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2015 Shodokan Kangeiko – mid-winter early morning training**I : Day 1**

To practice basic waza, it is valuable to practice some other variation. Tomiki shihan also showed them that kind of variation to explain basic waza, like randori basic 17 and koryu-goshin-dai3.

1. 8 of tachiwaza from Koryu-goshin-dai-san**2. Waza against same attack with 1st tachiwaza(maeeridori ; frontal collar grab)**

- 01) Oshitaoshi from gyakute-kotehineri against maeeridori attack
NOTE: In the situation that uke could not stand up against gyakute-kotehineri, then keep the right hand, rotate the uke's arm clockwise with tori's left hand.
- 02) Kotegaeshi against maeeridori attack
NOTE: While cover uke's right hand with tori's left hand, and break uke's balance forward by step right backward. Then rotate tori's body 180 degree anticlockwise. At this time left hand keep kotegaeshi and right hand-knife press down the uke's elbow, then withdraw left foot backward.
- 03) Tenkaikotehineri against maeeridori attack
NOTE: Step forward from left foot with right punch to uke's jaw. Then rotate tori's body 180 degree by right foot step. While the rotation grab uke's hand with tori's left hand.
- 04) Aigamaeate against maeeridori attack
NOTE: Widen between thumb and other fingers and press uke's elbow anticlockwise. Use gyakugamae-chudan-no-kuzushi action and move right arm to outside of uke's face.
- 05) Shomenate against maeeridori attack
NOTE: Uke grab tori's front collar and step back. Tori step right forward (uke's shomen) earlier than uke's step back. Then do shomen-ate.
- 06) Kotehineri against maeeridori attack
NOTE: Uke grab a frontal collar (uke grab both collar at all above waza except this waza). Tori grab the little finger side of uke's right hand (gyakutedori). Twist uke's right forearm by drawing arc with your elbow clockwise then tori's elbow comes on uke's elbow as if tori is holding the uke's forearm. Uke's elbow draw arc anticlockwise to break uke's balance down. Shift your left hand to the right hand (grab uke's right hand with tori's right hand (gyakutedori-kotehineri)). Then press uke's right elbow clockwise with tori's left hand.

3. Waza against same attack with 3rd tachiwaza (gyakugamae-katasodedori)

- 01) Juntedori-kotehineriosae against gyakugamae-dori
NOTE: In the situation that uke could not stand up against gyakugamae-sodetori, keep the right arm (pinch uke's hand in tori's elbow), then break uke's balance forward. Twist tori's right arm around uke's left arm. Then press the scapula (around arm-scapula joint) with both hands.
- 02) Gyakutedori-kotehineriosae against gyakugamae-sodedori
NOTE: Step rightward while punch uke's jaw with the left hand. And slide the left hand on uke's left arm the grab the wrist.
- 03) Wakigatame against gyakugamae-sodedori
NOTE: Twist uke's left arm by pushing in anticlockwise with right palm from downward.
- 04) Juntedori kotegaeshiosae against gyakugamae-sodedori
NOTE: As rotate tori's right arm 180 degree (turn the thumb below), draw circle on the clock direction and twist uke's arm. Then grab uke's left hand with tori's left hand (juntedori), and put right hand together. Rotate tori's body by step right foot back and kneel. Then press uke's elbow on the floor.

4. Waza against combine attack above, ryousodedori (grab both sleeves)

NOTE: Combination technique of udehineri from middle level kuzushi and udegaeshi from low level kuzushi.

II : Day 2

What is "waza"? This word is not only used for martial art but also crafts and so on. (In kanji character, "waza" is hieroglyphics representing a hand and craft material (like bamboo).)

For example, is there any major league baseball team that contract with a baseball player who can throw a very fast ball but can hardly take a strike? If you need to pray for luck, it is not "waza." It is an important point to get uke under control without hurting the uke at kansetsu waza (joint technique). The uke cannot counter attack, cannot runaway but is not hurt.

It seems this is an element of "waza."

1. Randori basic 17**2. Check if you got uke under control.**

(1)Uke pull own arm -> (2)Uke try to get up -> (3)Uke try to move to runaway or counter attack

01) From hikitaoshi posture (Uke kneel, not lay down.)

02) From wakigatame posture

3. A variety of oshitaoshi

01) Oshitaoshi against aigamae katatedori and uke pull the arm

NOTE: Step right foot to the direction drawn out. Step left foot and turn 180 degree then slide to rightward.

