

**Nihon Goshin Karate Do**

# **Dewey's Martial Arts Academy**

**A Dojo for the Whole Family**

## **Basic Self defense #5**

**Blue Belt**

**8th Kyu**

1. right foot back into front leaning stance (zenkutsu dachi), left downward forearm hook block (kake uke); grab opponent's gi or elbow;
2. right forefist middle area reverse punch (seiken chudan gyaku tsuki);
3. step in with your right foot and deliver a right rising elbow strike to the stomach (chudan hiji age uchi);
4. follow up with right rising elbow to the chin (jodan hiji age uchi), KIAI

## **Basic Self defense #6**

**Blue Belt**

**8th Kyu**

1. left foot back into front leaning stance (zenkutsu dachi), left downward forearm hook block (kake uke);
2. sliding up if necessary bring your left hand behind opponent's right elbow joint while maintaining opponent's right hand in your arm;
3. bring right hand to left hand to help turn opponent over, raise left elbow and shoulder forcing opponent's elbow joint downward;
4. as opponent is forced to bend down from elbow lock, step in 45° forward and to the left with your left foot outside of opponents R. knee, pushing your left knee in on opponent's right knee.
5. step back with your right foot right descending knife hand strike (shuto oroshi uchi) to back of opponent's neck, KIAI

## **Basic Self defense #7**

**Yellow Belt**

**6th Kyu**

1. right foot back into front leaning stance (zenkutsu dachi), right forearm upward block (kote uke);
2. grasp opponent's right arm with your right hand and pull opponent toward you and downward while sliding your hand down to their wrist;
3. strike opponent's throat with right sword peak hand (toho);
4. grasp opponent's throat with your right hand and quickly deliver a left forefist punch to opponent's head (seiken jodan oi tsuki), KIAI.

## Basic Self defense #8

Yellow Belt

6th Kyu

1. left foot back into front leaning stance (zenkutsu dachi), right forearm upward block (kote uke);
2. grasp opponent's right hand and pull opponent toward you, locking opponent's arm above belt, as you deliver a left inverted fist short strike (uraken shita uchi) to opponent's rib cage;
3. quickly follow up with a left inverted fist roundhouse strike (uraken mawashi uchi) to back of opponent's head, KIAI.

## Basic Self defense #9

Yellow Belt

5th Kyu

1. right foot back into short front leaning stance (zenkutsu dachi), left rising wrist block (koken age uke);
2. left foot steps inside opponent's right leg and strike down to opponent's groin with the left outer knife hand (shuto gedan uchi);
3. quickly deliver a right inner knife hand strike (haito gammen uchi) to opponent's temple while pushing opponent's right knee out with your left knee, KIAI.

## Basic Self defense #10

Yellow Belt

5th Kyu

1. left foot back into short front leaning stance (zenkutsu dachi), right rising wrist block (koken age uke);
2. slide right foot back to left, then step out with right foot into horse stance (kiba dachi) while delivering a right elbow side strike (hiji yoko ate) to opponent's rib cage;
3. immediately follow up with a left elbow roundhouse strike (hiji mawashi ate) to opponents rib cage while twisting your body forcefully to the right into front leaning stance (zenkutsu dachi) with right foot forward, KIAI

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