

## BEGINNER SELF-DEFENSE TECHNIQUES 1 TO 4

1. UKE - Step into right zenkutsu dachi, right chudan tsuki.

TORI - Left foot 45° to left kiba dachi, left chudan soto uke, right chudan tsuki pivoting into zenkutsu dachi. *KIAI*

2. UKE - Step into right zenkutsu dachi, right chudan tsuki.

TORI - Left foot back to right zenkutsu dachi, right chudan soto uke, right uraken shomen uchi, left chudan gyaku tsuki. *KIAI*

3. UKE - Step into right zenkutsu dachi, right chudan tsuki.

TORI - Left foot back to right zenkutsu dachi, right chudan soto uke, right hand inside to left ear, right shuto uchi uchi, left chudan gyaku tsuki. *KIAI*

4. UKE - Step into right zenkutsu dachi, right jodan tsuki.

TORI - Step into right zenkutsu dachi and execute left jodan uke, then right hiji age to opponent's chin area. *KIAI*

## BEGINNER SELF-DEFENSE TECHNIQUES 5 TO 10

5. UKE - Step into right zenkutsu dachi, right chudan tsuki.

TORI - Left foot back to left zenkutsu dachi, right chudan uchi uke, right kake uke and grab wrist. Pull opponent forward strike with right toho uchi to throat, left jodan tsuki. *KIAI*. Pull back punch.

6. UKE - Step into right zenkutsu dachi, right chudan tsuki.

TORI - Left foot back to right zenkutsu dachi, right chudan uchi uke, right kake uke, pull opponent and slide into left shita uchi, left uraken mawashi uchi to back of head. *KIAI*

7. UKE - Step into right zenkutsu dachi, right jodan tsuki.

TORI - Left foot back to right zenkutsu dachi, left jodan uke. Step inside of opponent's forward leg with your left leg and execute left shuto to groin area, execute right haito uchi to opponent's temple area (at the same time pushing opponent's right knee with your left knee). *KIAI*

8. UKE - Step into right zenkutsu dachi, right jodan tsuki.

TORI - Left foot back to right zenkutsu dachi, right jodan uke, slide in to right kiba dachi, right hiji yoko ate, left hiji chudan ate while turning into zenkutsu dachi. *KIAI*

9. UKE - Step into right zenkutsu dachi, execute right mune dori.

TORI – With your right hand , put your thumb on back of opponent's hand and roll hand over to wrist lock position. Then execute left shotei to opponent's right elbow and take opponent to floor. *KIAI*

10. UKE - Step into right zenkutsu dachi, execute right mune dori..

TORI – With your left hand, trap opponent's right hand against your chest. Execute right modified soto strike to the inside of opponent's elbow while stepping back with your left foot 90° to normal stance. Execute left hiji ate to face. *KIAI*

## INTERMEDIATE SELF-DEFENSE 1 TO 5

1. UKE - Step into right zenkutsu dachi, right seiken jodan tsuki.

TORI - Slide into left modified zenkutsu dachi, block left shotei uke, strike right shotei to ribs, or solar plexus, right hiza geri to stomach, left hiji jodan ate. *KIAI*

2. UKE - Step into right zenkutsu dachi, right seiken jodan tsuki.

TORI - Slide your left leg forward into modified zenkutsu dachi, and block your opponent's punch with right jodan kake uke grabbing his arm, then pulling him forward execute right hiza geri to middle area, right hand then reaches around your opponent's neck bending him backwards using your left hand against opponent's lower back, then execute left hiji oroshi uchi to his chest. *KIAI*

3. UKE - Step into right zenkutsu dachi, right seiken jodan tsuki.

TORI - Step back with your right leg into modified zenkutsu dachi, block opponent's punch with left jodan uke grab sleeve and execute right jodan tsuki, then your right hand reaches behind your opponent's right shoulder grabbing the back collar of his Gi, execute right hiza geri to middle area, step down behind his forward leg and throw him with modified osoto geri, followed immediately with right gedan tsuki. *KIAI*

4. UKE - Step into right zenkutsu dachi, right seiken chudan tsuki.

TORI - Step back with your left leg and twist your body to the left into a modified heiko dachi, block your opponent's punch with right chudan soto uke and execute right yoko geri to middle area, then turn and execute left ushiro geri to middle area. *KIAI* Return back to Kumite dachi.

5. UKE - Step into right zenkutsu dachi, right seiken chudan tsuki.

TORI - Step back with your right leg into zenkutsu dachi twisting your body, block opponent's punch with morote chudan shotei uke, continue turning your body in the same direction and execute ushiro geri to opponent's back or rib area. *KIAI*

## INTERMEDIATE SELF-DEFENSE 6 TO 10

6. UKE - Right mae geri to middle area.

TORI - Step back with your left leg into a modified zenkutsu dachi, blocking the kick with left gedan kake uke pushing opponent's leg slightly to the right, and pulling him off balance, then execute left sune mawashi geri to the back of your opponent's forward leg and right mawashi geri to opponent's face or middle area. *KIAI*

7. UKE - Right mae geri to middle area.

TORI - Step back with your right leg into a modified zenkutsu dachi, and block the kick with gedan juji uke (left hand underneath) holding opponent's leg execute right kin geri, then at the same time raise opponent's right leg and step down (inside and behind) opponent's supporting leg throwing him down backwards, pushing his shoulder with your right hand, push his right leg out of the way, kneel on his hip and grab his shoulder and execute right gedan tsuki. *KIAI*

8. UKE - Step into right zenkutsu dachi, right seiken jodan tsuki.

TORI - Shift your weight and lean to the left, blocking the punch with right jodan kake uke, and grab opponent's arm, then execute right kensetsu geri to the back of your opponent's right knee pushing him down, then left gyaku tsuki to his head and grab his shoulder and left hiza geri to middle of opponent's back knocking him over. *KIAI*

9. UKE - Step into right zenkutsu dachi, right seiken jodan tsuki.

TORI - Shift your weight and lean to the left blocking the punch with right jodan kake uke (grabbing opponent's arm) then execute right mawashi geri to middle or high area and left seiken jodan tsuki to head, then grab opponent's punching arm with your right hand and left hand across opponent's chest, sweep take down and execute right gedan tsuki. *KIAI*

10. UKE - Step into right zenkutsu dachi, right seiken jodan tsuki.

TORI - Step slightly forward with your right leg shifting your weight and leaning slightly to the right blocking the punch with right jodan shotei uke, followed immediately with right jodan hiji yoko ate, then hook opponent's neck with your right hand and pull his head downward, at the same time you pull him downward execute right hiza geri to middle area. *KIAI*