02) Oshitaoshi against aigamae katatedori and uke fix the arm

NOTE: Keep the wrist position, twist tori's arm by tightening underarm then grab back. Then do oshitaoshi.

03) Oshitaoshi against shomen-uchi

NOTE: At the same time with uke lift the hand-sword, advance and prevent the attack with both hands. Then do oshitaoshi.

04) Oshitaoshi against yokomen-uchi

NOTE: At the same time with uke lift the hand-sword, advance and prevent the attack with the left hand. And give simulative punch to uke's jaw. Cross the right hand over the left wrist, and put left arm under uke's elbow then turn tori's body 180 degree.

05) Oshitaoshi against shomen-tsuki

NOTE: Taisabaki with right arm. Lift the right arm and press uke's elbow with left hand then turn the body 180 degree.

4. A variety of wakigatame

01) Wakigatame against aigamae katatedori

NOTE: Standard wakigatame toward right forward.

02) Wakigatame against gyakugamae katatedori

NOTE: Tori rotate own arm outward by tightening underarm, then grab uke's wrist using thumb and index finger. Draw an arc sequentially and turn the body to the direction (90 degree).

03) Wakigatame from hikitaoshi against aigamae katatedori

NOTE: A waza when the uke endured the hikitaoshi.

04) Wakigatame from hikitaoshi against gyakugamae katatedori

NOTE: A waza when the uke endured the hikitaoshi.

III : Day 3

There are 19 of basic aikido techniques that Kenji Tomiki shihan summarized. There are 4 of wrist techniques in 17 basic randori techniques. And there are 8 of wrist techniques in the 19 of basic aikido techniques. Today, we practiced the 8 of wrist techniques.

5. 17 basic randori techniques

In order of wrist techniques -> Uki waza -> ...

6. 8 way of wrist grab from tegatana awase posture

(Below note is in case of right stance.)

01) Aigamae-juntedori-kotehineri

NOTE: Same grab as 1st wrist technique of randori basic.

02) Aigamae-gyakutedori-kotehineri

NOTE: Grab uke's little finger side with tori's right hand as 1st technique. Grab the uke's wrist with your left hand then "tsukuri." Grab in gyakutedori-kotehineri while twining a thumb of tori around the uke's hand.

03) Gyakugamae-juntedori-kotehineri

NOTE: Same as tenkai-kotehineri in randori basic.

04) Gyakugamae-gyakutedori-kotehineri

NOTE: Draw arc clockwise with your right-hand sword to down uke's right hand.

05) Aigamae-gyakutedori-kotegaeshi

NOTE: Same as tenkai-kotegaeshi in randori basic. (Right hand)

06) Aigamae-gyakutedori-kotegaeshi

NOTE: Tori hit uke's wrist with right hand sword. Inflect your right wrist and rotate the arm inward then grab as same as 2nd wrist technique in randori basic.

07) Gyakugamae-gyakutedori-kotegaeshi

7. Wrist techniques against katatedori (a wrist grab)

(Below note is in case of right stance.)

01) Aigamae-juntedori-kotehineri against aigamae-wrist-grab

NOTE: Keep the wrist position and twist your right arm outward while closing armpit. Push uke's right wrist with your left hand, at the same time, pull right hand to leave from uke's grab. Then grab the uke's hand back.

02) Aigamae-gyakutedori-kotehineri against gyakugamae-wrist-grab

NOTE: Pretend to give a punch to uke's jaw with your left hand, and step to rightward. Slide your left hand to uke's wrist and grab it. Turn 180 degree, then slide your right elbow on uke's arm from wrist to elbow.

03) Gyakugamae-juntedori-kotehineri against gyakugamae-wrist-grab

NOTE: Grab uke's left wrist from above with your left hand. Step toward to uke's underarm, and turn your body 180 degree. Take your right hand from uke's grab, grab back as kotehineri.

04) Gyakugamae-gyakutedori-kotehineri against gyakugamae-wrist-grab

NOTE: Same as 2nd technique of stand part of koryu-goshin-dai-3.

05) Aigamae-juntedori-kotegaeshi against gyakugamae-wrist-grab

NOTE: Turn your right palm up while move your hand toward your body a little bit immediately after uke's grab. Put your left palm from underside, and release your right hand by thrusting your elbow. Put the right hand beside left hand, and throw uke by turning 90 degree and step your right foot back.

