

Degree Three Kyu Advice

DEGREE THREE

KYU 11:

Brush Knee Pull

1. Front Hand lead
 - As you take their arm from the SLR over to your other side, rotate your grabbing hand to turn their palm away so that your wrist is straight and you can make a good connection to their body
 - Off balance them to the side using your hand to their elbow pit when stepping into your front foot
 - Make them compress you into your front foot using a spiraling energy, and don't strain in the arms
 - Make sure you have the connection and they are compressing you into your first foot before you begin to shift; when they are already beginning to be uprooted with your spiral compression, then squat and compress as you shift the weight
 - As they are uprooted, keep them in front, don't rush ahead with mind or body, and shift to front foot compression to project
 - Don't bounce up when projecting, stay in the ground

2. Back hand lead (Pa Kua twist)
 - Twist their hand so their palm is away from you and make a good connection to their body into your back foot
 - Get them to compress you into your back foot as you turn as push their arm away from you, use this push to push you down into your foot
 - Find the spiraling connection so that the more you turn the more they compress you or screw you down into your foot and this pushes them off balance forcing them to take a step
 - Only when they've stepped with their back foot should you step with your front foot, find the right placement and follow the same basic steps as above

3. Back hand lead (step through)
 - After the SLR turn your front toe outward about 90 degrees from the line of their feet
 - As you shift to your front foot, swing their arm out in the direction of their toes, touch their balance to make a connection and to keep them occupied
 - Stay connected to their body and keep them slightly off balance as you step through with your back foot, slapping their face to distract them; immediately follow through with that hand to touch their elbow pit and begin compression
 - Keep stretching their arm to the side to make a connection to the whole body while squatting, shifting, uprooting and projecting them

Dynamic Brush Knee Pull

- Do a dynamic #1 entrance but make the second circle more linear and draw their arm out straight

Degree Three Kyu Advice

- Keep their arm extended when projecting them; energetically tap their back and swing their whole body out sideways, don't let them wrap or turn in towards you

Holding the Palm Pull

- As they go to push your shoulder, move forward slightly and ground down to absorb and short circuit their push; let them see you do this
- As your partner backs up and resets to push again, withdraw back quickly with your front foot to extend their arm, make an immediate connection with their whole body and uproot them while they are still focused on their own push
- Step off slightly to the side with the back foot using a slight central join so that they swing out past you

Drop Back Spiral Extension

1. Back hand lead
 - Outreach through their hand into their elbow and as you step to their rear trap their feet
 - Extend your body into your hand and do a hooking motion while squatting and compressing, keep outreaching their feet to know how to adjust your throwing motion
2. Front hand lead
 - As you step in front of them, make them take a step backwards with their front foot and continue as for the back hand lead.

Dynamic Drop Back Spiral Extension

- Go back to back when executing the #1 entrance
- As they spin around, quickly switch your center to their other side but keep them turning the same direction past you
- Extend through their hand and hook them to throw; if they try to step out, change the angle more sharply and increase the hooking motion
- Stay in the ground and keep your back hip relaxed and your back leg bent

Horizontal Spiral Down

- As you inside rollback, catch inside one of their wrists and reach across to wrap the elbow; join their motion and pull the elbow down and across
- Don't push their wrist back down too hard or crank their elbow up and risk hurting their elbow in a twist; instead, once they are turned reach into their shoulder and then pull their shoulder and body forward
- Keep a good connection and use the squat and shift underground to throw
- Since it is a pulling motion the compression is mostly in the front foot
- Stay connected to their arm, lift the whole forearm to maintain control at the finish
- For their lead arm: step back with your front foot and back again with back foot; for their rear arm: step up with the back foot and then back at a side angle toward their toes with the front foot

Degree Three Kyu Advice

Dynamic Horizontal Spiral Down

- Dyn # 4 entrance
- Grab with the opposite hand to the lead
- Central join as you move under their arm (join both to bring them behind you and to the front)
- Keep them moving more than you and keep the connection throughout
- As you turn under and grasp the elbow remember not to break their arm or hurt the elbow by twisting hard in the rotation, but instead connect to their shoulder and pull it forcefully forward to draw them off their feet

Shoulder Throw – Version One

- Start with feet parallel.
- Grab the elbow, step across yourself while off balancing them forward (meet them half way)
- Lift and pull their elbow out forward not down; use your “free arm” to reach up to their rear and then up and forward to assist in rocking them forward
- Turn and squat low and keep weighted on one foot with the other foot heel up to allow for hip rotation
- Keep them in front of you as you squat
- Use your “free arm” to swing around in an arc forward and then down, suddenly slap your elbow at the very end to throw them over
- Their feet should end up facing away from you

