

Degree Four Kyu Advice

DEGREE FOUR

KYU 16:

Hand Sacrifice Throw

- Off balance your partner first before the throw; make sure as you begin to fall you are bringing them with you and off balancing them before you go down
- Fall down at a 90-degree angle, point your toe of the leg across their foot, and twist your body to face in the direction of the throw
- In training, push your partner's hip up and away to help them roll

Backward Spiral Extension

- Pull your partner's hand to one side as you use central joining to pull their body into your side and step behind yourself in a twisted horse or dragon stance, stepping in the direction of the throw
- Use the central join to throw your partner down; for heavy or difficult people using two hands is ok
- As you finish, reach out and around with your palm up with your free hand
- Try not to use this hand for the throw but if necessary you can use it to assist

Dynamic Backward Spiral Extension

- Get them moving with a lead then join early and use their motion as much as possible to set up the throw
- Pull your partner's hand to one side as you use central joining to pull their body into your side and step behind yourself in a twisted horse or dragon stance, stepping in the direction of the throw
- Use the central join to throw your partner down; for heavy or difficult people using two hands is ok
- As you finish, reach out and around with your palm up with your free hand
- Try not to use this hand for the throw but if necessary you can use it to assist

Outside Wrist Technique and pin #5

- After the press, grab their wrist and push down and use an upper cut movement to connect into their body as you push your elbow down and their wrist up; keep a tight connection
- Bend their hand and wrist with your other hand, as you switch your first hand to support this bend, and place their wrist on your shoulder
- Use your whole body leverage to ripple through your partners arm into their body and bend them over
- Smoothly step in front of them as you straighten their arm and switch one hand to their elbow
- Draw them off their feet, outreaching and pinning their feet, as you take one big step drive them to the ground and kneel next to their head
- Slip right into pin #5

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- Control them completely during the take down; they should have no choice on the direction they take on their way to the ground; and you should minimize your movements so that you are most effective

Outside Leg Lift

- Enter similar to Body Throw, but don't allow their weight to fall on you, and keep your sweeping leg forward
- Off balance them by pushing their head forward
- Keep pushing them forward while you sweep (don't kick)
- Lift your knee before sweeping and keep the toe pointed all the way through to the end
- Don't use your hip, use the sweep; the lower you sweep on their leg the faster the fall and the more you can throw their legs up and over, but work your way into these stages since the fall is harder
- Their feet should point away from you at the end

Dynamic Outside Leg Lift

- Begin with a Dynamic Body Throw #4 entrance, but in this technique bring them around behind you, instead of pushing them around in front of you; then push their head forward as you sweep
- Make sure to join them and change their momentum from going behind you to moving forward into you at the right time; don't pull them too far behind you, keep their center to the outside of your center as you change it to move forward
- Remember don't pin them to your hip, use the sweep, this is not a hip throw
- Be smooth, stay balanced ("you are balancing for two!")

Body Corner Throw

- Start with off balance and as you raise their elbow feel as if they are pushing you down
- Lift their elbow up and forward as you squat, trying to get most of their weight in front of you before they contact your hip; pull the other arm out and around forward
- Squat and compress their weight down into your feet. As you complete the throw, pitch their arm to the mat so they can slap

Dynamic Body Corner Throw

- Dyn # 4 entrance; follow the same basics as above
- Join and keep them off balance all the way through

KYU 17:

Inside Leg Lift

- Start with off balancing your partner (who is in a wide stance)
- Draw them forward, step in and squat low under their legs
- Sweep at a slight angle to your partner's stance toward their forward thigh

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- Sweep between their legs and catch them on their upper thigh
- Point the toes on the sweeping leg

Dynamic Inside Leg Lift

- Join them and bring them around behind you as in Dynamic Leg Lift, but have them take a much bigger step, forcing them to spread their legs
- Follow above points as well as applicable points from “Outside Leg Lift”

Bent Leg Lift

- Start with off balance
- Lift your knee up perpendicular to their stance
- Place your lower leg anywhere from their lower leg to their upper thigh
- Rock them onto your whole body as you toss them over, scooping with your leg

