



INTERMEDIATE CLASS – ORANGE, GREEN, PURPLE, & BLUE – TRAINING MANUAL



Terminology

Omote Shuto – Palm-up knifehand (O for Open, obvious, not hidden, Up, from ear below) Curved palm like drinking water.



OMOTE SHUTO

Ura Shuto – Palm-down knifehand (U for Under, not obvious, hidden, Down, from head above) Curved palm like drinking water.



URA SHUTO



Kata – Form

Sensei – The title given to instructors at Tristar that are 3rd Degree Black Belts or higher. “Sensei” is the Japanese term for teacher.

Shidoshi – (“Teacher of the Way”) The title to a full time instructor 5th degree or higher.

Dojo Cho – The Head of an organization of schools.

Shikanken – Chisel fist



Boshiken – Thumb tip strike, angle wrist downward to make sure tip of thumb hits instead of pushing upward and breaking or jamming thumb.



Koppoken – Thumb knuckle strike



Ken – Fist or sword

Hira – Flat

Dori – To Capture

Yoko – Sideways

Kaiten – Roll

Hajime – Begin

Yame – Stop

Osu – Martial greeting as a sign of respect. It actually means “Have patience and persevere”.

Buyu – Warrior friend.

Questions

Q. What posture is Ichimonji and how do you feel and move your body in Ichimonji?

A. Defensive or Water posture. Feel Defensive or scared. Moving back away from the attack at an angle (not straight back).

Q. What are the four basic steps to sparring?

A.

- Get out of the way.
- Counterstrike.
- 5 good follow ups to 5 good targets.
- Back to a posture or run away.

Q. What posture is Jumonji and how do you feel and move your body in Jumonji?

A. Offensive or Fire posture. Feel Aggressive. You move forward, at an angle, off the line of attack.



Q. Who is the Chief Instructor of your Dojo?

A.

- Eldersburg: Sensei Benson
- Westminster: Sensei Birger
- Mount Airy: Sensei Offutt

Q. What posture is Hira Ichimonji and how do you feel and move your body in Hira Ichimonji?

A. Flat or Wind posture. Feel Evasive. You move circularly around the attack.



Q. What is the first paragraph of the student creed?

A. I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health.

Q. What is the second paragraph of the student creed?

A. I intend to develop self discipline in order to bring out the best in myself and others.

Q. What is the third paragraph of the student creed?

A. I intend to use what I learn in class constructively and defensively in order to bring out the best in myself and others and never to be abusive or offensive.

Q. What is self-discipline?

A. Doing things BEFORE you are asked.

Q. What discipline (art) does our art come from?

A. Ninjutsu.

Q. Under 13: Is abusive and offensive good or bad?

A. Bad.

Q. Fitness is one of the key areas to student progress. What are the components of fitness a person should have to be a well-rounded and fit martial artist?

A. Flexibility to prevent injuries, strength for power in our martial arts, and cardio to keep us in better health longer.

Q. Name 4 things that are bad for you?

A. Anything bad for you (examples: smoking, excess fast food, excess drinking, drugs, not moving out of your comfort zone, stop learning)

Q. Our art, Taijutsu, comes from the art of Ninjutsu. How old is Ninjutsu? Who is the current Grandmaster?

A. Over 900 years old. Masaaki Hatsumi. (Sensei Hatsumi) (Mahsahahkee Hotsuemee)

Q. What is the posture of Hicho known as and what is this the advanced posture of, How do you move in Hicho? How do you feel?

A. Flying bird posture. Advanced posture of Shizen. You Move Through Hicho. Explosive.



Q. What does the NIN symbol in our logo mean?

A. perseverance or to persevere.

Q. What does “This is a Black Belt School” mean to you?

A. Subjective but means we do not start martial arts to become a yellow belt, we start to persevere and become a Black Belt.

