

## 5° KYU – YELLOW BELT – MAIN THEME: LOCKING TECHNIQUES

In the first program you will learn a number of basic skills and principles such as: falling safely / free yourself from grabbing attacks / evasive movements with the body (tai sabaki) / basic movements against attacks from a distance / disturbance of the attacker's balance / some distance techniques (strike, kick, defense) / how to control someone on the floor / basic defense against a stick / and the main theme: overstretching and twisting of an arm joint by means of a locking technique (kansetsu waza)

### Ex UKEMI WAZA – FALLING TECHNIQUES

<b>zempo kaiten</b> – roll over shoulder	<b>mae ukemi</b> – fall forward	<b>ushiro ukemi</b> – fall backwards
<b>yoko ukemi</b> – fall sideways (with partner, standing on all four)	<b>getting up safely from ground</b>	

### -- HODOKI WAZA – TECHNIQUES TO FREE YOURSELF FROM A GRIP

Always try to escape to **the outside of the attacker's arm.**

Use: rotating movements – your whole body – lever movements – atemi (if necessary).

**wrist grip diagonally:** bring palm in front of chest and push grabbing hand away

**grab lapel with one hand:** grab own lapel under hand, grab wrist uke and tear apart

**strangulation with 2 hands from the front:** swing one arm over both arms and push arms away with armpit

**strangulation with 2 hands from the side:** push elbow up and step away under arm

**bear hug over arms from behind:** push arms out, lower body, step away under arm

**bear hug under arms from the front:** grab head with both hands and turn to the ground

**strangulation on the floor over body:** grab wrist, bring hip up, throw uke next to you

**strangulation on the floor next to body:** grab elbow and wrist and turn away on the floor

**strangulation on the floor when on stomach:** jerk one wrist under your shoulder and press with shoulder

**Ex** KATA: all attacks in sequence one after the other with 1 or 2 executors (work alternately)  
 RANDORI: one executor is randomly attacked by several attackers

### Ex NAGE WAZA – THROWING TECHNIQUES

**Attack:** hook punch (attack L & R) → **block** with **both** arms + reaction with four different throws.

#### 1. EVADE

**uki otoshi** – floating throw

- grab wrist & neck and throw with tai sabaki

#### 3. BLOCK

**o soto otoshi** – drop outside

- step in during block: arm behind shoulder line

#### 2. ABSORB

**koshi guruma** – hip wheel

- grab upper arm, turn and R-arm around neck

#### 4. BLOCK + PASS

**ushiro kiri otoshi** – drop from behind

- block + empi, pass the arm & 2 hands on shoulders

### -- KANSETSU WAZA – LOCKING TECHNIQUES

Each lock is taught from **wrist grip diagonally** 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).

**ude gatame** – straight arm bar (ude osae / ikkyo)

**waki gatame** – straight arm bar, control with armpit

**ude garami** – bent arm lock

**kanuki gatame** – straight arm bar, over your own arm

**hara gatame** – straight arm bar, control with stomach

**juji gatame** – straight arm bar, control between legs

### Ex KANSETSU NO KATA (1 to turn uke on stomach + 2 & 3 as control on the ground)

Always apply after a throw: (uki otoshi, o soto otoshi, koshi guruma):

1. Grab his wrist with your L-hand and place your R-hand behind his elbow, push his arm to the other side, and force Uke on his stomach (**ude gatame**)
2. Push Uke completely to the ground, put your R-knee on his R-shoulder blade and push his arm diagonally over his head till shoulder lock (**kata gatame**)
3. Slide your R-knee onto his neck, place his R-wrist on your L-knee, pull his elbow to your crotch, tuck his arm behind his back by placing your L-knee on his back (**ude garami**)

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

**oi zuki chudan** – advancing punch to the middle zone

**zenkutsu dachi** – deep stance forward

**gyaku zuki (cross)** – reverse punch

**mae geri** – front kick

**nagashi uke** – sliding block with hand palm

**uchi barai** – low block from outside to inside

**soto uke** – under arm block from outside to inside

**gedan barai** – low block from inside to outside

**Ex** - oi zuki chudan → nagashi uke + gyaku zuki  
 - oi zuki chudan → soto uke + gyaku zuki

- mae geri → gedan barai + gyaku zuki  
 - mae geri → uchi barai + gyaku zuki

## TAI-SABAKI-NO-KATA - BASIC

Evasive movements, always first to the outside of the attacker, then also to the inside.

