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## Advanced Class – Red, Brown, Brown-1, Brown-2 – Training Manual

Posted By *jsnyder* On July 8, 2016 @ 1:03 am In Budo\_Taijutsu,Study | [Comments Disabled](#)

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### Terminology

**Gyaku** – Wristlock or reverse

**Metsubishi** – Anything that blinds or distracts the eyes.

**Ura** – Inside, closed or hidden. (U for **Under**, not obvious, hidden, Down)

**Omote**– Outside, open or obvious. (O for **Open**, obvious, not hidden, Up)

**Migi** – Right

**Hidari** – Left

**Kazushi** – Balance breaking

**Kohai** – Eager student; beginner student.

**Sempai** – senior student

**Bushido** – Way of the warrior

**Keri** – Kick

**Kudaki** – Crush, break or smash

**Tai Sabaki** – Evasive body movement

**Oni**– Demon

**Kudaki** – Crush/Break

### Questions



[1]

Q. What posture is Doko? How do you feel and move in Doko?

A. Angry Tiger. Back at an angle. Concerned & Cautious.

Q. What is Doko the advanced posture of?

A. Ichimonji

N. Front Arm, aimed at uke shoulder, back hand at corner of imaginary box around head, elbow in.

Q. What does **CANEI** mean?

A. **C**onstant **A**nd **N**ever **E**nding **I**mprovement



[2]

Q. What posture is Kosei? How do you move in Kosei? How do you feel in Kosei?

A. Offensive Posture. Forward off the line of attack. Extremely Aggressive with Calmness. Fog Creating Posture

Q. What is Kosei the advanced posture of?

A. Jumonji.

N. Fog Creating Posture

Q. What does **LBEEE** stand for?

A. **L**ead **B**y **E**xample with the **E**nergy for **E**xcellence



Q. What posture is Hoko? How do you move in Hoko? How do you feel in Hoko?

A. **Hug surround (Angry Bear) posture.** Circular around the attack. Wind like easy or forceful but relaxed.

Q. What is Hoko the advanced posture of?

A. Hira Ichimonji.

N. like hugging an imaginary beach ball, palms concealed, vision not blocked.

Q. What does the Japanese symbol in the middle of our logo called? What does it mean?

A. Nin. Perseverance. The Nin symbols translation as it pertains to Ninjutsu is ***"Even though your opponent may hold a blade over your heart, you will persevere."***

## Sparring

## Fitness Requirements

Pushups/Crunches:

Red Belt – 14 Pushups/21 Crunches

Brown Belt – 16 Pushups/24 Crunches

Brown1 Belt – 18 Pushups/27 Crunches

Brown2 Belt – 20 Pushups/30 Crunches

## January

### **Doko vs 2 Punches – Tan Geki – Zig Zag Drill**

Move Back at an angle & Counterstrike

Move Back at the opposite angle & Counterstrike

Rock In

Metsubishi

Heal Stomp Kick

Kamae

### **Doko vs Cross Wrist Grab**

Rock In & shuto uke's arm (To possibly break arm turn grabbed wrist facing up exposing elbow to strike)

on punch rock back to defend Putting arm up bent on side of head and against head (this slightly obscures some vision but protects). Don't react until punch starts.

Rock in & Shikanken (Chisel Fist) Throat

Heal Stomp Kick

Kamae



[4]

### **Hon Gyaku (GeeahKu) – Radial Wristlock**

Step back to outside, while moving to grab hand and other hand up to block, elbow pointing at Uke's face.

grip uke's hand with thumb down and inside. This has to be a strong grip else it doesn't work, you can't go light.

match grip with other hand (keep it tight to body

crank pinky back towards uke, and sink if needed, careful in practice with uke, bend to make worse.

follow up

kamae

## **February**

### **Doko vs Kick (Kick the Kick)**

Move back at a large angle toward side of the same leg that is kicking at you (Think **Tan Geki** ) & kick the kick with leg closest to kicking leg now, not the one you stepped with. This should be quick and aim for bottom of calf of achilles, if you miss you miss, keep going.