Sparring

Fitness Requirements

~~Squat Thrusts – Be able to perform 10 reps in 30 seconds.~~

~~Pushups/Crunches/Squats:~~

Orange Belt – 6 Pushups/9 Crunches

Green Belt – 8 Pushups/12 Crunches

Purple Belt – 10 Pushups/15 Crunches

Blue Belt – 12 Pushups/18 Crunches

~~Plank/Invisible Chair – Be able to hold each position for 30 seconds.~~

~~Bag Work – Be able to strike a bag with 100% intensity for 30 seconds using hands, elbows, and knees.~~

January

Ichimonji vs Straight Punch

- Move backwards at an angle
- counterstrike (Rotate downward first downward and away from attack then back around to make contact with about the wrist with fist).
- omote Shuto (Palm-up knifehand), Fist on forehead, don't block line of sight. Do not chop more of a straight punch with fist opening, palm face up, at contact of neck to a Shuto, Lead with elbow/forearm, keeping elbow in. Other hand should move back to neck guard position of

Ichimonji, and you will be in Ichimonji.

- kamae or since already in Ichimonji move back to get distance.

Ichimonji vs Lapel Grab

- Move backwards at an angle
- counterstrike (Rotate downward first downward and away from attack then back around to make contact with about the wrist with fist)
- ura Shuto (Palm-down knifehand), Fist on side of head/neck (thumb should be able to touch ear), don't block line of sight. Do not chop more of a straight punch with fist opening, palm down, at contact of neck to a Shuto. Other hand should move back to neck guard position of Ichimonji, and you will be in Ichimonji.
- kamae

Ichimonji vs Straight Punch – (Adults ONLY)

- Move backwards at an angle
- counterstrike (Rotate downward first downward and away from attack then back around to make contact with about the wrist with fist)
- rock in & punch shoulder of arm that you counterstruck.
- stepping punch shoulder of arm that you counterstruck.
- kamae

February

Ichimonji vs Kick

- Move back at an angle.
- low counterstrike, optional (try to hit underside of calf)
- kick to outer hip to rotate uke to open neck, bring foot back (sorta hicho)
- ura Shuto, while stepping through (momentum shouldn't stop from kick, the kick pull back, and step and shuto are all while moving/falling forward).
- kamae

Ichimonji vs Front Bear Hug – Hands trapped

- Block uke's hips with the heels of your hands (making sure your elbows are tucked in, to build a secure power triangle)
- 2 knee strikes
- follow up (5 strikes) (step gut punch, upper punch, heel stomp, push, heel stomp to knee, etc)
- kamae

Omote Gyaku (GeeahKu) – Outside Wristlock – (Adults ONLY)

- 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. In real life sink and keep it tight and break the wrist, if needed.

Hon Gyaku (GeeahKu) – Radial Wristlock – (Adults ONLY)

- 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

April

Jumonji vs Hook Punch

- Move
- outside block
- horizontal elbow, make sure elbow only hits chest, (neck, head, or whatever in real life)
- wrap hand elbow strike hand around neck (it must be around neck), pull down and
- knee strike
- push, (ideally in their forward direction so you end up behind them)
- kamae

Jumonji vs Hook Punch Modified (Adults ONLY) [EXTRA]

- Move
- outside block
- horizontal elbow, make sure elbow only hits chest, (neck, head, or whatever in real life)
- wrap hand elbow strike hand around neck (it must be around neck), pull down and
- knee strike
- swim block arm under arm, your armpit up close to shoulder neck, to lock their arm.
- Step rear leg out to side while throwing uke.
- kamae

Jumonji vs Kick

- Move forward to outside of leg & Counterstrike with back hand, parry under leg.
- follow up or takedown & follow up
- kamae

Jumonji vs Kick Modified (Adults ONLY) [EXTRA]

- Move forward to outside of leg & Counterstrike with back hand, parry under leg.
- When moving do a choke hold (put outer arm around neck, elbow to chin and in tight fast, place that arms hand in bend part of elbow of other. The other arms hand should go back behind Uke's head, now squeeze tight, if resistance, walk backwards.
- kamae

Ura Gyaku – (GeeahKu) Inside Wristlock – (Adults ONLY)

- 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. In real life sink and keep it tight and break the wrist, if needed.

