

3RD KYU



Sankyo

Ukemi:

Slap-Falls, Curl Falls

Fall backward, hands go out, smack the floor.

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Fall forward, turn your face, use your hands to slow yourself, plant your shoulder/breastbone, roll down your body.

Sankyo

wrist twist & raise

Blade-on-blade.

Grab your *aite's* (partner's) fingers.

Look into your *aite's* palm like a mirror.

Grab back of *aite's* hand with other hand.

Cut like a sword.

Pins

Post-Throw Holds

Once you get to the ground, what do you do?

Drop your weight, don't lose contact. Be upright.

Let your weight rest in the pin. Touch *aite's body* with your body and hands so they know where you are.

Jo: Sancho 2

staff: 3 Wars, pt. 2

See the website for pictures!

Spin-drops are the key of the day for Sancho 2. Bringing the intensity of expression to your partner, and having you both enlivened by the experience.

GROUNDED

Without grounding, there is no real power.

Grounding is touching the earth with your light, making heavenly ideas real.

Relax your shoulders, your jaw, feel your feet; weight on the underside of your limbs.

Then drop the earth through your partner.

Hours of Training

50 HRS

Theme

**PINS
FINISHING**

Present at Promotions

3 PINS

This round focuses on the quality of SINCERITY: the revealing, the exposing of the true self into the world, the putting aside of indirection.