

Kihon Dosa To Kanren Waza (Basic Movements and Linked Techniques)

Part 1

- For 1, perform the exercise twice.
 - For 2 to 5, perform the exercise twice, then perform the technique.
 - For 6 and 7, perform the exercise once, then the technique.
 - Shite and uke switch roles between techniques.
1. Front strike, body punch (cross step, punch left, ki-ai on punch).
 2. Cross step in body change with partner, one wrist grasp side step in throw #1.
 3. Ninety five degree pivot with partner, one wrist grasp elbow breath throw #2.
 4. Elbow power #1 with partner, two hands grasping one wrist forward breath throw.
 5. Elbow power #2 with partner, two hands grasping cross-wrist grasp second control pin #2.
 6. After class exercise #1 with partner, both wrists grasp all direction pin #1.
 7. After class exercise #2 with partner, both wrists grasp all direction pin #2.

Part 2

- Continuous techniques only, don't return to start position between techniques.
 - Shite and uke switch roles between techniques.
1. Front strike body punch (ki-ai).
 2. One wrist grasp side step in throw #1.
 3. One wrist grasp elbow breath throw #2.
 4. Two hands grasping one wrist forward breath throw.
 5. Two hands grasping cross-wrist grasp second control **throw** #2.
 6. Both wrists grasp all direction **throw** #1 (shihonage kuzushi).
 7. Both wrists grasp all direction pin #2 (ki-ai on pin).

Parts 3 and 4

- Shite / uke kotai
- Repeat parts 1 and 2