



WHITE/YELLOW TRAINING MANUAL



Terminology

Uke [ookA] – The training partner receiving the technique. (Attacker)

Tori [torE] – The person practicing the technique. (Defender)

Ukemi [ookemE] – Breakfalls and rolls.

Kamae [kahmA] – Stance or posture

Questions

Q. What style of martial art do we practice ?

A. Budo Taijutsu [boohdO tljitsu]

Q. What does Budo Taijutsu mean?

A. Art of the body.

Q. What is the first key area to student progress? How many classes should you take per month?

A. Attendance and commitment; Eight

Q. How can you show good dojo protocol which is one of the 5 key areas to student progress?

A. By following the rules, proper etiquette, and traditions of the dojo and leave the dojo in better shape than when you came in and server as an example to lower ranked students. Some of the rules are:

- No shoes on the mat
- pull your attendance card
- bow in and bow out of the dojo training area
- wait at the edge of the mat when you are late and wait to be invited on the training floor
- use Sir and Ma'am with responses
- race to greet Staff, SWAT, and fellow students

Q. What is a SWAT member?

A. A student who Volunteers their time to assist students of lower rank. Usually will wear a red gi top on the floor and they should be treated as staff of the dojo. Each SWAT member helps with at least 2 classes each week, stays on top of their regular training and attends a monthly training seminar on being a great teacher/leader.

Q. What posture is Shizen, how do we feel and move in Shizen?

A. Natural/Earth Posture. Feel confident. Move your body by sinking and rising your knees.

- legs shoulder width apart, feet forward hands down.
- knees slightly bent, but relaxed



Fitness Requirements

Pushups/Crunches/Squats – Be able to perform 5 reps of each exercise.

January & July

Basic Escape vs One-Hand Wrist Grab

- Shizen

- Get other hand up
- Kick uke's shin (usually easier and more fluid to kick with same hand that is grabbed)
- step back as you pull arm straight over head(for kids or to chest for adults)
- kamae

Basic Escape vs Two-Handed Wrist Grab

- Shizen
- Get other hand up
- Kick uke's shin(usually easier and more fluid to kick with same hand that is grabbed)
- use free hand to grab trapped hand
- step back as you pull your hands over head(for kids or to chest for adults)
- kamae

Basic Escape vs Two-Handed Lapel Grab

- Shizen
- Get other hand up
- place tips of fingers on uke's notch in throat
- push until uke lets go
- step back
- kamae

February & August

Shizen vs Front Choke

- Shizen
- Tuck & Shrug
- Kick uke's shin
- double counter strikes to forearms while sinking (as if double outside blocks) (important to sink and hit at same time to create space)
- follow up
- push
- kamae

Shizen vs Hook Punch

- Sink your knees & outside block
- palm strike (rise) with takedown(yellow only) (curl finger to hook lower lip), sink
- follow up
- kamae

Shizen vs Front Choke – Head Twist – (Adults ONLY)

- Shizen
- Tuck & Shrug
- Kick uke's shin
- trap arms, elbows over top of Uke's arms via outside, (need to be in close)
- Grab back of top of head and then push jaw/chin with other so face is straight up and rotate head then lock arm position
- move rotationally to bring the uke to the ground (yellow only) (don't move arms use power triangle)
- follow up
- kamae

April & October

Shizen vs Rear Choke

- Shizen
- Tuck & Shrug
- Kick uke's shin
- rear elbow high, thrust up back at an angle high and fast rotationally
- wrap up arms, hand under uke's elbows while locking under wrists under arm (stay close or this won't work, faster also seems to prevent balance issues during rotation)
- knee strikes
- push
- kamae

May & November

Shizen vs Cross Wrist Grab

- Shizen
- Kick uke's shin
- sink your knees and palm strike uke's hand down (at same time, use shizen)
- follow up
- push
- kamae

Shizen vs Cross Wrist Grab w/ Basic Armbar (Adults ONLY)

- Kick uke's shin
- Kick uke's shin (usually easier and more fluid to kick with the leg on side of uke's grabbing arm)

don't fall back to shizen, but step towards uke instead forward and at an angle, but in close) bring your grabbed hand twisting your finger clockwise and up around to your chest to hook uke's wrist to your chest while stepping. Keep thumb against fingers don't grab wrist, hook it. Also you can modify the move to not hook until end and let Uke let go and walk away. Once armbar is used there is no way to talk yourself out of a fight.