06) Gyakugamae-gyakutedori-kotehineri against gyakugamae-wrist-grab

NOTE: Fix uke's elbow by facing your right hand sword to uke, step to right side and face to the hands. Keep your left palm up and put it between your right hand and uke's left arm. Broke uke's balance frontward, then kotegaeshi while turning your body.

07) Gyakugamae-juntedori-kotegaeshi against aigamae-wrist-grab

NOTE:

08) Gyakugamae-gyakutedori-kotegaeshi against aigamae-wrist-grab

NOTE:

8. Wrist techniques against dogi grab

01) Aigamae-gyakutedori-kotegaeshi against maeeridori

NOTE:

- 02) Gyakugamae-gyakutedori-kotegaeshi against maeridori

NOTE:

- 03) Aigamae-gyakutedori-kotehineri against sodedori

NOTE:

- 04) Aigamae-juntedori-kotegaeshi against sodedori

NOTE:

- 05) Aigamae-gyakutedori-kotehineri against okueridori

NOTE:

- 06) Gyakugamae-gyakutedori-kotegaeshi against okueridori

NOTE:

IV : Day 4

Tetsuro Nariyama shihan mentioned about names of waza. Both of Sokaku Takeda who is the founder of Daito-ryu, and Morihei Ueshiba who is the founder of Aikikai, are numbered for the techniques. Kenji Tomiki shihan named techniques to make people easily imagine the technique from the name. There are hineri (twist inward), kaeshi (twist outward), atemi and so on in basic. But there are kime(press a sore spot) techniques in aikido.

Attention! Below technique names are just personal memo. I don't know the formal name. Sorry!

9. 17 basic randori techniques

In order of uki waza -> atemi techniques -> ...

10. Kime waza at seiza position

- 01) Throw technique from pressing sore point on wrist against gyakugamae-katatedori
- 02) Oshitaoshi-osae from pressing sore point on wrist against gyakugamae-katatedori
- 03) Kotehineri-osae from pressing sore point on wrist against gyakugamae-katatedori
- 04) Throw technique from pressing sore point on wrist against ryotedori
- 05) Juji-osae from gedan and jodan against ryotedori

11. Kime waza at standing position

(All of below techniques are explained in case of migigamae (right stance). This means stepping right foot forward and grab both hands.)

- 01) Kotehineri-nage against both hand grab from forward
- 02) Tentai-kotehineri-nage against both hand grab from forward
- 03) Aigamae-gyakutedori-kotehineri from oshitaoshi against both hand grab from forward
- 04) Tenkai-kotehineri-nage against both hand grab from forward
- 05) Tentai-aigamaeate against both hand grab from forward
- 06) Throwing technique from pressing sore point on wrist against both hand grab from forward

V : Day 5

Shomen-uchi and yokomen-uchi are not original attack with bare hands. (Imagine. When you face to an opponent to fight without weapon, you wouldn't swing your arm up to give a hit.) So these attack are not included as basic techniques so much. These attacks are representing tachi (a sword) and yari (a spear). Tsuki too. But these attack are fully included to basic for university student.

So we watched the demonstrations, then practiced aigamaeate, oshitaoshi and kotegaeshi against these attacks.

1. (Only demonstration) Tantodori, tachidori and yaridori from koryu-goshin-dai-san**2. (Only demonstration) Tachiwaza (standing style) from basic techniques for university student**

- 01) (migigamae; right stance) Oshitaoshi against shomen-uchi
- 02) (hidarigamae; left stance) Aigamae (irimi) against shomen-uchi
- 03) (migigamae; right stance) Tenkai-kotehineri against yokomen-uchi
- 04) (hidarigamae; left stance) Tenkai-kotegaeshi against yokomen-uchi
- 05) (migigamae; right stance) Kotegaeshi against shomen-tsuki
- 06) (hidarigamae; left stance) Tentai-kotegaeshi

3. A variety of aigamaeate

- 01) Aigamaeate against shomen-uchi
NOTE: As uke swing up the right arm, tori's right hand stop the attack. Then step your left foot to leftward (behind uke) but close to uke. Break uke's balance. When uke tried to stand up put your arm to uke's jaw and grab okueri with your left hand. Then do irimi nage (aigamaeate).
- 02) Aigamaeate against yokomen-uchi
NOTE: As uke swing up the right arm, tori use left hand to stop the attack. Then stick your right hand underneath of your left arm. Put your arm to uke's jaw and grab okueri with your left hand. Then do irimi nage (aigamaeate).
- 03) Aigamaeate against shomen-tsuki
NOTE: As uke draw the right hand for the preparation of tsuki, stop the attack with your left hand. Then do irimi nage (aigamaeate) with your right arm.