stomp kick uke in the back

Kamae



[5]

### **Omote Gyaku (GeeahKu) – Outside Wristlock**

Step back to inside, while moving to grab hand and other hand up to block, elbow pointing at Uke's face.

grip uke's hand with thumb on the back, making sure its not too low and supporting wrist.

match grip with other hand, make sure thumbs are not on fingers but on back of hand, again not supporting wrist. This has to be a strong grip else it doesn't work, you can't go light.

rotate uke's fingers towards them and to the outside, their palm should face them and be rotated to the outside.

step back with the other leg (switching ichimonji to other leg) as you rotate uke's palm towards the ground (pinky to their wrist, pinky to ground). Keep it close to your chest. In practice let hand drop as you bring uke down to avoid breaking wrist. I real life sink and keep it tight and break the wrist, if needed.



[4]

### **Ura Gyaku – (GeeahKu) Inside Wristlock**

Step back to outside, while moving to grab hand and other hand up to block, elbow pointing at Uke's face.

grip uke's hand with thumb on the back. This has to be a strong grip else it doesn't work, you can't go light.

match grip with other hand

rotate uke's fingers towards them and to the inside, their palm should face them and be rotated to the outside.

step back with the other leg (switching ichimonji to other leg) as you rotate uke's palm towards the ground (thumb to their wrist, thumb to ground). Keep it close to your chest. In practice let hand drop as you bring uke down to avoid breaking wrist. I real life sink and keep it tight and break the wrist, if needed.

## April



[6]



[2]

### **Kosei vs High Stepping Punch**

Bait high punch by dropping kosei low.

Move aggressively forward at an angle & block Uke's punch upward driving it back behind shoulder (lead outside hand)

Elbow strike with other arm (back inside hand) and drive through them. Keep moving forward don't stop

Rear sweep if possible, else just keep driving through them knocking them down.

Follow up

Kamae

### **Kosei vs High Reverse Punch (boxing punch, shuffle reverse punch legs don't change position)**

Bait high punch by dropping kosei low.

Move aggressively forward at an angle & block Uke's punch upward, driving it back behind

shoulder

low reverse punch to gut

Step back leg between their leg blocking their front leg, turn to side,

capture Uke's arm (by raising hand up high, like asking a question), then bringing it back down and putting elbow under and forward.

If Tori is to close elbow them for distance.

Gansekinage, (Rotational throw like throwing a football, keep back straight, and sink low)

Follow up

Kamae

### **Hanegoshi – Defense vs Double Lapel Grab**

Start in Kumi Uchi,

Step out with left foot (assuming left foot was rear foot), keep arms grabbing Tori in tight pulling them off balance, with weight on near foot.

Kick outside of Uke's hip or thigh to throw, rear stomp kick while punching down (superman punch), hold on to uke's sleeve to assist them to their side hard fall inside class.

Follow up

Kamae

## **May**

### **Kosei vs Uppercut**

Bait low punch by raising kosei high.

Crash in to stop attacker's punch, preferably back behind them.

Elbow strike to chest, while rotating outside blocking hand to grab their wrist on top.

counter strike under arm, (whip) hit between biceps, while sinking.

Go underneath Uke's arm, staying low and with back straight, your back will be against them, so you will have your back to them (if you lean forward you may get choked)

Outside of Dojo pull arm straight down to ground, in Dojo armbar them and rotate outward to bring them to the ground (stay close and keep tension and pressure)

Follow up

Kamae

### **Kosei vs Kick**

Bait low kick by raising kosei high.

Crash forward off the line of attack (blade self as crashing forward)

Low counterstrike to attacker's leg (optional)

palm down knifehand to attacker's face or neck (or close line), drive through them never stop or slow.

Follow up (you should be at their head)

Kamae

### **Uchimata – Defense vs Double Lapel Grab**

Start in Kumi Uchi

Put rear foot on a T with their lead foot.

Turn body with back to Uke, while stepping behind like a lead side kick, with your other foot.

This foot should be placed to be tight but have good balance.

Keep your grip tight while doing this pulling them off balance, with all their weight on their front foot.