Dynamic Bent Leg Lift

- Similar to outside leg lift but with a bent leg

Major Outside Foot Sweep

- Pull them so they step around you and then come to bring their feet together
- Use a rolling motion to toss their center and feet around you as you rock their upper body in toward you slightly
- Time your sweep with their feet coming together and sweep both feet, one into the other, with the bottom of your foot
- Roll their upper body around then towards you and back, as their feet go up to one side
- After sweeping, step back to the rear with the sweeping leg, and throw them down

Rear MOFS

- After the Pa Kua blend, push them to step across your path
- Join their motion, follow their feet and sweep their feet out from under them as you rock them slightly back into you
- Keep them close and completely under your control
- Drop them straight down
- As a practice, the partner can wrap his arm around you, like buddies, to help their fall until they get used to it

Floating Hip Throw (Uki Goshi)

- Start with a good body throw entrance; they resist by squatting and leaning back
- Keep them resisting your forward throw, join their resistance and suddenly rise your hip to break their connection with the ground
- Sweep back into them with your hip to toss their feet to the opposite side of the throw as you cartwheel their feet sideways up and over to the other side
- Don't out muscle them to throw them forward; they should fall to your side

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Follow Up: Shoulder Throw (attempting a Pa Kua blend)

- The stronger your attempt at getting behind them, the more they have to turn and commit themselves to prevent it; this gives you a better opening for this technique
- Join them and step across in front of their path, push through their arm to pull them in behind you.
- Execute a dynamic shoulder throw

KYU 18:

Circular Press

- Make it one changing motion, don't push and then press
- Focus on the push forward. If they compress you with any body part in your push then simply be compressed and push them
- If they rotate out of the way of the push or turn enough to destroy your palm alignment and roll off your push, then join their turn and rotate your forearm into their turning body encouraging and JOINING their turn
- Even though your arm is extending, keep them compressing you throughout the motion
- Begin the push on the back foot, if you notice them turning, step longer to allow for your center to keep moving into them
- Roll your palm forward into a motion where the fingers go out straight and then curl to point away from partner, the elbow follows the same motion but the arm continues to join throughout

Shifting Push

- Actually set out to push your partner, since that's what you are doing
- Mold your body around their resistance; allow their resistance to bend your arms and any lack of resistance to extend your arms and compress you into the easiest direction and shape
- Make it one movement, not two separate pushes
- Start on the back foot and end in the front foot

Elbow Splitting Throw

- After your lead, join using a strong central join and pull them around you
- Use the elbow as the point of control to bend your partner over as they pass you by, let their feet keep going past you as you turn their head around in front of you
- Squat and compress in the back foot and throw their head to the ground
- Use a strong connection in case you encounter resistance

Rear Leg Lift

- As you pull them forward and step to their side, rock them forward and sideways so their rear leg comes straight forward and up into the air
- Bring them into you and "marry them" as you keep their free foot forward, bending their top backwards

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- Pick up your inside leg (bent at the knee and toes pointing down) and sweep the back of their knee with the back of your knee
- Time the sweep to coincide with the apex of their swinging leg
- Try to sweep them so that their standing leg comes all the way over the other leg upon landing

Dynamic Rear Leg Lift

- Do a short or close dynamic #1 entrance, don't take a long time on set up
- Join their forward movement sideways and push their upper body back
- See above points for sweeping
- Point your toes on the sweep

Spiral Upward Wrist Technique and pin #6

- Make them go on their toes as you twist their hand and wrist upwards into their elbow
- Bind them completely and control them on the way down so they have no wiggle room
- Step up and face them then bring them down, pressing the back of their elbow and arching their arm in front of you until their head is about to hit your thigh
- Without stopping the motion, step with that leg behind yourself and keep pulling their twisted arm as you drive them to the ground
- Don't end up pushing their arm, keep it in the same pulling motion; simply change your position as you turn and step away so that pull pushes them forward and down
- As you kneel and change hands to grab their wrist and roll their elbow, spread the knees far apart so you can squat into position
- Use your torso to pin and push their arm across their back towards their head
- Careful as this can be very painful and could rip the arm, stop when they slap
- Eliminate all unnecessary movements

Brush Stroke

- Use your torso to wrap their arm around you and bend their elbow, keep them a little off balance
- Transition smoothly and without gaps from entrance to throw
- Throw them straight down their back, make sure their elbow is up and their hand down; stroke down connecting to their whole body

