

Nihon Goshin Karate Do

Dewey's Martial Arts Academy

A Dojo for the Whole Family

Intermediate Self defense #6

Green Belt

3th Kyu

1. left foot back into front leaning stance (zenkutsu dachi), left high area block (jodan gyaku uke);
2. right forefist low area lunge punch (seiken gedan oi tsuki);
3. slide left foot up to right foot; squat down;
4. grab back of opponent's right ankle just above the floor with your right hand and use your left hand to push opponent's right knee from the outside towards the left taking opponent off balance, throw opponent's leg over;
5. follow opponent to ground and dig your knee into opponent's hip while pushing opponent's right shoulder down with your left hand; right punch to head, (Kiai).

Intermediate Self defense #7

Green Belt

3th Kyu

1. right foot back into front leaning stance (zenkutsu dachi), left high area block (jodan uke); pull opponents arm towards your left side;
2. right high area roundhouse kick (jodan mawashi geri);
3. right foot lands behind opponent's right foot;
4. put hands on ground, bump opponent with your hip; left leg hook kick (kake geri) to opponents mid section and trip with right leg to take opponent down;
5. follow opponent over and roll onto your left side (then on top of opponent with both hands to left side of opponent);
6. execute right roundhouse kick (mawashi geri) from ground to opponent's head, (Kiai);
7. recover to a ready position on the ground.

Intermediate Self defense #8

Green Belt

3th Kyu

1. dive to the ground onto your right side;
2. slide left foot in front of opponent's left foot;
3. execute left joint kick (kansetsu geri) from ground to opponent's right knee [strike behind knee to avoid injury];
4. hook opponent's left ankle, scissor opponent's right leg to knock opponent down;
5. follow opponent over and roll onto your left side;
6. execute right roundhouse kick (mawashi geri) from ground to opponent's head, (Kiai);
7. recover to a ready position on the ground.

Intermediate Self defense #9

Green Belt

3th Kyu

1. slide to left yanju godo, guide opponents punch with left hand tap block right knife hand turning block (shuto enkei uke);
2. left low area roundhouse kick (gedan mawashi geri) to back of opponent's right leg, right middle area roundhouse kick (chudan mawashi geri) to opponent's abdomen, (Kiai);
3. step back with right foot into fighting stance (moroashi dachi).

Intermediate Self defense #10

Green Belt

3th Kyu

1. right foot back into front leaning stance (zenkutsu dachi),
2. high area hand cross block (jodan juji uke);
3. grab opponent's right wrist like a baseball bat and twist while sliding under opponent's arm, then pull opponent forward; pivot on left foot returning to original position;
4. push opponents right arm into shoulder joint, then pull back
5. right middle area front kick (chudan mae geri) to opponent's abdomen, (Kiai);
6. use your right hand to execute wrist lock on opponent's right hand; your thumbs parallel and below opponent's fingers, other fingers cross opponent's wrist;
7. slide your left hand down to opponent's right elbow to execute elbow lock; or slide in and execute shoulder block;
8. left foot forward into front leaning stance (zenkutsu dachi);
9. drop down to right knee then to left knee into kneeling position (seiza) while pinning opponent face down.
10. fold opponent's right arm at elbow, roll opponent over, come to ready position.

3 Normanskill Blvd., Delmar, NY 12054
(518) 475-9641

日
本
柔
道
空
手
道