

体捌き徒手 Taisabaki Toshu

“Empty-hand body movement” against:

Katate kosdori, Katadori, Shomen uchi, Yokomen uchi, and Munetsuki attacks

- 肩取り **Katadori** (1)
 - *step back, block/blend with opposite hand; 4 times.*
- 正面打ち **Shomen uchi** (4)
 - *Men to kote; soto to uchi: strike to head and wrist, outside and then inside.*
- 片手取り **Katatedori** (4)
 - *Shiho nage corner: slide forward, cut, slide and turn*
 - *Shiho nage grab: step back with Shiho nage grab, uke performs tenkan, step across and face uke to finish.*
 - *Shiho nage switch: step forward with Shiho nage grab and tenkan to switch places.*
 - *Tenkan Undo: tenkan 180 degrees, step forward to push uke forward and then step back.*
- 片手交差取り **Katate kosdori** (3)
 - *Irimi-tenkan: step forward, block and lead elbow, tenkan 180 degree, step to push uke forward, and then slide back.*
 - *Tenkan-hand up: thumb down, tenkan, hand comes up to Ikkyo Undo position.*
 - *Tenkan-hand down: thumb up, cut down uke's hand as tenkan, keep the hand at belt level.*
- 横面打ち **Yokomen uchi** (3)
 - *Shiho nage grab: step back with Shiho nage grab, uke performs tenkan, step across and face uke to finish*
 - *Ikkyo entrance/ irimi: irimi slide/blend, arm straight with palm up at elbow, lift uke's arm with second hand, slide forward, turn to face uke.*
 - *Shiho nage doublestrike: strike/atemi with both hands, shiho grab onto first hand, switch places.*
- 胸突き **Munetsuki** (5)
 - *Men to kote; soto to uchi: strike to head and wrist, outside and then inside*
 - *Sokumen irimi nage: slide to outside, bottom hand grabs uke's wrist, the other arm straight at chin, tenkan Sokumen irimi nage 180 degrees, slide to push.*