Turning in:

- As they turn in, join their motion and keep their hand behind their head as you step deeply in behind them to throw them down

Turning out:

- Keep their hand behind their head
- Keep throwing them straight down on their back as they try to turn out
- Stay in front of their escape attempt, use their turning action to force them into the throw
- Use their arm across their throat to pin them down at the end

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Dynamic Brush Stroke

- After your dynamic entrance, as you turn back, put your one hand on their elbow to push them over backwards (note: this is a different hand position to stationary)
- Use your hips to push their pelvis. As they are uprooted, roll them across your pelvis toward the other side and project them away with your torso
- Keep them close, and project their body similar to a spiral extension
- Take care not to rip their shoulder, throw their whole body

Follow Up: Spinning Brush Stroke (follow up to a turn out escape)

- Keep them having to work hard to escape. The harder they have to try to escape the first technique, the better
- Join their escaping motion and step them into the Spinning Brush Stroke

KYU 19:

Opening Spiral Drop

- Join them from the beginning
- Pull their upper body forward so they have to catch up with their feet
- As they rush to catch up, accelerate them forward by pulling their arms apart
- Keep them coming forward but join so you slow their top but accelerate their feet
- Push their upper arm to the side and down a little as you throw them down; don't reverse direction

Rotating Spiral Drop

- Offer yourself at the right distance and angle so they feel compelled to step around and attack your chest with their shoulder; be too close for punch or push and too far for no adjustment
- Join them touching their face, and step back and a bit to the side with the one foot, keep their attack coming in a straight line and tilt them forward
- Try to throw them on the next step, keep them coming forward and use the basic idea as in Opening Spiral Drop, but put more sideways motion into it. You can use your free hand to push their pelvis through and sideways to throw them down
- Don't reverse direction; if you have to, you can take an extra two steps (small) around in the same direction and up toward their head

Wrap Around Sacrifice Throw

- Jump into their throw to not only encourage them to think they are getting it, but also to neutralize and stay in front of their force
- Throw your leg deep between their legs, and bring them around with you as you wrap around
- Land at a 90-degree angle to their direction of throw

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Rear Sacrifice Throw

- Pull them toward you and twist them back as you fall forward
- Throw one leg in behind them
- Keep a tight connection, and try to land more on top of them than next to them
- Twist your leg through and finish with a scarf hold (kesa gatame)

Outside Wrist Counters:

Become the Sword Variation

- As for the downward wrist become the sword variation

Spiral Extension

- Drop under them suddenly before they can connect to you and connect their downward push into the ground so it forces them back as you stand up
- Join them into the throw

Spiral Upward Wrist Counters:

Spinning Brush Stroke

- Step through and bend backwards to spin under their twist, grab and push their hands down immediately
- Start the SBS from a low position, and use some central joining to make it challenging for your partner to keep their feet or escape

Spiral Extension

- Wrap around quickly to neutralize their twist, step quickly in and crowd them so they can't change easily and reach across their front with your free hand
- Join their twisting motion and use it to roll into them and bend them back; step behind and throw
- When you go for the uproot and throw, go down to compress and don't push off the back leg

KYU 20:

Freeplay:

- Truly develop the skills and principles and be able to do them demonstrably in action; focus on continuous outreaching and joining, leading and cutting, advantageous sensitivity and effortless power. If these aren't evident in your freeplay and techniques you will NOT get degree four.

Sword Set and Sword Play:

- Demonstrate the sword set with good body-being, outreach the sword, and find the center of the sword; learn the choreography well
- Use your sensitivity to feel the opponents blade and yield to it; and follow their movements to compliment and fold in to attack them

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Improved Sets and Body-Being:

- Concentrate on Waterdrop, 8 Attitudes, and Intrinsic Strength to be solidly occurring for you in your sets and your body-being; be prepared to demonstrate these shifts and skills

Skills:

- Advantageous; Cutting; Borrowing: Learn and be prepared to demonstrate every exercise in these principles and be able to perform them in freeplay
- Joining variations and Leading variations: Expand your understanding of Joining and Leading to include variations; learn and be prepared to demonstrate every exercise in these principles and be able to perform them in freeplay
- Massive increase in feeling awareness on all counts