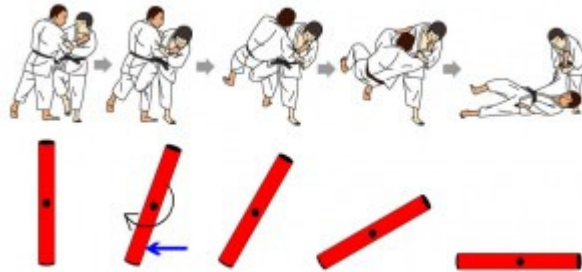
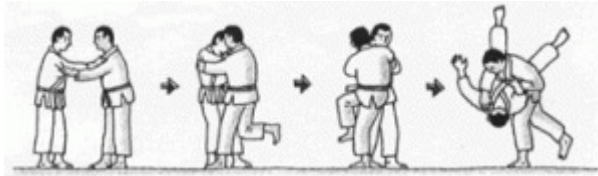
Kumi Uchi, palm strike, leg sweep – (Adults ONLY) [EXTRA]

Start in Kumi Uchi

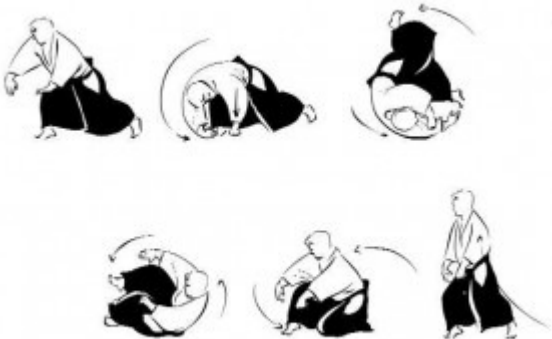
Step forward at an angle (Jumunji style)

while palm striking uke, their head should be pointed upward and their balance should depend on holding on to you. (In more advanced, palm strike may be replaced with upward lift as striking forward to shift uke's weight to only one leg, before rear sweep.

after moving forward immediately start real leg sweep which should happen shortly after making contact with palm strike. **(Make sure your knee is straight, it shouldn't be angled left or right, to avoid damage from Uke falling on it.)**



Forward Shoulder Roll (See below)



Forward Soft Fall (See below)

Boshiken

- Thumb tip strike.

Omote Shuto (Palm up Knife hand) (See below)

Ura Shuto (Palm down Knife hand) (See below)

Tactical Stand Up [EXTRA]

- Feet towards Uke, Kick to back up Uke
- Weight on one arm and opposite leg
- If Uke moves in Kick with non weight bearing leg.
- Once room Put non weight bearing arm up in an up block, while moving not weight bearing leg behind and through weight bearing limbs, not to far back just enough to put weight on and stand up, while keeping arm in block position.
- Kamae

May

Jumonji vs Uppercut (Straight in uppercut)

- Move while
- front hand blocks wrist & back hand punches bicep
- ura shuto
- (I prefer a little more outward movement on my jumonji so I have at least a little more movement for shuto vs shoulder to shoulder jumonji)

Jumonji vs Double Lapel Grab (Rear Sweep – Osotogake)

- Grab over arms to Uke's Lapel,
- Step left foot in line with uke's feet (Your feet and their lead foot should be in line)
- palm strike to chin taking uke off balance (uke's head looking upward)
- step right foot behind uke's leg
- rear sweep (or to be nice straighten leg and push over leg) **(Make sure your knee is straight, it shouldn't be angled left or right, to avoid damage from Uke falling on it.)**
- follow up
- kamae

Rear Shoulder Roll (See below)

Rear Soft Fall

- practice squatting on one leg, holding table or chair to strengthen leg)

Koppoken

- Thumb knuckle strike.

Lead Leg Side Kick

- Jumonji stance
- Rear steps behind lead leg and points sideways towards lead leg.
- Drive kick horizontal and forward, leaning back to maintain balance.
- **Side Note:** good setup is something like a hook punch need to get uke's hands up and body open.

