

2ND KYU



Sake no Sake no Sake

Before the before the before.

Go first.

Go before the attack, before the readiness for the attack. Slide into the moment before the attack is formulated.

Why wait while the world turns?

Kokyunage *Breath Throw*

Breath throw.

It comes in like a wheel, goes out like a wheel.

Let the wheel expand. Include your partner long before they touch you. Include them well after they stop touching you.

No matter how big or strong you are, breath is enormous.

Ukemi: *Expansive Ukemi*

Large Rolls

Leaping Falls

Exaggerating nage's movements

Flowing movement

Stillness, not stiffness

Weapons Take-Away *Jo & Bokken*

Sword and staff take-aways.

By blending, entering into the attack, you become the center and the proper owner of the technique and therefore the weapon.

It's like seizing a first breath, taking a birthright.

KI

Ki is a weighted word. Anything with as many bad chop-sake movies is bound to be.

It's simple. Breath. Power. Life.

The body is a mysterious engine. Food, breath, and we get ... all this life.

Your *ki* can be heavy (earthly) or light (heavenly). Work toward becoming lighter and lighter, literally relieving some of the world's burden. Even your attacker does not need their burdens increased.

Using your breath, continuing to breathe, to stay present, you can overcome almost anything as great leaders have done: by going on, by being patient, by raising spirits.

Hours of Training

55 HRS

Theme

**SAKE NO SAKE
NO SAKE**

Present at Promotions

**FLOWING WAZA
KI-WAZA**

This round focuses on the quality of *Ki*: energy, life-force, intangible power.