

Drills

Key to Ranks- 8th Kyu- White, 7+6th Kyu- Blue, 5+4th Kyu-Green, 3rd and up-Brown

1. **Footwork-** shuffle, step, turn 90 and 180, step and turn

2. **Striking-** Punch, Kick, Elbow

Strike air solo- slow, fast, stress balance, movement, push fist into wall

Hit Focus mitt- work on movement, mits lead

Hit pad held to body or helmet- push them across floor, hit continuously

Hit body- vary impact, work targeting

Single person works against bag

Basic sparring, Uke resists with just defense or active, take turns or not

3. **Defense**

Angles- Cover-8th, Parry-7th, both- 6th, Two handed block-5th, with hit-5th

Strikes in order and random

Take Impact and return strike

Change attacks- backfist, kicks, elbows- 5th

Entries into cover- 5th

Basic sparring, Uke resists with just defense or active, take turns or not

4. **Nage**

Throw to a count- full throw or Uchikomi (load and exit)

Throw moving- single step, walking or circling, taking turns

Teach counters and reversals

Uke resists passive (strength or movement) or active (countering and throwing)

Throw in combinations or in response to counters

Throw Gi or no Gi, Blindfolded from clinch or grip or sumo,

5. **Self Defense Drills** - 30 seconds to 2 minutes a person- identify your 5-10 techniques

Identify 3 levels of threat- escape/de-escalate, injure, disable

Defend vs Grabs, Entry from Cover, Use strikes and attack blocking arms

Vary by resistance, speed, amount of time, type of attack

Practice in a pair, line or circle Practice controlling space re cornering someone

From Ground, sitting, small space, push into wall, eyes closed, minus a limb

Defend another person, intervene in a fight, move someone, fight in a group,

clothespin game(awareness), bad footing, in water, multiple attackers

One for One- taking turns going into techniques and counters

6. **Lists-** by a count

Yawara, Goshin Waza, Advanced Yawara, Nage, etc...

7. **Weapons-** Stick, Knife, Gun, Rifle, Yawara Stick

One for one (In order and Random), multiple swings, use weapon, frisk fight