**Attack:** zenkutsu dachi + R-oi zuki chudan → hachiji dachi (hip width) + nagashi uke + gyaku zuki

1. pivot on your L-foot, put your R-foot back → R-gyaku zuki	3. put your L-foot to the side, R-foot too → L-gyaku zuki	5. L-foot diagonally to the front + pivot, R-foot back → R-gyaku zuki
2. pivot on your R-foot, put your L-foot back → L-gyaku zuki	4. put your R-foot to the side, L-foot too → R-gyaku zuki	6. R-foot diagonally to the front + pivot, L-foot back → L-gyaku zuki

## Ex TAI-SABAKI-NO-KATA – LOCKING TECHNIQUES

Same sequence of moves as above, but with different finish: ude kansetsu waza (arm locks)

1. <b>ude gatame:</b> grab the wrist, press behind the elbow until prone, L-knee on his shoulder ( <i>kata gatame</i> )	3. <b>ude garami:</b> grab wrist with R hand, pull elbow to chest, bring arm on back of uke	5. <b>hara gatame:</b> grab wrist with R hand, press behind elbow, step in with L foot, arm on thighs
2. <b>waki gatame:</b> wrist against own sternum, L-arm over arm, leg change	4. <b>kanuki gatame:</b> wrap arm with L-arm, press shoulder with R-hand, place L-hand on own arm	6. <b>juji gatame:</b> uki otoshi, R-foot under shoulder, L-foot over head, sit & lock arm between thighs

## Ex RANDORI WITH LOCKING TECHNIQUES

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

<p><b>apply to the following attacks:</b></p> <ul style="list-style-type: none"> <li>- wrist grip diagonal</li> <li>- lapel grip with 1 hand from the front</li> <li>- strangulation with 2 hands from the front</li> <li>- strangulation with 2 hands from the side</li> <li>- both wrists grab from the front</li> <li>- bear hug around arms from behind</li> <li>- hook punch or slap around the ears</li> </ul>	<p><b>additional attacks (without obligation):</b></p> <ul style="list-style-type: none"> <li>- arm grip from the front</li> <li>- shaking hands</li> <li>- hair grip from the front</li> <li>- grab around the head from the side</li> <li>- strangulation with arm from behind</li> <li>- both wrists grab from behind</li> <li>- strangulation on the floor next to the body</li> </ul>
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## Ex KATAME WAZA – HOLD-DOWN TECHNIQUES

Kneeling on both knees towards each other. Place the R-hand on partner's L-shoulder and L-hand on the arm.

<p><b>kesa gatame</b> – controlling the flank twist L-arm over R-arm and grab arm; R-elbow on floor, R-leg forward, head down next to head → <b>escape:</b> grab around his middle, pull him upwards and turn from one shoulder to the other</p>	<p><b>kata gatame</b> – controlling the shoulder dive with head under R-armpit; R-elbow on floor, head next to head; R-knee to ribs, L-leg extended → <b>escape:</b> push away his head, turn on your stomach, + shoulder lock</p>
<p><b>ushiro gesa gatame</b> – control the flank from behind Uke's R-arm under your R-armpit, L-hand against his chin; L-elbow in his armpit and grab his belt → <b>escape:</b> move until you're in the body axis of Uke, grab around his middle and turn around together</p>	<p><b>yoko shiho gatame</b> – controlling 4 points sideways twist L-arm over R-arm grab arm and tilt; L-hand in the collar; grab L-thigh with R-arm and grab belt → <b>escape:</b> elbow under Uke's body, grab belt with other hand and turn around your body axis</p>
<p><b>kami shiho gatame</b> – controlling 4 point from above unbalance Uke laterally, head between both knees; slide both arms under his shoulders and grab his belt and put your head on his chest → <b>escape:</b> put both hands on his chest, push away the body and turn away from the grip</p>	<p><b>tate shiho gatame</b> – controlling 4 points from on top unbalance Uke sideways and swing your R-leg over his body; R-arm under L-armpit and grab collar; L-arm under R-armpit and grab your own R-lapel → <b>escape:</b> block Uke's leg with one foot, push off with your other foot and throw Uke on his back</p>

## Ex NE-WAZA: RANDORI ON THE GROUND WITH HOLD-DOWN TECHNIQUES

Try to use the different holding grips in a free ground fight.

## Ex DEFENSE AGAINST WEAPONS

<p><b>diagonal hit with stick (forehand)</b></p> <ul style="list-style-type: none"> <li>- step in and block with both arms; snake around the stick and push away the arm with other hand</li> <li>- step in and block, snake around the arm + kanuki gatame; bring to the ground and turn on stomach + disarm</li> </ul>	<p><b>diagonal hit with stick (backhand)</b></p> <ul style="list-style-type: none"> <li>- step in and block with both arms; snake around the stick and push away the arm with other hand</li> <li>- step in and block, grab the wrist, put hand on elbow + ude gatame to the ground + disarm</li> </ul>
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