

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
 - A / B switch roles between elements (A is shite, then B is shite ...)
1. A=Shite (R). Uke front strikes, shite punch ribs (cross step, punch left, ki-ai)
 2. B=Shite (R). Cross step in body change with partner,
One wrist grasp side step in throw #1
 3. A=Shite (L). Ninety five degree pivot with partner,
One wrist grasp elbow breath throw #2
 4. B=Shite (R). Elbow power #1 with partner,
Two hands grasping (on one wrist) forward breath throw
 5. A=Shite (R). Elbow power #2 with partner,
Two hands grasping (on one wrist) cross-wrist grasp second control pin #2
 6. B=Shite (R). After class exercise #1 with partner,
Both wrists grasp all direction pin #1
 7. A=Shite (L). After class exercise #2 with partner,
Both wrists grasp all direction pin #2 (ki-ai on pin)

Part 2

- Continuous techniques, don't return to start position between techniques
 - A and B switch roles between techniques
1. [A] Uke front strikes, shite punch ribs (ki-ai)
 2. [B] One wrist grasp side step in throw #1
 3. [A] One wrist grasp elbow breath throw #2
 4. [B] Two hands grasping forward breath throw
 5. [A] Two hands grasping cross-wrist grasp second control **throw** #2
 6. [B] Both wrists grasp all direction **throw** #1 (shihonage kuzushi)
 7. [A] Both wrists grasp all direction **pin** #2 (ki-ai on pin)

Parts 3 and 4

- Shite / uke kotai (reverse A and B roles)
- Repeat parts 1 and 2