July (TBD)

Hira Ichimonji vs Straight Punch

- Move inside, close but not to close, Hira Ichimonji style
- front palm touch arm (touch light, don't grab)
- rear palm touch arm (touch light, don't grab)
- ura shuto (palm down), while stepping front leg through spine of uke.

Hira Ichimonji vs Straight Punch

- Move inside, close but not to close, Hira Ichimonji style
- heel stomp knee
- kamae

Muso Dori – Defense vs Straight-Arm Shoulder Grab



- Outside Palm under elbow
- Move towards arm and grab over arm to back of upper biceps, this is a large step uke's arm should be to their side before grabbing.
- Grab hard at triceps & roll arm over
- hug arm tight, shoulder should be stuck to waste
- walk uke down (sink), rotating with inside foot backwards.

- follow up (optional knee to shoulder and wrist locks for restraining)
- kamae

Hon Gyaku – Radial Wristlock – (Adults ONLY) (NEED TO LEARN Change Curriculum)

- Step back to outside
- grip uke's hand with thumb down and inside
- match grip with other hand
- crank pinky back towards uke
- follow up
- kamae

Side Roll (Formal)

- squat sideways
- lean to one foot
- make O with arms
- Head down, eyes up
- keep shoulders back
- roll down arm, to elbow, around and push off
- keep eyes on target
- stand
- kamae

Side Roll (Optional)

- Do a forward roll, but with head looking to side.
- keep eyes on target
- stand
- kamae

Forward Soft Fall

- Hands in triangle
- Slide one leg back while sinking
- forward leg bends to outside of arms
- arms should hit floor (slightly before leg) like forward hard fall (little noise)
- stand
- kamae

Hooking Heel Kick

- Uke at side.
- Opposite leg to striking side goes out and towards uke.
- Kick back at Uke with heel.

Scoop Kick

- Close facing Uke
- Kick heel up (hackisack style)
- Aim for groin with ball of large toe.

Sparring

- Striking with power
- 5 follow ups
- make sure to hit (for targeting)
- Free style, do what comes naturally, hit open targets, change it up.

Terminology

- Hira (flat)
- Dori (To Capture)

Q: What posture is Hira Ichimonji and how do you feel and move your body in Hira Ichimonji?

August

Hira Ichimonji vs Straight Punch

- Move outside
- hooking heel kick to inside of uke's knee (pulling Uke off balance into Tori)
- knee breakdown (slide foot down leg, and lock foot in T shape behind Uke's foot)
- Step out with other leg while sinking with knee (knee should take Uke down not upper body)
- Now step back towards Uke tight, kicking foot into ribs if can to avoid Uke moving legs back around at you.
- follow up and move away in direction of head not uke's feet, get distance.
- kamae

Leg Tackle – Defense vs Kick

- Drop down to one knee inside the kick (knee from kick side should be touching the ground and turn away to opposite side of kick)
- plant palm on ground behind the foot
- tackle knee with the shoulder, pushing from live toes
- Move towards head, pushing leg you tackled hard out to prevent counter.
- follow up or back up (do not lean into Uke, sink)
- kamae
- Note: In real life giving position like this is bad, only use if already on ground.

Musha Dori – Defense vs Bent-Arm Shoulder Grab



MUSHA DORI

- Move in Hira Ichimonji towards arm & take your elbow over uke's elbow, palm up (you should be able to touch Uke's opposite shoulder with inside hand, so you should be standing on Uke's side) (step, palm down over inside arm)
- sink & scoop uke's elbow (palm down, lock elbow to middle forearm, grab palm down hand with other hand palm up and pull hands to your neck, like praying while rising) if you are uke, don't resist or you will get hurt.
- step forward rotating to take down, optionally use other hand to hammer fist outside uke's neck while rotating to take down hard.
- follow up (do not lean into Uke, sink, or else you will be vulnerable to be pulled over), Move away in head direction to keep clear of Uke's feet.
- kamae

Rear Shoulder Roll

- Rear soft fall or starting from ground with one knee up one leg out.
- Head towards outstretched leg
- Kick outstretched leg over opposite shoulder, rolling over opposite shoulder.
- keep eyes on target
- Outstretched leg should rotate in front in T footwork (front leg knee forward and up, back leg on knee in T shape to front with live toes(important)).
- Jumonji Kamae
- stand
- kamae

Sparring

- Moving around your target.

