

体捌き徒手 Taisabaki Toshu

“Empty-hand body movement” against katatekostori, katatori, shomenuchi, yokomenuchi, and munetsuki attacks

- 片手交差取り Katatekostori (1)
 - irimi-tenkan *step forward, block and lead elbow, tenkan, step to push uke forward, and then slide back.*
- 片手取り Katatetori (4)
 - shihonage corner *slide forward, cut, slide and turn*
 - shihonage grab *step back with shihonage grab, uke performs tenkan, step across and face uke to finish*
 - shihonage switch *step forward with shihonage grab and tenkan to switch places*
 - tenkan undo *tenkan 360 degrees, step forward to push uke forward and then step back*
- 肩取り Katatori (1)
 - *step back, block/blend with hand*
- 正面打ち Shomenuchi (1)
 - *men to kote, soto to uchi, strike to head and wrist, outside and then inside*
- 横面打ち Yokomenuchi (3)
 - Shihonage grab *step back with shihonage grab, uke performs tenkan, step across and face uke to finish*
 - Ikkyo entrance/ irimi *irimi slide/blend, lift with second hand, slide forward*
 - Shihonage doublestrike *strike/atemi with both hands, shiho grab onto first hand, switch places*
- 胸突き Munetsuki (2)
 - *men to kote, soto to uchi, strike to head and wrist, outside and then inside*
 - sokumeniriminage *irimi entrance, tenkan, sokumeniriminage 360 degrees, step back*