

1ST KYU



Yonkyo

forearm extension

Yonkyo is a unification of the whole body through *aite's* forearm. This is not pain/compliance, but a unified expression of your core strength.

Enter, drop, or enter, raise, your arm a unified extension of the self.

Ukemi:

High Rolls

Forward rolls without your arms and shoulders.

Sometimes you need to flip in the air, and fall, spreading out. This is the practice that will save you in the world - biking, riding, skating, etc.

Jo: Sancho 3

staff: 3 Wars, pt 3

The 3rd segment of the 3 Wars, this segment is cunning - intricate, special moves designed to confuse and overcome the partner (the self).

GASHUKU

Intense Training & Study.

This is the time to throw yourself into training - come to many classes, find the strength that comes after the strength of the ego is exhausted. The body and the spirit have reserves you don't often see. Cultivate the intensity of presence as opposed to the intensity of the flesh.

Try different ways of training. Watch other people. Work with beginners and see honest responses to your techniques.

Actively engage. Don't wait for sensei to teach you.

Hours of Training

60 HRS

Theme

**YO-WAZA
STRIKES**

Present at Promotions

**YO-WAZA
RANDORI**

This round focuses on the quality of GASHUKU: intense training.