Shoulder Throw – Version Two

- Same basics as version one, except in this version grab their wrist with one hand and inside their elbow pit with the other
- As you turn and squat down push their arm forward and up as you go down, trying to rock their body as much up and over you as you can before they make contact
- When they do touch your hip they should be “top heavy” with most of their weight in front of your hip rather than behind it
- The throw is easy, just swing them out and over and back; feet should face away

Dynamic Shoulder Throw

- Dyn #1 entrance
- Join them as you go back to back, grabbing inside their elbow pit and begin to bring them into towards you
- Keep close to them and circle to step through their shoulder with a big step towards their rear so that as you spiral around and slightly away from them they are pulled in behind you and off balanced
- As they are falling into your back, keep a little space and squat low and throw
- Finding the right spiral in behind them is essential, you want them to have a continuous forward motion while they are turning into the spiral so they end up being sucked into a vortex and fall over you easily; best if they hardly feel your body as they go over

Degree Three Kyu Advice

- Don't kip (lift your hips to throw)
- Keep them in front of you as you squat

KYU 12:

Hi Pat Spiral Extension

- As you lead them in, step back early to let them know they will need to chase you.
- Scoop them in as you do your rollback and wrap your arm around them as in Turn Out
- Join their forward motion and keep them going as you shift your weight back and begin to reach upward
- Keep pushing their pelvis moving forward with your one palm as you step back and reach up and out to their rear with the other hand
- Extend your arm on the other side of their head, not over the top of it
- Do all this going backwards, don't reverse directions at the end to throw

Circular Spiral Extension

- After you step in behind with a #2 entrance, use a Pa Sik Po #1 type footwork to form a triangular pattern
- Bring your partner to their nose, to their ears and then to their rear. (Bring your partner first forward, then sideways, then throw them to their rear)
- Don't forget to bring your partner sideways as this direction is most often neglected
- And step in at an angle behind them at the end, don't try to bring them around you

Elbow Splitting:

Raise Hands

- Keep them in front of you; don't divide your energy and mind (which is most often done by looking ahead toward your result with your eyes and head).
- Keep your mind on the task at hand
- Find the spiral into the ground before attempting any rotation; as you rotate let them screw you down into your foot

Dynamic Raise Hands

- Draw them out with a big step
- Keep your distance to allow for your reach, don't crowd yourself
- Use the body and step to do the work as you are compressed into the ground
- Keep them in front and don't do too much or try to twist in too far, wait for it and stay behind them

Dynamic Body Elbow Split

- Draw their arm across and touching your chest with your second to last step, and use your body for the technique
- Don't use the other arm as people often do, if tempted swing it behind your back, and use only the body and legs

Degree Three Kyu Advice

Elbow Twisting and pin #4

- Roll back and forward like a wave to enter, joining their force and turning it up and back
- Push their elbow up over their head and make a connection with their whole body
- As you roll them over, always keep your partner's shoulder descending below their arm; don't pull the arm down below the shoulder
- As you bend them over, off balance them and pin their feet then take them down in a spiraling motion
- When it is time to draw them out to the ground, pull them in a direction similar to off balancing a table that has one leg missing
- Slide right into the pin with your knees, keep their arm up and forward and don't give them any wiggle room

Dynamic Elbow Twisting and pin #4

- Use a good lead, turning to grab their wrist and elbow from underneath with your palm up, move away from their push and use a strong central join to bring them around behind you
- As they shoot past use, join their momentum and bend them over
- Finish as for the stationary

KYU 13:

Spinning Brush Stroke and pin #2

- Wring their arm out like a towel to point their elbow up and connect their arm to their body to lessen the possibility of elbow and shoulder injury
- Keep them moving and off balanced a bit throughout
- Kneel down to throw them in a spiraling motion
- The direction of the throw is a spiral down to the heels side so you should kneel down on your outside knee
- Make sure to grab them properly in the beginning – with the free hand gripping the forearm above the wrist, like a baseball bat, and the lead hand coming around to grasp the wrist -- so you don't have to change your hands in the pin
- In the pin push their elbow down and tight close to their head and twist their wrist so that their fingers point out 90 degrees from the body and twist down toward the mat

