

# Degree Five Kyu Advice

## DEGREE FIVE

### KYU 21:

Circular Spiral Drop: Four versions

Hip Throw Version:

- Join and wrap them around your body with your inside leg forward
- Bring their elbow around and up and over, loading them on your hip
- Reverse direction and throw them over your hip like in a body throw
- This is the meaty version, used mostly as the beginning stage

Leg Lift Version:

- Bring them around as above, but as they go by lift your leg out away from your body, rotate towards them and join their motion with your leg
- Roll them over your upper thigh-hip area as you continue to swing your leg to the rear, with your knee facing up and pointing the toe
- Throw them over the leg but do it moving collectively in the same direction, do not reverse direction

Drop Version:

- Bring them around behind you and as you step with the back foot away from the opponent
- Roll them around and under the arms spreading them like in the Opening Spiral Drop and propel their feet out to the rear
- Do not reverse directions; do not use your hips, body, or leg
- This one is a bit like an Opening Spiral Drop down in a spiraling motion that wraps around your body
- Find the right feet placement, and use not only the rotation of the pelvis, and central join, but shifting the weight from front to back for your power
- Compress into the ground

Slip Version:

- Join them at the hip as they come around to your side and pull them into you sideways to keep the connection of hip to hip
- As they move around you, join them with your hip movement and help lift them slightly off their feet. Roll their feet around you to throw them as you arch their arms around and over as in the Drop Version
- Take a step with your front foot, matching their movement and moving with them, but don't sweep them with your leg
- Throw them behind you, don't try to reverse direction to throw
- Use your hip almost invisibly

## Degree Five Kyu Advice

### Foot Assist Sacrifice Throw

- Either step up as in hand sacrifice or put your front foot just inside and behind their front foot
- Tuck under to throw their body, but use the foot smoothly to assist the throw with the instep or shin lifting up under their back thigh

### Kneeling Corner Throw

- Bring them around as you step back
- As they start to come around reverse direction and kneel down, bringing their far elbow up and as you twist them over to flip them more or less over the upper knee
- As they fall, push their lower elbow up in an uppercut type motion to help them in their fall

### Wrap Around Throw (Makikomi)

- The motion can be divided into two, like a Trebuchet
- First lift them up by wrapping them around you high on your upper body as you drop slightly and reach out and down with your free hand
- Then sling them forward by dropping yourself down and forward to project them over your upper torso
- They should land with legs pointing away from you

## **KYU 22:**

### Standing Corner Throw

- Stepping around behind yourself, bring them around and lift their elbow
- Step away a bit with your other foot, drawing them forward onto their toes
- Being to lift their elbow over their head, rocking them toward their front foot; as you shift your weight push them over, pulling their lower arm out and down
- As they begin to fall, project them forward and off their feet, stepping with your last foot; don't rush this step, it is almost after the throw as a follow through and projection tool
- Find the precise line of throw, which forces them to flip
- Pull their lower arm back up as they flip
- As a warm up: do the above but instead of flipping them, release their lower hand so they can reach down to do a roll, and push their elbow over their head so that they roll over; use this exercise to find the right line to connect the elbow with their whole body to force them over; use your center and compression to project

### Sacrifice Corner Throw

- Much like the hand sacrifice throw, but fall back more of a 45-degree angle instead of 90 degrees
- Bring them down onto your upper body, but press into their elbows and twist them around and over to the corner

## Degree Five Kyu Advice

### Foot Sacrifice Throw

- Get them to spread their legs usually with inside sweeps
- Step between their legs with your one foot and sit your ass onto your heel
- Off balance them before you fall
- As you start to fall, bring your foot up to their pelvic-stomach area with your toes turned outward
- Pull their arms down toward either side of your head, and lift them up and over with your foot
- Throw them slightly off to one side over the opposite shoulder to the throwing foot

### **KYU 23:**

#### Rear Hip Throw (Ushiro Goshi)

- Drop your center below their pelvis as they turn to throw you
- Keep your weight pushing into your feet and roll your hips forward as you lift them.
- Use their own attempt to bend forward and throw you to lift their feet as you break them free of the ground, instead of pulling you over they pull their own feet up
- Step back and roll them in mid air so they land on their side

#### Scooping Throw (Sukui Nage)

- Step in like you are going to throw them forward but duck under and step behind them
- Wrap your arms around both of their legs and scoop them forward
- As you lift their legs up, roll them over your hip and toss them behind you
- Forward Version: Hit them low with your shoulder and knock them backwards off balance as you scoop the legs from behind the knees (forward and up) to drop them on their back

#### Body Drop (Taiotoshi)

- Step around behind yourself and then take a long step in front of them
- Bend your knee down in front of their ankle
- Push them up and forwards to throw, don't pull them around you

#### Neutralizing Kicks:

##### Spiral Down – Low

- Don't try to stop their foot, but join their foot all the way to the ground
- Join their knee, roll it forward, down and to their outside with the back of your forearm
- Put your hand on the outside of their ankle with the other hand

##### Backward Spiral Extension -- Slanting Flying

- Don't clothesline your partner but join their motion in a small motion and enter smoothly
- Use the whole body to throw, let them compress them down into your feet and don't bounce up

## Degree Five Kyu Advice

### Inside Leg/Foot Sweep

- Step inside their round house kick, blend as you catch their leg and put your arm across their chest and lead shoulder
- Rock them around and back as you sweep your leg in and cut them off their standing leg
- If you use a foot sweep, do the same basic and sweep across with your rear foot to sweep their standing foot.

### Leg Lift (Bent, Outside, Inside, Rear)

- Blend with their kick, stepping inside and close, and use any of the appropriate Leg Lifts to throw them

### Open Response

- Practice dodging any kick and finding some throwing or uprooting technique to do spontaneously in response.

### **KYU 24:**

#### San Shou

- Work on the choreography; keep the joining and lotus root energy

#### Open Attacks/Multi-person Attacks

- Improve 3D awareness and spontaneous responses

#### Choy Lin

- Blend the Art with Boxing and grappling

#### Basic Ontology (written exam)

- Memorize the ENB, grasp the spirit of contemplation as in the CI; and experientially understand NK

### **KYU 25:**

All skills/All Techniques: Do everything like a professional