Kick inside of Uke's leg, with T foot, rear stomp kick upward while punching down (superman punch)

Hold onto Tori, sleeve to assist them into a safe hard side fall.

If they hold onto you try to sink instead of leaning over.

Follow up

Kamae

### **July**



### **Hoko vs 2 Punches (*Similar to Hira Ichimonji vs 2 Punches but more aggressive*)**

Move outside (step forward circular, then move other foot circular), to avoid punch, elbow should touch Uke's elbow, parallel with punch

Move inside (step forward circular, then move other foot circular), to avoid punch, you need to be right up against uke parallel with punch

Step into Uke & Ura Shuto with outside hand

Kamae

### **Defense vs Full Nelson**

Brace Neck ( if caught by surprise use back of hands put together to push head back)

Kick to loosen up

slam elbows down and drop body weight to break hold on neck

Trap arms by pulling elbows in (ideally this is done first and first 3 steps aren't needed)

grab Uke's hands/fingers (2-3 fingers)

Kick to loosen up

Get Elbows in, (hands forward ,pulling Uke into your back, and elbows slide in)

Sink and shift to side, keeping it tight and pulling uke's arm over your head, opposite hand should go to your chest, hand you are sinking under should go to that arms hip. (this should put the Uke in an armbar with his own arms, if problems you can release chest hand and do your own armbar)

cross arm to throw (You need to be tight against person, your arms should be tight and your leg non hip hand side should be in front and against their leg) punch chest hand forward, while pulling hip hand back. (in class let go of fingers)

Follow up

Kamae

### **Omote [outside] Oni [demon] Kudaki [crusher]– Defense vs Lapel Grab**

Place hand palm up on Uke's wrist (like holding a tray)

Step toward arm & take your arm under Uke's elbow (your inside of elbow should be on their elbow, ideally)

Clasp hands, pull their's and your elbows tight to your side, keep it tight.

Sink & Turn and face the same direction as Uke (their elbow should be above their shoulder to take their balance).

Step back (hira in opposite direction you turned to get behind, so lead foot) and sink for takedown

Follow up, can also cross back leg over and pin other arm to detain.

Kamae

## **August**

### **Hoko vs Straight Punches (*Similar to Hira Ichimonji vs Straight Punch but more aggressive*)**

Move inside(step forward circular, then move other foot circular), to avoid punch, you need to be right up against uke parallel with punch

Shuto Arm while coming in (then get hand back to hoko, hoko is about staying in hoko)

Backfist arm (same spot as shuto) (then get hand back to hoko, hoko is about staying in hoko)

Step into Uke and Ura Shuto

Kamae

## **Defense vs Rear Forearm Choke**

Pull arm down

Chin down towards Uke's elbow

Kick to loosen up

Grab Uke's shoulder and elbow

For safety in Dojo Step leg, nearest Uke's elbow, back between Uke's legs (<-done in beginning only)

Sink to one knee & twist to throw (Elbow to knee twist, like leg tackle drop)

Follow up

Kamae

## **Side Sacrifice Throw – Yoko Nagare**

Place hand palm up on Uke's wrist

Step toward arm & take your arm under Uke's elbow

Clasp hands

Turn and face the same direction as Uke

Step back and sink for takedown

Follow up

Kamae

## **Side Sacrifice Throw – Yoko Nagare (Taught in class)**

Start in Kumi Uchi or hand behind neck and other on arm above elbow

Push, when Uke Pushes back, turn sideways while getting right up against moving inside leg/hip across Uke's hip (same leg side as hand that is behind neck)

Leg has to be up against and across uke's hips, you have to be close and keep arms and hands in position.

Keep arms locked in position at this point pulling head to shoulder tight.

Drop into a soft rear fall quickly but controlled and roll to your side (Turn to side and drop have to happen at same time).

You can lift leg up as the Uke goes over to assist them but do not extend leg out with them as they move forward or they will land on your knee. Also you can try to help protect Uke's head.

