

kyu 1

gakka

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1. on timing and distance during offense and defense
2. the five elements of atemi
3. go ju itai (unity of go and ju)
4. kumite shutai (emphasizing practice in pairs)
5. the true meaning of hokei

techniques

basic

1. *tai gamae* & *umpo ho*:
 [tai gamae] – chudan gamae, ichiji gamae, hasso gamae, taiki gamae
 [umpo ho] – mae chidori ashi, ushiro chidori ashi, kani ashi, juji ashi, kumo ashi
2. *tai sabaki* & *ukemi*:
 [tai sabaki] – hiraki sagari, han tenshin, gyaku tenshin, han tenkan, zen tenkan
 [ukemi] – dai sharin, mae ukemi, ushiro ukemi, oten yori okiagari
3. *tan en* – tenchi ken 1, tenchi ken 2; tenchi ken 3, tenchi ken 4, ryuo ken 1
4. *so tai* – tenchi ken 1, giwa ken 1

random

- 5 goho & 5 juho

kumi embu

kyu 1

1. uchi uke zuki – ren hanko
2. soto uke zuki – ren hanko
3. sode nuki
4. sode dori
5. kusshin zuki – ren hanko
6. soto oshi uke zuki – ren hanko
7. kata muna otoshi
8. eri juji
9. ude maki
10. chidori gaeshi – ren hanko

application

1. *goho* – free randori
2. *juho* – offense: grab wrist, sleeve or lapel; defense: nuki waza or gyaku waza