- place other arm on uke's elbow, sink and circle or move forward and put uke's face down on the ground (Yellow only to the ground)

Basic Armbar (Adults ONLY)

- Circle to outside bringing your hand under the uke's arm and to your chest and hook uke's wrist to your chest. Keep thumb against fingers don't grab wrist, hook it. Also you can modify the move to not hook until end and let Uke let go and walk away. Once armbar is used there is no way to talk yourself out of a fight.
- lace other arm on uke's elbow, sink and circle or move forward and put uke's face down on the ground (Yellow only to the ground)

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)

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

Q. What posture is Ichimonji? How do we feel and move?

A. See picture. Defensive/Scare, backwards at an angle. Ichi = one, monji = posture.

- knees over toes, back foot pointing slight back at an angle, front foot forward, forward arm out straight, palm vertical, other hand pinky on shoulder, elbow down protecting ribs.
- Foot in back is arm in back.
- We move in the direction of our back foot, (weight shift to front slightly, back foot back at an angle, bring front foot back into position)



Q . What posture is Jumonji? How do we feel and move?

A. See picture. Offensive/Aggressive, forward at an angle. Ju = 10, monji = posture

- Practice Good L footwork when punching/striking, not a wide stance just should distance and slightly more than heel foot front to back. Get Lower. Front forward straight in line of attack, back foot perpendicular.
- Feet face forward, toe of back foot behind heel of front foot, slightly wider than shoulder length apart, on toes slightly ready to pounce
- Watch centerline (where your belly points that is the direction of your most power, just don't get too twisted.
- We move to the direction of our leading foot (front foot moves forward at an angle, back foot follows)



Q. What posture is Hira Ichimonji? How do we feel and move?

A. See picture. Evasive, circular/rotational. Hira = broad/flat or palm of hand, monji = posture.

- legs slightly more than shoulder length apart
- knees bent over toes.
- arms straight out to side then relax and bend slightly
- move by rotating one foot back in a rotational motion so that you move 90 degrees and are sideways to uke.

- Don't over or under rotate.
- Eyes stay on Uke.



FALLS

Rear Hard Fall (January or July) & (April or October)

- Standing(if Yellow)/Sitting(if White)
- Head to chest
- Arms across chest
- Sink low (Squat) (if Yellow)
- Fall Back
- Slap hands flat to sides on ground (arms should be flat, no elbows first)
- Feet up to protect (kick)
- Rock back up putting one leg/foot behind the other to get up to a standing position without using hands (if Yellow)
- Hands should be in defensive
- Kamae(if Yellow)

Side Hard Fall (January or July) & (April or October)

- Standing(if Yellow)/On Knees(if White)
- Arm on side of direction of fall across body
- Head turned away from direction of fall
- Sink low (1 leg squat, with other leg straight in sit position away from direction of fall) (if Yellow)
- Fall to side
- Slap hands flat to ground (arms should be flat, no elbows first)
- Feet up to protect (kick)
- Rock back up putting one leg/foot behind the other to get up to a standing position without using hands (if Yellow)
- Hands should be in defensive
- Kamae(if Yellow)

Forward Hard Fall (Zenpo Ukemi) (February or August) & (May or November)

- Standing(if Yellow)/Sitting(if White)
- Head to side
- Arms in front hands in triangle
- Sink low (Squat) (if Yellow)
- Fall forward
- Slap hands and forearms flat in front slightly stretching forward to reduce impact (arms should be flat, no elbows first)
- Feet should kick out at same time so you are up on one foot with other foot up for defense (kick) (if Yellow)
- Put kicking leg under body and stand back up(if Yellow)
- Hands should be in defensive
- Kamae(if Yellow)