Dynamic Spinning Brush Stroke and pin #2

- Use Central Joining to bring them behind you and to the front
- As you are bringing them to the front with your central join, wring their arm out like a towel to point their elbow up and connect their arm to their body to lessen the possibility of elbow and shoulder injury
- Kneel back around and down to throw them in a spiral
- The direction of the throw is a spiral down to the heels side so you should kneel down on your outside knee

Degree Three Kyu Advice

- Make sure to grab them properly in the beginning – with the free hand gripping the forearm above the wrist, like a baseball bat, and the lead hand coming around to grasp the wrist -- so you don't have to change your hands in the pin
- In the pin, push their elbow down and tight close to their head and twist their wrist so that their fingers point out 90 degrees from the body and twist down toward the mat

Central Spiral Drop

- Good #2 and scoop them up after the blend, blend straighter than usual and rock them into your side
- Ride them up on your hip like holding a child on your hip, and keep them falling onto you as you step in front of them to throw

Spinning Spiral Drop

- Good #2 and scoop them up after the blend
- Scoop them to one side as you slip to the other while maintaining close contact
- Tilt their upper body forward and down as you step across; go through them not around them
- Make sure they are still being pushed forward as you spin around to throw them down

Downward Wrist Technique (and pin #4)

- Imagine their hand is the hilt of the sword and you are going to thrust the sword through their throat and then cut down, tilt the wrist down and the fingers up
- Maintain a 90-degree bend at the wrist and the elbow
- When taking them down for the pin push their elbow over their head and then scoop their body in front of the elbow twist, control their body to the ground in a spiraling motion

Kneeling Spiral Down and pin #3

- Blend with their push using an inside rollback, grabbing at the wrist and slapping one hand a little behind your hip; with other hand push through the bump of his shoulder to smooth it out and tilt them backwards (or out toward their toes on the toe side)
- Reach through your extended arm and use the kneeling motion to throw them
- Don't try to throw them with your upper arm; use the pinned arm on your hip to do it
- As they fall, circle the extended arm to slice back into their elbow pit and bend their elbow inward
- Keep their hand tightly pinned to behind your hip during this motion and use an upside-down downward wrist twist as you kneel into their head to crowd them and force them to twist away from you
- Use their arm like a "model T crank" to flip them on their belly; make them scramble and move using your center, don't try to move around them
- Put your knee in close to their head for control as you stretch their arm out and above their shoulder, twisting their wrist so the their fingers point toward you
- Roll their elbow down and away like kneading bread, as you twist the wrist in the opposite direction

Degree Three Kyu Advice

Dynamic Kneeling Spiral Down and pin #3

- Use a #4 entrance, join and follow above points

KYU 14:

Inside Leg Sweep

- Pull them straight forward around your front leg
- Push your forearm across their chest to off balance them before they put their foot down, but as you begin to hook their leg
- Once you start to sweep their leg, stop pulling their lower back towards you and push their whole body away from you; push their hip down
- Don't "wishbone" your partner by pulling their leg around behind you
- Continue your motion with your sweeping foot to your rear even after their leg has been push off, and sink in your front foot and reach your arms out like in slanting flying as they drop to the floor

Elbow Twist Counters:

Elbow Escape -- Snake Creeps Down

- Pull the elbow out of their hand in the same direction as their elbow twist; lift it up and out, and then quickly around and down as you take a big step away
- Move quickly, don't let them catch you
- Squat into the back foot and uproot them as they push down into your forearm, float them like a boat lifted by water, let them compress you down to the ground

Horizontal Spiral Down

- Join their technique by stepping offline slightly, rotating in the same direction as their twist and fading back
- Pin their forearm between your hand and elbow
- Pull their elbow in towards you in a joining motion, but keep their hand on your elbow, arch your wrist and their other hand over their head helping turn their body toward their back
- Take over the motion and throw them down in a Horizontal Spiral Down

Armwrap Spiral Counter

- As they resist your elbow twist, join their resistance and push their elbow down
- After pushing the elbow down, wrap your own arm around to grab your own wrist of the hand still holding their wrist
- Wrap their arm around and bend them back to throw them down in a spiral motion and spin their feet away from you
- Try to blend the throw smoothly into the pin, falling back and pulling their hand back toward you and up toward their own forearm as you extend your leg over their throat and lean back

Degree Three Kyu Advice

Downward Wrist Counter:

"Become the Sword" (and spiral down)

- Step around behind yourself and move downward fully and freely to join their throw attempt
- Time your reversal with their reaction, this may have to be quick
- Step up into them, feeding and joining their withdrawal to turn them into a Spiral Down

