

3° KYU – GREEN BELT – MAIN THEME: LOCKS & THROWS

Ex UKEMI WAZA – FALLING TECHNIQUES

zempo kaiten (over partner down on all four)

-- NAGE WAZA – THROWING TECHNIQUES

Practice throws from **KUMI KATA**, but also after attack with **SHOMEN UCHI** (vertical strike down)

shiho nage – throwing in four directions

irimi nage – stepping in and throwing

kata guruma – shoulder wheel

tai otoshi – dropping the body

te guruma – hand wheel

kaiten nage – wheel throw

te ashi guruma – leg throw

ude kime nage – throw over outstretched arm

-- KANSETSU WAZA – LOCKING TECHNIQUES

Each lock is taught from **wrist grip diagonal** and **wrist grip straight** to master the basic movement. Then they are applied in **tai sabaki no kata** (imposed form) and in **randori** (free form).

Kote kansetsu waza – wrist locking techniques

kote gaeshi – turning wrist to the outside

kote mawashi – nikyo (turn the wrist)

kote hineri – sankyo (screw the wrist)

kote kudaki – crashing the wrist

ude osae – ikkyo (straight arm bar) + wristlock

ushiro kote gaeshi – turning wrist to the outside

Ashi kansetsu waza – foot- or leg locks

- (Uke on his back): 1 leg under armpit + overstretch leg: *one hand on the knee, other hand on one's own arm*
- (Uke on his back): both legs under your armpits + turn Uke on his stomach: *slowly sink through your legs*
- (Uke on his stomach): bend leg and overstretch the knee: *by placing an object (fist...) in the back of knee*

Ex TAI-SABAKI-NO-KATA

Application with **kote kansetsu & nage waza** (wrist locks and throwing techniques)

1. kote gaeshi

grab the wrist with your L-hand, turn further back and pull Uke off balance, turn back and press his hand outwards and press with your R-hand on the back of his hand until he falls;

control: continue to turn kote gaeshi on the floor and restrain his elbow with your R-knee

3. kote hineri (sankyo)

grab the wrist with both hands, bring the arm outwards and step under his arm, with both hands rotate the wrist towards his armpit and bring uke backwards to the floor;

control: tighten the lock further so that Uke turns on his stomach, step around his head and keep arm locked on the back

5. irimi nage

press his head against your shoulder and make a big tai sabaki, bring your R-arm up under his chin, turn back and step forward with your R-leg and press Uke with the R-arm to the floor;
control: grab his arm with both hands during fall, turn him on the stomach and apply a straight arm lock (stay in front of shoulder line)

2. kote mawashi (nikyo)

grab his wrist and pull him forward, press the back of his hand to your chest, turn towards uke and press his elbow down; when he drops down, push the elbow upwards and bring Uke to the ground with an extended arm;

control: press the elbow against the floor with the L hand, turn the wrist further with the R hand

4. shiho nage

grab his wrist with both hands and raise the arm between both bodies; place L-leg in front of Uke, turn 180° and bring Uke back to the ground;

control: place your R-knee in his axillary cavity and press his wrist against the floor until locked

6. kata guruma

grab his wrist with your L-hand and sit on the L-knee, bring your R-shoulder under his crotch and throw Uke around your shoulders;
control: switch knee, support his wrist and stretch his arm, push his arm over his head and 'walk' with shikko over/around his head turn him on his stomach, and apply arm lock again

Ex RANDORI WITH THROWS

In randori, use the principles of **hodoki waza** to come to a favorable position.

Apply throws to various grappling attacks (front, back and side) + hook punch.

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-- **KATAME WAZA – CONTROLLING TECHNIQUES**

escorting techniques (escort Uke with a lock)

- with ude garami + control of the head: *apply ude garami with L-arm; control at chin or with strangulation*
- with kote kudaki (gooseneck): *put on wrist lock, turn Uke's elbow into your own elbow cavity*

-- **SHIME WAZA – STRANGULATION TECHNIQUES**

morote jime – double strangulation (with two fists)

kata ha jime – strangulation while controlling 1 side

ashi gatame jime / sankaku jime – strangulation with the leg / triangle choke

-- **ATEMI WAZA – PUNCHING & KICKING TECHNIQUES**

oi zuki jodan – advancing punch to the high zone

age uke – rising block with the under arm

ushiro geri – back kick

osae uke - downward block with two hands

- Ex**
- oi zuki jodan → age uke + gyaku zuki
 - uchiro geri → osae uke + gyaku zuki

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

Starting from R-hook punch: block with your L-arm,

- 1 *Grab the wrist with the L-hand and bring it down, put your R-wrist behind the elbow and overstretch the arm (**ude gatame**)*
- 2 *Bend the arm upwards and to the outside, slide your R-hand further under his arm, put your hand on your L-hand and pull his elbow up (**ude garami**)*
- 3 *Release your R-hand and grab his wrist (your thumb points down), push his arm upwards (elbow points up) and grab his hand from underneath with your L-hand and twist his arm (**kote hineri**)*
- 4 *Hold his wrist only with your R-hand, put your L-hand behind his elbow and overstretch his arm horizontally (**ude gatame**)*
- 5 *Slide your L-hand over his elbow into his elbow crease and bend his arm upwards until you can grab your R-wrist with your L-hand (**ude garami**)*
- 6 *Stretch his arm horizontally and grab his wrist with your L-hand, push on his elbow with your L-elbow backwards (**waki gatame**)*
- 7 *Slide your L-hand further on his hand till your thumb is on the back of his hand and twist his hand outwards (**kote gaeshi**)*
- 8 *Pull his hand towards you, grab his wrist with your R-hand underneath and push Uke's hand back towards him (**ushiro kote gaeshi**)*
- 9 *Bring your L-arm over his underarm and push it to the outside and up, control his elbow with your L-hand and overstretch his arm by stepping back (**ude gatame**)*
- 10 *Pull his elbow to your stomach and turn your L-hip towards Uke and bend his arm on his back (**ude garami**); hold control over the other arm*

Bring Uke to the ground by turning his head under your arm, Uke falls on his back.

1. *Grab his wrist with both hands and turn it to the outside, control his elbow with your R-knee (**kote gaeshi**)*
2. *Stretch his arm forward (next to his head), push with your knee on his elbow to overstretch his arm (**ude gatame**)*
3. *Push his arm over his face and make him turn on his stomach, put your R-knee on his shoulder blade and pull his stretched arm towards yourself (**kata gatame**)*
4. *Lower your R-knee on the back of his neck, put his R-wrist on your L-knee, pull his elbow towards your groin and bent his arm on his back by putting your L-knee on his back (**ude garami**)*

Ex **RANDORI with THROWS – LOCKS – STRANGULATIONS – HOLD-DOWN TECHNIQUES**

Apply throws, locks, strangleholds and hold-down techniques to various grappling attacks (front, back and side) + hook punch.

Ex **DEFENSE AGAINST WEAPONS**

diagonal hit with stick (forehand)

- *absorb the hit, grab the wrist with both hands + shiho nage + disarm*

diagonal hit with stick (backhand)

- *absorb the hit, grab the wrist + kote gaeshi + disarm*