

TORI

UKE

<p>GEKI-SAI-ICHI</p> <p>1. hidari jodan oi zuki (Left high lunge punch)</p> <p>2. hidari gedan mae geri (Left front kick)</p> <p>3. migi chudan oj zuki (right middle lunge punch)</p> <p>4. migi gedan oj zuki (right lower lunge punch)</p> <p>5. migi chudan oj zuki (right middle lunge punch)</p> <p>6. migi chudan oi zuki (right middle lunge punch)</p>	<p>GEKI-SAI-ICHI</p> <p>1. hidari jodan age uke (left sanchindachi, left high rising block)</p> <p>2. migi jodan oi zuke to eye level (right upper lunge punch)</p> <p>1. hidari gedan harai uke (left shiko-dachi, left lower block)</p> <p>2. migi chudan gyaku zuki (shifting to left zenkutsu-dachi right middle reverse punch)</p> <p>1. hidari chudan yoko uke (left sanchin-dachi, left middle block)</p> <p>2. migi chudan mae geri (right middle front kick)</p> <p>3. migi chudan age hiji ate (right elbow strike to solar plexus)</p> <p>4. migi jodan uraken uchi (right back fist strike to face)</p> <p>1. hidari gedan harai uke (left zenkutsu-dachi, left low block)</p> <p>2. migi chudan gyaku zuki (right middle reverse punch)</p> <p>1. migi chudan kake uke (right sanchin-dachi, right middle pulling block)</p> <p>2. ashi-bari hidari shuto uchi to throat (left foot-sweep, left heikodachi, and then left knife-hand strike)</p> <p>1. hidari chudan yoko uke (left zenkutsu-dachi, left middle block)</p> <p>2. morote awase zuki (double-handed punch)</p>
<p>GEKI-SAI-NI (Same as 1 through 5 above plus 1 and 2 below)</p> <p>1. migi chudan oi zuki (right middle lunge punch)</p> <p>2. migi jodan oi zuke (right middle lunge punch)</p>	<p>GEKI-SAI-NI (Same as 1 through 5 above plus 1 and 2 below)</p> <p>1. migi jodan kake uke (step back, right middle pulling block)</p> <p>2. hidari jodan kake uke (step back, left middle pulling block)</p> <p>3. migi jodan nukite (step forward, right upper spear-hand thrust)</p> <p>1. hidari neko ashi dachi (left cat-stance)</p> <p>2. hidari mawashi uke (left circular block)</p> <p>3. morote shotei ate (double-handed palm push sliding forward)</p>

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SAIFA	SAIFA
<ol style="list-style-type: none"> 1. Grab defender's right wrist with the left hand. 2. Attack right chu-dan reverse punch (gyaku-tsuki) 	<ol style="list-style-type: none"> 1. Step towards tori's left foot into a han-zenkutsu-dachi grasping your right fist with your left hand, and immediately shift into musubi-dachi while pulling both hands to the left side of the body to break the grasp. 2. As the attacker begins to punch step backwards with the left foot to shikodachi. Execute a chu-dan downward semicircular palm-heel block (oseauke) with the left hand, and a jo-dan ura-ken-uchi with the right.
<p>APPLICATION #2</p> <ol style="list-style-type: none"> 1. Attack chu-dan with a right oi-tsuki. 2. Attack chu-dan with a left mae-geri. 	<ol style="list-style-type: none"> 1. Stepping backward into left sanchin dachi, block the punch with a left chu-dan ura-kake-uke and maintain contact with the arm. 2. Block the kick with a right ge-dan osae-uke and rotate the palm 180 degrees in order to control the leg. 3. Execute a right hiza-gari to the groin, and as the attacker backs away follow with a right chu-dan mae-gari.
<p>APPLICATION # 3</p> <ol style="list-style-type: none"> 1. Attack with right chu-dan oi-tzuki and follow with a left chu-dan gyakutzuki. 	<ol style="list-style-type: none"> 1. Step backward into left zenkutsu-dachi and execute a left chu-dan kake-uke followed by a right chu-dan kake-uke drawing the attacker in. 2. As the attacker begins to resist, release your grip, and execute chu-dan double punch to the side (Oyo: double jodan nukite tsuki)
<p>APPLICATION # 4</p> <ol style="list-style-type: none"> 1. Grab the defender's left leg (as in a single leg takedown). 	<ol style="list-style-type: none"> 1. From left zenkutsu-dachi, execute ge-dan hammer fist strikes (kentsui-uchi) with both hands. 2. Twist attacker's head counterclockwise. 3. As attacker roles over, maintain contact and execute gyakutzuki 4. Oyo Alternative: Attack the eyes with the thumbs.

<p>APPLICATION #5</p> <p>1. Left chu-dan oi-tsuki.</p>	<p>1. Pivot sideways into musubi-dachi and execute a right ashi- barai</p> <p>2. Execute a right jo-dan hammer fist strike (kentsui-uchi).</p> <p>3. Grab the attacker's head (or hair) with the right hand and pull it toward you as you execute a left age-tsuki.</p>
<p>APPLICATION #6</p> <p>1. Right ge-dan oi-tsuki</p>	<p>1. Step forward into right han-zenkutsu-dachi simultaneously blocking left ge-dan - uke and striking right shote-ate to the shoulder joint.</p>
<p>APPLICATION #7</p> <p>1. Right chu-dan oi-tsuki.</p>	<p>1. As the attack comes in step 90 degrees to the right into left foot niko-ashi-dachi and execute left hand chu-dan shuto-uke.</p> <p>2. Execute a right chu-dan ridge hand strike (haito-uchi) to the kidney area.</p>
<p>APPLICATION #8</p> <p>1. Left chu-dan oi-tsuki followed by right chu-dan gyaku-tsuki</p>	<p>1. Execute left hand gedan shuto-uke then right chudan ura shuto uke</p> <p>2. Move the right foot to nikoashi dachi and chamber for shote-ate with the right low and the left hand high</p> <p>3. Suri-ashi-ido forward with shote-ate</p>
<p>(ALTERNATIVE APPLICATION OYO #7 & 8)</p> <p>1. Left chu-dan oi-tsuki.</p>	<p>1. As the attack comes in step 90 degrees to the left into right foot niko-ashi-dachi and execute left hand chu-dan osae-uke.</p> <p>2. Pull the attacker's arm slightly downward and toward you while executing a right jo-dan ridge hand strike (haito-uchi) to the throat.</p>

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<p>Each bunkai is done first slow to show detail, then full speed.</p> <p>Both tori and uke face one another, bow and move from musubidachi to heikodachi</p> <p>Slow</p> <ul style="list-style-type: none">• Then tori steps back into zenkutsudachi and proceeds with the technique. Once finished with the technique, both step back into heikodachi position once again. <p>Full power</p> <ul style="list-style-type: none">• Tori steps back hard into zenkutsudachi with kia,• Tori attacks with kia,• Uke counters with kia on attack.• Once finished both step back into heikodachi and move on to next technique. <p>After all of the bunkai applications have been completed, both tori and uke face one another in heikodachi and bow.</p>	<p>3. Step on the attacker's right foot with your right foot while grabbing the attacker's head with both hands – the right hand to the top of the head (grasping the hair) and the left hand to the chin. Twist the head clockwise.</p>
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