Hi Pat Follow up:

Spiral Extension (Reversal)

- Join their resistance and bring it forward and down
- Kneel down in a direction perpendicular to their line of force, point your toes in the direction of your extending arm which reaches out and downward
- Sweep your other arm (grabbing their arm or wrist) to the outside of your upper knee
- Use the kneeling and let whatever part of your body that touches them on the way down knock them over

Roll Down Counter:

Drop Back: counter to roll down attempt

- Make sure you neutralize completely by moving in the direction of their throw; squat low and deplete completely their force
- Join their motion and cycle it back around and up onto them
- On the toes side, go into a low dragon stance

KYU 15:

High Flip Breakfall

- Step and leap out, roll in the air and make landing as comfortable as possible
- You may also use one hand on the ground for temporary support as you flip over, like a rolling breakfall but going into the air and rolling rather than doing it on the ground
- Time your slap as you land and land on your whole side of the body to spread the pressure around, tuck your head and “shrimp” your whole body as you slap
- Work your way up, becoming very comfortable with enthusiastic rolling breakfalls before going on to attempting to do the roll more and more in the air until you can flip completely and comfortably in the air

Rolldown Flip

- Using a back to back #1 entrance, join and turn your partner around to face you
- At the same time, step around behind yourself putting your back toward him but your foot some distance from him, and reach into his elbow pit
- Kneel down right away, stepping with the inside foot in the space between your back foot and the partner. Squat down on your back foot with your back knee pointing out sideways and roll into the front knee which is pointing in the direction of the throw

Degree Three Kyu Advice

- As you bring them around it is important to join their motion and take it over. Make a connection to their whole body before you go into your throw
- After you've spun your partner around and joined their body, throw their head forward and down as you kneel
- Join their spin around directly into the throw; don't raise their arm up before the throw, instead push it forward and try to throw them down directly
- Work on having no gaps in your connection
- Warm up to this technique first by rolling the partner before flipping them. Once you are both comfortable with the roll, then simply begin the roll but pull the arm back and up before they touch the ground, flipping (or rolling) them in the air

Inside Wrist Flip

- Go back to back on the #1 entrance, join them strongly as you grab their wrist and push them into their own push as you pull them around toward you
- Set up the line of throw as if to force them into a forward roll
- Step forward and push through in the direction of their elbow to throw
- Use a squat-shift and intrinsic strength to project them into their fall
- As they start to roll, pull back on the arm to force them to flip

Armpit Flip

- After a DLR with shake hands grab, push their face away from you when you slap as you go around behind them
- Join them and control their body and balance as you bring them around to face you
- By the time they turn back around, you should be kneeling down
- Keep a strong connection for the duration of the technique
- In motion with the right timing, quickly bend them over and rock them off balance toward you, as soon as that is happening push their elbow to the side and force their head to fall over to that side and their body to follow
- As they fall, bring their arm back down and around up to help them flip

Wu Tsan Ch'un (Misty Body Boxing)

- Try to use your feet almost as much as your hands
- Don't block, but you may stick and follow and lightly join
- Really try to get out of the way; don't get fixated on the attack
- Keep maneuvering, often stepping from side to side and using the corner movement effectively
- Maintain continuous attacks, touching as many places on their body as you can; don't spar or wait; keep it going, as if to overwhelm them

Interactive Skills:

- Yielding, Outreaching, Following, Folding, Intrinsic Strength: These must be improved and start to show up naturally when you do your techniques and in freeplay. Be prepared to demonstrate all of them at a higher level of skill than previously required

Degree Three Kyu Advice

- Joining: Learn joining and start to use it in almost everything you do that requires Joining; be prepared to demonstrate all of the joining exercises effectively
- Leading: Expand on your concept of leading, don't think of it as just a technique – as in Leading Rollbacks and dynamic four corners – begin to learn to apply it in many ways and in many circumstances; learn to use it in your freeplay effectively; be prepared to demonstrate effective leading

Improved Freeplay:

Game C

- Like Game B but you don't have to yield, you can choose to sink and relax instead, absorbing their force, but still don't resist
- Quite simply really incorporate the above skills and principles in your freeplay!

Game J

- Like game F, except as the partner thwarts and tries to do his own techniques, outreach, follow, and JOIN all of his movements and force until you can turn it into your own technique; then reverse roles

Improved Sets and Body-Being:

Focus on the following, make sure they show up in your sets and body movements and techniques:

- Ball and Chain
- HUYD
- Feeling-Attention Extension