4. A variety of oshitaoshi

- 01) Oshitaoshi against shomen-uchi
NOTE: As uke swing up the right arm, step forward then do oshitaoshi.
- 02) Oshitaoshi against yokomen-uchi
NOTE: As uke swing up the right arm, tori use left hand to stop the attack. Stick your right hand above of your right arm. Put your left hand to uke's elbow and your right hand-sword to uke's wrist, then do oshitaoshi.
- 03) Oshitaoshi against shomen-tsuki
NOTE: Avoid the attack by step diagonally forward right and put little finger side of right arm to uke's right wrist. Push up the uke's arm with your right hand-sword and put your left hand to the uke's elbow. As draw arc from left to right side then do oshitaoshi.

5. A variety of kotegaeshi

- 01) Kotegaeshi against shomen-uchi
NOTE: Put your right hand to uke's right wrist when uke swing up the right hand. Step to uke's behind and let uke swing down the right arm. Slide your back side of your right hand and rotate to grab the wrist. Then do kotegaeshi after breaking balance of uke.
- 02) Kotegaeshi against yokomen-uchi
NOTE: Prevent the attack with your left hand and give a punch to uke's jaw while move diagonally forward right. Slide your dorsal surface of the right hand from the elbow to the wrist on uke's right arm. Then grab as kotegaeshi.
- 03) Kotegaeshi against shomen-tsuki
NOTE: Same as randori basic.

VI : Day 6

Gedan-no-kuzushi and kouhou-ryoute-dori were featured on because we have practiced chudan-no-kuzushi (3rd and 4th techniques of gonosen-no-kuzushi) and joudan-no-kuzushi (1st and 2nd techniques of gonosen-no-kuzushi) in the kangeiko.

1. Techniques from Gedan-no-kuzushi

- 01) Kotegaeshi against aigamae-katatedori
- 02) Tentai-kotegaeshi against aigamae-katatedori
- 03) Kotegaeshi against gyakugamae-katatedori

2. Techniques against Ushiro-ryoutedori (both hands grab from backward)

- 01) Maeotoshi
NOTE: As same as 7th techniques of nage-no-kata-ura
- 02) Oshitaoshi
- 03) Juujinage

3. Ushirookuri-erijime

(Right stance case) Uke grab tori's right wrist with the right hand then grab maeeri from backward with the left hand.

- 01) Maeotoshi
NOTE: As same as 6th standing techniques of koryu-goshin-daisan.
- 02) Tenkai-kotehineri
- 03) Juujinage

4. Techniques against kakaedori

- 01) (Uke grab belt around body side from backward) Udehineri???
NOTE: Tori twist the body to the right while stepping the left foot to right-forward. Next twist the body to the left while stepping the right foot to left-forward. While these action, uke break the balance. Then Tori twist the body to the right wider than before while stepping the left foot to right and keep tori's weight lower, and uke fall down.
- 02) (Uke hold tori's body (lower back height) from backward) Gyakutedori-kotehineri
NOTE: Press the back of uke's hand with your fist to loosen uke's grab. Grab uke's right wrist with your right hand. Push up the uke's right elbow with your left hand while turning to right. Then do kotehineri.
- 03) (Uke hold tori's body (lower back height) from backward) Gyakutedori-kotehineri
NOTE: Press the back of uke's hand with your fist to loosen uke's grab. Grab uke's right wrist with your left hand. Tangle your right forearm to uke's arm while turning to right. Keep your left hand that grab uke's right wrist in kotehineri, then throw uke by twisting the arm more.
- 04) (Uke hold tori's body and arm together from backward) Gyakugamae-gyakutedori-tennkaikotehineri
- 05) (Uke hold tori's body and arm together from backward) Udehineri

VII : Day 7

Day1 to day6 is early morning session. Day7 is held in Sunday afternoon. Then last meeting is held after the afternoon class with children class member.

Sorry I could not participate in to the meeting (a kind of party) so that please check Shodokan Facebook page for the class contents.