

16 Oct 2016 Combined Kenshu

Kokyu nage – Jim

(Notation: S = Shite, U = Uke. L/R assumes uke started in R stance)

Kokyunage = Breath throw. Means no lock or grab, Shite re-directs Uke's attack.

All movements: Can start methodically but aim to make technique dynamic, i.e. as Uke moves in to attack, Shite continues movement without stopping.

1. Ryote mochi (Ai hanmi) Kokyu nage

- S shifts, turning U (back breakfall) – horizontal rotation. L hand leads out to where U falls. R hand up curves in towards U's shoulder, completes the (horizontal) circle of arms.
- S shifts, throwing U (forward roll) – vertical rotation. R hand extends behind U's shoulder. Common mistake: S turns too soon; should keep U in centre ("hygiene inspection").
- S shuffles, steps under U's arm (L hand behind back), cuts arm down (low) to project U forward. Common mistake: S is parallel to U and engages U's arm only; should angle in to engage U's centre. Common mistake: S gets behind U and cuts to feet; should keep U moving fwd, cut down in front.
- Exercises (for shifting throws): Wrist grasp, then 2-fingers, index finger, little finger, no fingers. U should follow exactly the same path regardless of grasp. S's aim is to guide, not propel.

2. Ryokata mochi (Ai hanmi) Kokyu nage

- L hand inside on U's elbow, R hand under U's elbow, shift. Keep centre low.

[video](#)

3. Kata mochi (Gyaku hanmi) Kokyu nage

- Change feet + shift, R hand cuts to U's rear shoulder/neck/ribs. S's shoulder should be moving back as U grabs, to keep U moving forward.
- Change feet + step back (don't shift), project U through using R hand contact point. Common mistakes: S moves in, or moves away without bringing U forwards. Keep connected.

[video](#)

4. Yokomen uchi (Ai hanmi) Kokyu nage

- S pivots (not too big) and shifts, L hand block (moving), R arm under U's shoulder.

5. Katate mochi (Gyaku hanmi) Sumi otoshi

- Basic technique, often taught to beginners in first class at Island Aikido.
- Drive elbow back, move deep. Elbow movement is horizontal, not down. (Lift U out of his clogs.)
- Drive elbow slightly up then cut down, force U to flip.

6. Katate mochi (Gyaku hanmi) Kaiten nage

- Step under arm, shift (angled into U), cut down in front of U, put hand on U's neck when low. Step back keeping centre low (weight may go onto back foot briefly), then step forward. Common mistake: trying to cut U down from upright stance after S has stepped back. This video shows the "soto" form (outside rather than under arm):

[video](#)

Judith

(Notation: G = Gyaku hanmi, A = Ai hanmi)

1. The role of Uke

2. Connection training

A. Continuation exercises

- 180 degree pivot with partner – (1) escape; (2) connect – (G)
- Uke pulling – S duck under, 3rd control (no grab) – (A)

B. Related throws

- one wrist grasp (180 pivot) side step in throw #2 (no grab) – G
- one wrist grasp duck under arm 3rd control throw (no grab) – A

C. Exercises with Uke holding, not pushing or pulling – Shite drops weight

D. Oyo waza – sokumen iriminage and sankajo nage (all G)

- 180 pivot duck under arm, body change, cross-step back, cross-step in pivot, sokumen iriminage (no grab)
- 180 pivot duck under arm, sankajo nage (no grab)
- 180 pivot duck under arm, sankajo turning into sokumen iriminage (grab with free hand)

Randy

- Push hands. Ai-hanmi, toes level, circular push-pull. Feel partner's weakness.
- Kata mochi sokumen irimi nage #2 (without moving feet). U holds strongly.
- Kata mochi. S's free hand cuts over the top of U's shoulder.

[video](#)

[video](#)

[video](#)