

# 15 May 2016 Combined Kenshu – Teaching Plan

## Kaeshiwaza – Judith

Based on teaching from Utada Sensei and Nemoto Sensei ([video](#)).

Shite below is the person who finishes. (S = Shite, U = Uke)

### A. Shomenuchi Ikkajo #1

1. to Ikkajo Osae #1 – Just as turnover starts, S steps back, tenkan to ikkajo pin.
2. to Ikkajo Osae #2 – S turns over then steps to outside with right foot, cross-step in to catching U's outside arm (Utada version), pivot takedown.
3. to Ikkajo Osae #1 – No turnover, S pivots (into an almost Sankajo position), as U comes around, open steps to catch U's stance arm.

### B. Katatemochi Nikkajo #1

1. to Kotegaeshi #1 – S shuffles in as U cuts down to control S on one knee (so S's hand is behind head), then S steps forward under arm, tenkan, step back, etc. (Utada version)
2. to Sankajo Osae #2 – As U cuts down, S shuffles shifting center line toward U's left side, scooping hand to drive U's elbow up, grab with other hand into sankajo

### C. Katatemochi Shihonage #1

1. to Sankajo nage #1 – S catches U's hand as U moves into the most extended position (shuffle to throw).

## Kaeshi waza practice exercise ([video](#) Part 2, at 0:45)

Start: A in R stance, B in L stance

1. B steps in, punches R to face. A steps back, blocks with L hand
2. A steps in, punches R to face. B steps back, blocks with L hand
3. B steps in, punches R to face. A blocks R, steps in L, pivot – **shomen irimi #2**
4. B takes A's R hand in his L hand, shift taking A's arm over head – **sankajo(?)**
5. A's R hand goes under B's L arm, towards B's shoulder – **yonkajo(?)**
6. B turns away from A (clockwise), step shift to R stance
7. B steps in to L, cuts A's R arm in clockwise circle – **kata mochi nikkajo #2**
8. A pulls his hand in, draws B forward – **kata mochi hiji shime**
9. A moves B's L arm down and R, L hand to B's head, shift – **kaiten nage**
10. B steps and pivots (R stance) taking A's L arm, cut up and down – **yonkajo**
11. A shifts back to face B, takes B's L arm up and steps in R – **ikkajo**
12. B shifts to escape (back to A), steps and shifts to R stance
13. B shuffles R and steps in – **katate mochi shiho nage #1**
14. A blocks by dropping his elbow
15. B steps in, L hand to A's neck, pivot – **shomen irimi #2**
16. A takes B's R hand in his L hand, shift taking B's arm over head
17. A takes a small step back L, steps back R with small pivot – **kokyu nage**
18. A finishes in L stance. B rolls and stands up in L stance

## **Henkawaza – Jim**

Note: Linked videos show general forms, but teaching emphasis for our kenshu was different in some cases.

### **A. Katate mochi shiho nage**

1. U turns under own arm as S shifts. S senses U's movement through arm contact, shorten shift (turn on spot), cut down behind U for shiho nage.
2. U turns under own arm before S shifts, S moves his inside hand to U's elbow, draws U around and forward to ikkajo osae ([video](#)).
3. U blocks by pulling his elbow down after S shifts:
  - a. Step pivot behind for shomen irimi nage #2 ([video](#) at 1:17)
  - b. Step pivot behind for ushiro nage
  - c. Move hand on neck in front for sokumen irimi nage #1 (drop weight to break U's posture)
  - d. Jujitsu variant of sokumen irimi nage #1: S turns arm down and wraps behind U's neck, U is facing up into S's armpit(!), drop U backwards onto S's knee

### **B. Ryote mochi tenchi nage #1**

Responses when U blocks forward after S's initial step to side.

1. S does a small side shuffle and pivot, complete the original throw
2. S steps back (optional small pivot) switching hand positions, draw U forward by curling bottom hand down, shuffle/step for tenchi nage on opposite side ([video](#))
3. Hook/grab U on shoulder or behind neck, ride U's forward push for kokyu nage ([video](#)).  
Three variants: straight back, pivot and then back, falling back
4. [not taught at kenshu] Pivot away to side of lower hand. Many techniques possible ([video](#)):  
kaiten nage, hiji shime, nikkajo, sokumen irimi nage, irimi zuki

### **C. Hiji ate kokyu nage #2 – ([video](#) at 1:00)**

Responses when U blocks after S gets to arm bar position.

1. Step R, pivot, pull U forward (to S's L) with R hand on U's wrist and L hand on wrist/elbow
2. Step back and pull U, hand over head, shift, kokyu nage
3. Drop inside hand to U's front knee, push sideways away from his centre
4. Shuffle behind U, lean down in front, lift knees forward (aiki otoshi)

### **D. Shomen uchi ikkajo #1**

Responses when U doesn't go to the ground.

1. S steps under arm (video shows step in on ikkajo entry), pivot to face U, pivot again drawing U around in big circle, transfer U's hand to S's other hand, shuffle out, step in for irimi zuki ([video](#))
2. S folds arm to U's shoulder, shift for "shiho nage" ([video](#))
3. S folds arm away from U's shoulder (hand at elbow or figure 4), shift for ude garami nage ([video](#))