

Sunday 9/10 July 2016

Session 1 : Ne Waza (morning)

Ne Waza: mobility exercises:

Rotation

Bridge

Shrimp (Ebi)

Uchi Komi to escape from Yoko Shio Gatame (to apply mobility components)

Transition and KatameWaza:

Transition from Uke on 1 knee: ei: HizaGuruma, keeping 2 hands on the grip => On gesagatame, Yoko shiogatame

Uke on 1 knee / Tori Tai Otoshi => control Uke from 1 arm / shoulder (chicken wing)

Combinations from both positions: ei: from Yoko shio to Jujigatame to Kesagatame

Uke on all four's / Tori turn Uke (classic Ne Waza entries) and follow up with classic OsaeWaza...

Tori seating position control Uke and turn (classic Ne Waza entries) and follow up with classic OsaeWaza...

Situation Hairi Kata: Tori seating position (Hiki Komi) / Uke in front

Tori catch the belt and turn Uke using bridge and rotation on the shoulders.

Uke on all four's, Tori will catch the belt and turn Uke in 3 different directions (using Uke reaction).

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Session 2 :TachiWaza (afternoon)

(following the plan / concept from Lyon – Teaching Method)

Progressive specific exercises: TandokuRenshu

Moving forward / backward: TsugiAshi (side steps)

Turn forward / backward: maemawarisabaki / ushiromawarisabaki

Coordination and diassociation (little explanation)

Progressive exercises for Uke: break fall :maemawariukemi

Reception position (legs, arms, etc)

From UkiOtoshi exercises

Partner on all four's (as a table)

Partner give a guidance as SeoiNage

Demonstration of MoroteSeoiNage and Tsuru Komi Goshi:

To explain difference of Tsurite action (lapel hand)

To break down the technique in 1,2,3,4 steps

Coordination: Tai Sabaki + Hikite + Tsurite

Demonstration of MoroteSeoiNage and Tsuru Komi Goshi in dynamic situation, when Uke step backward, when Uke follow and move forward: use different type of Tai Sabaki; Importance of TsugiAshi...

Session 3: TachiWaza: KoUchigari – O uchigari – Kosotogari

Progressive specific exercises: TandokuRenshu

Moving forward / backward: TsugiAshi (side steps)

Connected to AshiWaza techniques

With a partner: sotairensu: Timing / Distance exercises (Ma-ai):

Variation of distance (Ma-ai) to force Uke to move forward =>KoUchiGari

Variation of distance (Ma-ai) to force Uke to move forward => O UchiGari

Moving to the side

Moving in a circle

Combinations of AshiWaza:

KoUchi and O UchiGari

Ko Soto and O UchiGari

Ko Soto and O Soto

O Uchians O Soto

Etc.