Terminology

- Yoko (Sideways)
- Kaiten (Roll)

Q: Another of the 5 key areas to student progress is Fitness. What are the components of fitness a person should have to be a well-rounded and fit martial artist?

September

Review – July & August

Fitness requirement – Plank/Invisible Chair – Be able to hold each position for 30 seconds.

October

Hicho vs Uppercut



- Setup in Hicho arm position with arm pointing at opposite shoulder and higher up, baiting Uke to strike.
- This Uppercut is towards the gut, straight out from Uke.
- Step back into hicho & downward counterstrike(block), while sinking.
- Stomp kick to ribs under armpit, somewhat upward (requires previous sinking) Block and stomp kick should be a continuous fast movement.
- place foot back down(**moving through Hicho**) at 90 degrees to setup for good T foot work. Make sure to move through Hicho instead of just kicking or else kick will be lower and less powerful.
- ura shuto (palm down) while stepping through with back leg
- kamae (you should naturally be in Ichimonji, you might want to get distance though depending on next move).

Defense vs 2 on 2 Wrist Grab (Formal)

- Start in Shizen
- rise one shoulder while sinking the other (non violent move)
- sink & slam uke's hands together, by punching high shoulder hand across lower shoulder hand.(violent move)
- follow up
- kamae

Defense vs 2 on 2 Wrist Grab (Optional)

- Start in Shizen
- Put hands together like in prayer but in power triangle
- Step forward between Uke's legs while thrusting hands towards face.
- follow up (claw & pull down, Head rotation to ground, whatever..)
- kamae

Defense vs Lapel Grab & Punch – (Adults ONLY)

- Start in Shizen
- check hand
- Rotate back to block/counterstrike punch
- boshiken to pectoral, rotating back in reverse direction.
- right hand (boshiken hand) slides up to elbow (thumb down on inside) as left hand controls grab until right hand is in position holding hand tight to body, don't give slack. Left hand slides to elbow for location and extra control.
- turn outside & place uke's elbow over shoulder, elbow down, palm up.
- pull down and break elbow (throw could be done but is no longer trained). Twist hand and or jump up as necessary when pulling down.
- throw **(NEED TO LEARN Change Curriculum)**
- follow up
- kamae

November

Defense vs Hook Punch

- Start in Shizen
- sink
- outside block & hammer-fist to collar bone simultaneously
- rise & elbow to chin
- grab with elbowing hand behind neck and pull down
- knee strike
- Hicho back to stomp kick to knee/leg
- Step through kick rotating foot facing Uke, take step with other foot. You should be behind Uke.
- kamae

Defense vs Rear Bear Hug

- Sink immediately.
- Kick to loosen up (or step to side and hammer groin or whatever as alternative move to this one)
- step around uke's leg with a long low stepping ichimonji & drive hips back
- sink on knee until leg bar forces uke to fall. (this should be like sitting in a chair not leaning over).
- pick up uke's ankle, pushing leg to your outside leg to control it, also you could grab heel and foot and violently rotate inside forcing the uke to roll onto side/belly, also in real life you can just pull up on foot while putting full weight on knee(sitting) and breaking leg.

- take a hira ichimonji step, turn to outside around leg
- Drop leg closest to uke into uke's chest, make sure outside leg is extended so Uke can't grab and so that you can't be pulled over.
- follow up
- kamae

Defense vs Kick – Leg Catch

- Move to the outside
- catch leg, in inside elbow (cradle), get other hand up to protect.
- elbow strike to upper thigh with other arm to takedown
- follow up
- kamae

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.

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.

Posted on: July 27, 2015, by : jsnyder

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