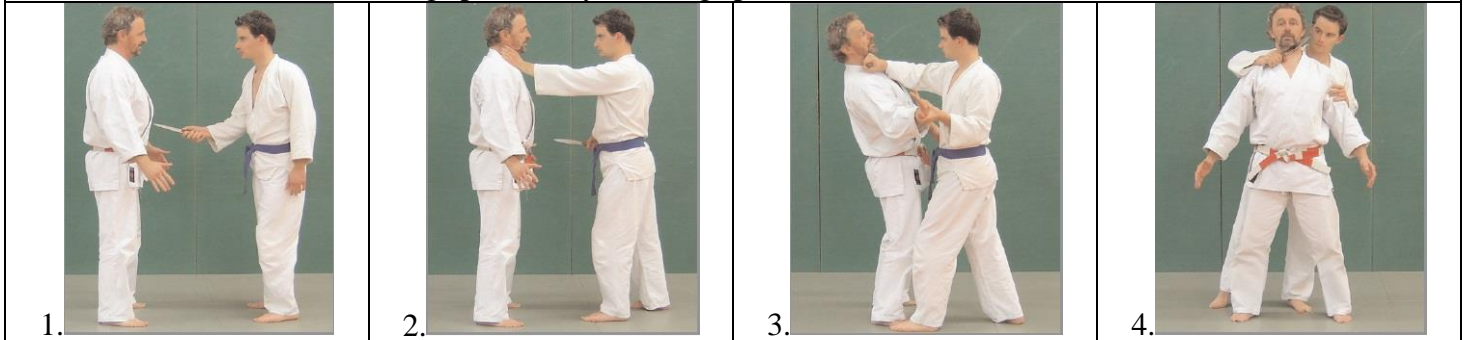
1. threat from the front at the chest
2. threat from the front at the hip + strangulation with one hand
3. threat from the front against the throat + kote gaeshi
4. threat from behind + arm grip

2° series: Uke counters → make use of **sutemi waza**

1. threat from the front at the chest → kani basami
2. threat from the front at the hip + strangulation with one hand → yoko guruma
3. threat from the front against the throat + kote gaeshi → soto maki komi
4. threat from behind + arm grip → tawara gaeshi

3° series: Uke counters → make use of **kansetsu waza + escorting technique**

1. threat from the front at the chest → fingers entangled
2. threat from the front at the hip + strangulation with one hand → kote kudaki + hairgrip
3. threat from the front against the throat + kote gaeshi → ude garami + grip around the chin
4. threat from behind + arm grip → sankyo + hairgrip



## TEKKI SHODAN

Demonstrate the complete kata + show at least eight 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.**