Follow up

Kamae

## **October**



[1]

### **Doko vs 2 Punches (rocking elbow)**

Move & counterstrike (like Ichi Monji vs straight punch, make sure you move far enough at an angle to make them have to punch at an angle for second punch, this should create about a 10" distance between left and right hand of uke's punches.)

On 2nd punch, Rock in with elbow, and strike solar plexus, make sure you head and eyes point across your elbow and straight at uke, bent arm sort of protects that side face/neck and doko hand protects the other side face/neck

High reverse punch to throat/face.

Stomp Kick

Kamae

### **Ground Defense – Bump & Roll with finish**

Uke starts in the mounted position

Bridge & bump Uke's back with knee, (uke will be forced to put hands on ground)

Trap same-side arm (pulling down and to chest keeping elbows in and tight) & almost at same time trap same side leg (put foot on outside of their foot/leg, nothing fancy just enough to stop them from escaping)

Bridge & roll over shoulder

Follow up/Get away (You can elbow as coming over, but in bjj that is risky for arm trap, best to keep elbows in get up straight fast, strike with elbows down if needed, grab pants at knees, or push on knees put body wait into it (protect from getting kicked), escape

Kamae

### **Defense vs Kick – Heel Jam – Keri Kudaki (Kick block/crush)**

Jam the Kick (kick at uke knee if can heel should be angled more horizontal with inside of foot up)

Follow up

Kamae

N: this can be used against more than ha kick so knee if stepping or inside upper thigh, or hip kick block can be used.

### **Rolling out of wrist locks (Adult Only) (Not taught)**

Uke does Omote Gyaku (outside wristlock).

Roll out in direction of Final lock.

Uke changes to Ura Gyaku (inside wristlock).

Roll out in direction of Final lock.

**Sparring – Striking to off balance the attacker.**

TBD – Examples/Notes

## **November**



[7]



[8]

### **Take Ori – Wrist Fold – Bamboo Breaking**

Kick with opposite leg (choice really but easier for me)

Step outside using kicking leg (completely to their side and bladed) & Strike hand with thumb facing uke's inside over wrist, and fingers grabbing outside of hand and around fingers and meaty part of hand)

Then grab back of Uke's hand (match grip), and bring their hand to your chest, while

Bending Uke's wrist back towards Elbow (towards them)

Lift hand vertically

Follow Up

Kamae

**Shizen vs Stick Swing (See Tai Sabaki below)**

Shift

Punch and Kick hands

Follow up

Kamae

**Defense vs Choke on ground (Headtwist) & (Bridge & Roll)**

Tuck Chin (mostly pointless, just use opposite knee to strike their floating ribs, this might be enough)

Arms above and Strike down on arms, pulling them down and closer to you.

Grab Chin & Crown of head(hand closest to them goes on top of head)

Twist head to roll Uke off, try to place their head right next to yours, keep pressure on their chin to keep them in control.

