



## BBC – TECHNIQUES THAT FLOW WITH THE ATTACKER’S ENERGY



### Drill #1 – Attaching to the Attacker

- Partners face each other. Partner A throws a big haymaker at Partner B.
- Partner B circles inside (Hira Ichimonji) and attaches himself to Partner A
- Partner B moves to Partner A in a circular Motion.

### Technique #1 – Hira vs Hook Punch

- Start out like Drill #1.
- Circle inside (Hira Ichimonji)
- Grab Uke’s wrist (optional)
- Strike to side of Uke’s head or neck with an open hand strike of some kind while continuing in a circular motion using the attacker’s energy and flow.
- Kamae

### Technique #2 – Ogoshi (Full Hip Throw)

- Start out like Drill #1.
- Circle inside close (Hira Ichimonji)
- Block and Grab Uke’s wrist
- Other arm either grabs around waist or head and hip throw while continuing circular motion using that attacker’s energy and flow.
- Kamae



### Drill #2 – Push the shoulder drill#1

- Partners face each other. Partner A pushes at Partner B's same side shoulder.
- Partner B sometimes resists and sometimes gives with the push at last second to off balance attacker.

### Technique #1 – Inside Wristlock (Ura Gyaku)

- Start out like Drill #2.
- Give with the push.
- While giving with the push Grab hand of Uke's pushing hand with hand closest to Uke, while raising elbow to Uke's head.
- Match Grip lock palm towards arm, then away from thumb, then put thumb to ground.
- Kamae

### Technique #2 – Radial Wristlock (Hon Gyaku)

- Start out like Drill #2.
- Give with the push.

- While giving with the push Grab hand of Uke’s pushing hand with hand closest to Uke, while raising elbow to Uke’s head.
- Uke tries to pull hand away while bending elbow.
- Switch to radial wrist lock.
- *Optionally, one hand radial wrist lock while pushing elbow towards wrist, sink to make Uke drop to ground fast. (Extremely painful)*
- Kamae

### Drill #3 – Push the shoulder drill#2

- Partners face each other. Partner A pushes at Partner B’s opposite shoulder.
- Partner B sometimes resists and sometimes gives with the push at last second to off balance attacker.

### Technique #1 – Basic Armbar

- Start out like Drill #3.
- Give with the push.
- Go into armbar using ribs as bar on elbow
- Kamae

### Technique #2 – Outside Wristlock (Omote Gyaku)

- Start out like Drill #3.
- Give with the push.
- While giving with the push Grab hand of Uke’s pushing hand with hand closest to Uke, while raising elbow to Uke’s head.
- Uke tries to pull hand away while bending elbow.
- Switch to outside wrist lock.
- Flow back at them moving towards them at angle while doing wristlock, they will go to ground.
- Follow-up.
- Kamae

### Drill #4 – Pulling the wrist

- Partners face each other. A grabs B in cross wrist grab.
- A pulls B and B goes with it.

### Technique – Jumonji vs Cross Wrist Grab

- Start out like Drill #4.
- Randomly on a pull when ready, use energy from pull to crash forward in Jumonji.
- Use free hand to push Uke’s elbow into their waist to prevent getting elbowed and to setup for next move.
- Elbow strike to chest/neck/face/etc with arm that is grabbed by Uke, while rotating hand over

Uke’s hand towards thumb to break hold.

- Either finish with a rear sweep or pull behind neck with a knee strike.
- Kamae

### Drill #5 – Double Lapel Grab & Pull

- Partners face each other.
- A pulls B by the Lapel

#### Technique – Rear sweep vs Pull

- Standard technique, this is just method to get into it or why to use rear sweep.

### Bonus Technique

#### Technique – Defense vs Roundhouse Kick

- Move inside in Hira Ichimonji
- capture Uke’s leg, by putting arms under leg (if you reach over you will take the kick to your ribs and not arms)
- Continue in a circle throwing them to the floor.
- **If they don’t drop stomp kick the knee they are standing on. (optional)**

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