Blocks

Up Block (January or July) & (April or October)

- Shizen with hands in fists under chin
- Forearm up over head while sinking knees
- Back to first position

Down Block (January or July) & (April or October)

- Shizen with hands in fists under chin
- Arm sweeps down towards kick hitting with forearms while sinking knees
- Back to first position

Side Block (February or August)

- Shizen with hands in fists under chin
- Forearm up over head to outside while sinking knees
- Back to first position

Inside Block (February or August)

- Shizen with hands in fists under chin
- Forearm across head to inside while sinking knees
- Back to first position

Strikes

Straight Punch (January or July)

- Jumonji
- Step L footwork
- Keep arms in block until last minute.
- Punch fist up and down (Watch to much twisting of belly)
- Get shoulder, elbow, and wrist aligned for maximum power
- Strike should hit just before foot hits ground.
- Get low
- Keep other arm up in guard
- Kamae Quickly

Horizontal Punch (January or July)

- Jumonji
- Step L footwork
- Keep arms in block until last minute.
- Punch fist side to side (Watch to much twisting of belly)
- Get shoulder, elbow, and wrist aligned for maximum power
- Strike should hit just before foot hits ground.
- Get low
- Keep other arm up in guard
- Kamae Quickly

Palm Strike (January or July)

- Jumonji
- Step L footwork
- Keep arms in block until last minute.
- Palm up, fingers together (Watch to much twisting of belly)
- Get shoulder, elbow, and wrist aligned for maximum power
- Strike should hit just before foot hits ground.
- Get low
- Keep other arm up in guard
- Kamae Quickly

Upper Punch (February or August)

- Jumonji
- Step L footwork
- Keep arms in block until last minute.
- Punch straight up, hands side to side, wrist facing self (Watch to much twisting of belly)
- Strike should hit just before foot hits ground.

- Get low
- Keep other arm up in guard
- Kamae Quickly

Hook Punch (February or August)

- Jumonji
- Step L footwork
- Keep arms in block until last minute.
- Punch across, hands up and down, wrist facing self (Watch to much twisting of belly)
- Strike should hit just before foot hits ground.
- Get low
- Keep other arm up in guard
- Kamae Quickly

Downward Hammerfist (February or August)

- Jumonji
- Step L footwork
- Keep arms in block until last minute.
- Hammer fist down, hands up and down, wrist towards inside (Watch to much twisting of belly)
- Strike should hit just before foot hits ground.
- Get low
- Keep other arm up in guard
- Kamae Quickly

Kicks

Snap Kick (January or July)

Limited use, side kick to extended body head,ribs.

- Jumonji
- Knee up, snap kick forward, toes pointed
- Recoil
- kamae

Heel Stomp Kick (Zenpo Geri) (February or August)

- Jumonji
- Knee to chest
- Fire leg out from chest like its exploding
- Recoil

- kamae

Rear Heel Stomp Kick (April or October)

- Jumonji
- Look Back
- Rise leg up under butt
- Kick Back Horizontal
- Recoil
- kamae (with possible directional change)

Knee strike (May or November)

- Jumonji
- Two hand forward grab
- Fire Knee up and forward as pulling grab towards knees
- Recoil
- kamae

Side kick (May or November)

- Jumonji
- rotate forward leg perpendicular
- Kick sideways, foot left to right (Horizontal)
- Recoil
- kamae

Review – March or September

- Review January or July
- Review February or August

Question: What are the four basic postures?

Fitness Requirements: Pushups/Crunches/Squats – Be able to perform 5 reps of each exercises.

Review – June or December

- Review April or October
- Review May or November

Question: What are the four basic postures?

Fitness Requirements: Pushups/Crunches/Squats – Be able to perform 5 reps of each exercises.

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