

KEY CONCEPTS COURSE SYLLABUS

Class 1 DEFENCES WHEN THE LAPELS ARE GRABBED (MUNA DORI)

Muna Dori Ago Oshi; Mune Dori Kokyu Nage; Muna Dori Kote Gaeshi

Class 2 DEFENCES AGAINST PUNCHES (MUNE TSUKI)

Mune Tsuki Kote Gaeshi; Mune Tsuki Kokyu Nage; Mune Tsuki Ago Oshi; Mune Tsuki Irimi Nage;
Mune Tsuki Rokkyo

Class 3 DEFENCES AGAINST SWINGS (YOKOMEN UCHI)

Yokomen Uchi Ikkyo; Yokomen Uchi Irimi Nage; Yokomen Uchi Yonkyo

Class 4 DEFENCES AGAINST SHOULDER GRABS (KATA DORI)

Kata Dori Ikkyo; Kata Dori Kokyu Nage

Class 5 DEFENCES AGAINST KNIFE ATTACKS (TANTO DORI)

Yokomen Tsuki Gokyo; Mune Tsuki Gokyo; Gyakyu Chudan Tsuki Gokyo; Muni Tsuki Hiji Kime Osae;
Mune Tsuki Kote Gaeshi

Class 6 DEFENCES WHEN BOTH HANDS ARE HELD (RYOTE DORI)

Ryote Dori Kokyu Nage

Class 7 HOOK TYPE STIKES AND THE ABSORBING PRINCIPLE (YOKOMEN UCHI)

Yokomen Uchi Shiho Nage; Yokomen Uchi Kote Gaeshi; Yokomen Uchi Irimi Nage

Class 8 MORE TECHNIQUES AGAINST PUNCHES (MUNE TSUKI)

Ai Hanmi Katate Dori Kokyu Nage; Ai Hanmi Katate Dori Irimi Nage; Mune Tsuki Kokyu Nage; Mune
Tsuki Irimi Nage; Mune Tsuki Hiji Gatame

Class 9 ATTACKS FROM THE REAR (USHIRO)

Ushiro Dori Kokyu Nage; Ushiro Ryo Kata Dori Kokyu Nage; Ushiro Eri Dori Ago Oshi; Ushiro Katate
Dori Kubi Jime Sankyo

Class 10 REVIEW OF COURSE

May 2014