

4 June 2017 Combined Kenshu

Jim

1. **Katate Mochi Ikkajo Osae 2** – basic technique

[video](#)

- Important to connect with uke after initial body movement. Take uke as a whole, not just the arm.

2. **Katate Mochi Soto Kaiten Nage**

[video](#)

- Start is similar to ikkajo technique: Shuffle to side and fwd, atemi, pivot on front foot. Arm that uke is holding moves into uke to get contact – same idea as ikkajo.
- Shite's arms cross, rather than meeting as in ikkajo. Important not to turn away or separate. Keep uke securely at arm's length.
- Face wall to practise cutting down: Shite's arm hits wall (wrong); Uke goes face first into wall (correct).
- Two variants for throw: (1) Entering, (2) Turning: step in towards uke's tail and pivot.

3. **Tsuki Kaiten Nage**

[video](#)

- Start gyaku hanmi. Lean fwd and guide uke's punch across shite's body and down, Shitoimi stance, reach for uke's head before turning. Shift then throw either from shuffle or x-step in.
- Important not to turn away from uke and leave him behind. Stay in contact, arm's length.

4. **Shomen Uchi Kaiten Nage 2**

- Similar concept to Kotegaeshi Nage 2. Contact from shite's L hand into uke's R elbow, cut across his body and down.
- Take care not to turn away from uke (as in kotegaeshi) but instead drive uke in front.

Extras (not taught)

5. **Katate Mochi Soto Kaiten Nage (with pivot entry)**

[video](#)

- Start gyaku hanmi. Pivot then cut down to shite's centre (v. low).
- Two variants for throw: (1) Entering, (2) Turning.

6. **Katate Mochi Uchi Kaiten nage**

- Start gyaku hanmi. After stepping under arm and shifting, keep contact into U.
- Common mistake: trying to cut U down from upright stance after S has disengaged (stepped back).

7. **Tsuki Kaiten Nage 2**

[video](#)

- Pivot to avoid punch. Pivot to throw.

8. **Kata Mochi Kaiten Nage 2**

- Similar idea to tsuki kaiten nage, except uke is less dynamic so shite needs to work harder or have better form.
- Pre-empt grab by sliding L hand over uke's extended R arm and under armpit.