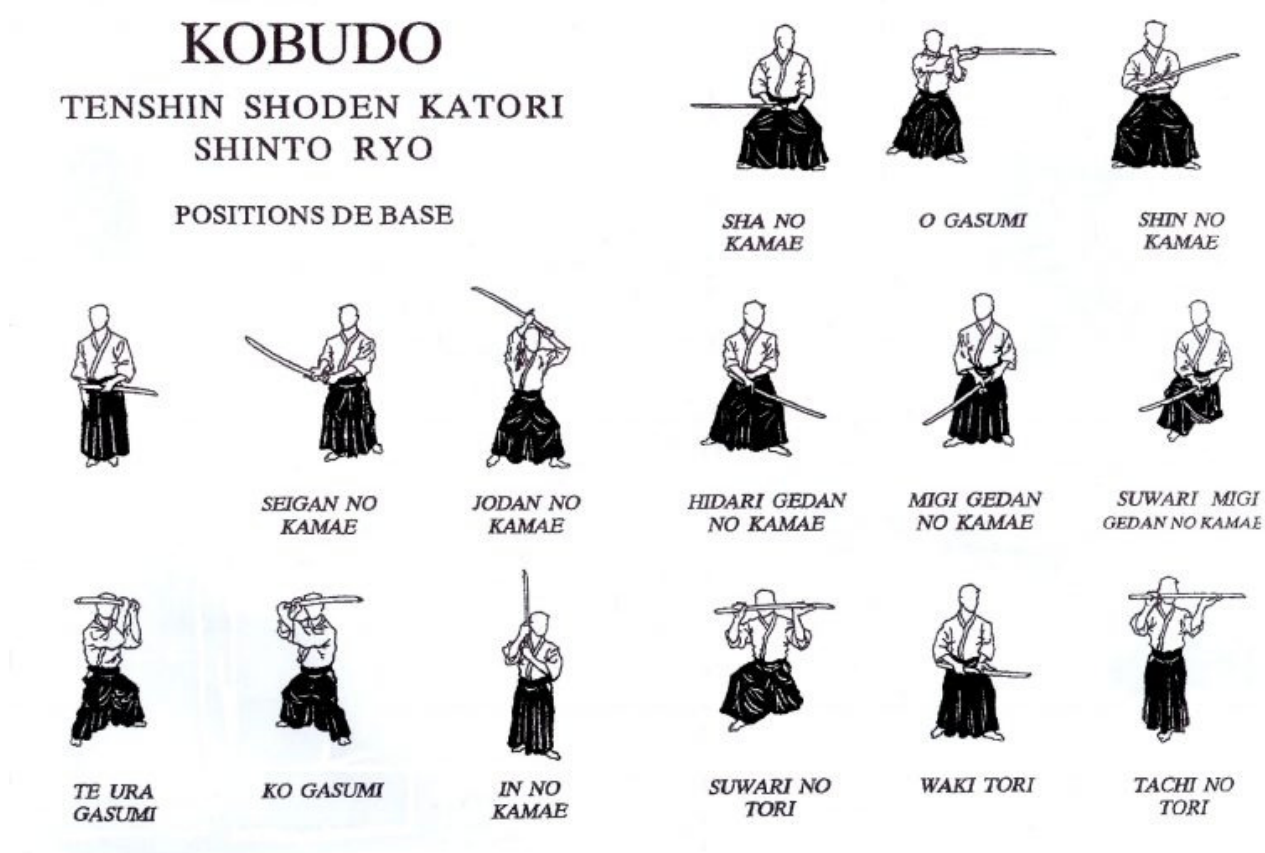
Bridge and roll over, maintain control of head by either using pressure points under jaw bone, or if need strike side of head to knock out (careful can kill)

Follow up

Kamae

**Tai Sabaki** – Evasive body movement

Against Sword



[9]

Jodan no kamae(45 degree angle above head), downward slice (move in Hira Ichimonji, stay

close to sword, keep hands in, followups can be to hold sword hand stomp sword, counter followup), keep eyes on uke.

In no kamae(side of head, thumb can reach ear, either side), lapel slice, move like drop down for leg grab towards direction of starting position of sword, get low fast, keep eyes on uke.

Migi/Hidari Gedan no kamae, sword low, 45 degree to side, slice at feet. Jump fast start with knees bent, don't try to jump, try to bring feet up fast.

**Leaping** – 4 directions (jumonji, always start with foot farthest away from direction you are going, land softly in same foot position), bend legs on landing to remain silent.

Forward leap (jump about your height)

Backwards leap (jump about your 1/2 height)

Sideways leap (starting with front foot) (jump about your 1/2 height)

Sideways leap (starting with back foot) (jump about your 1/2 height)

**Sparring – Striking to affect a takedown.**

TBD – Examples/Notes

## **Joe Misc**

### General:

Keep hands up elbows in to protect side.

Keep back straight

Keep Low

Straighten out jabs and punches (shoulder,elbow,wrist alignment)

Don't always rotate left, practice leading with right and rotating right.

Don't bend over on strikes to downed Uke.

Knee should be higher than or equal to kick location for more power.

Try not to telegraph attacks, common tells:

Eye shift

Leaning into punch

moving shoulder back

moving hands up

tightening jaw or face

What can be done:

practice with someone telling you when you are about to punch

Throw punch before stepping and race to get to target with foot and hand.

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