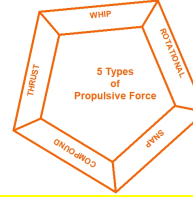
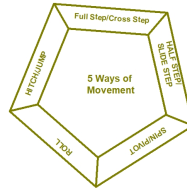
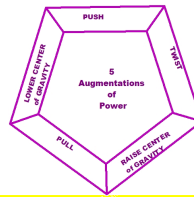


KOKISHIN-RYU

Yellow Belt



ADDITIONAL TEACHINGS:

5 Families of kicks
5 families of punches
5 families of strikes
respond to attack

Take a hit
Give a hit
Body Conditioning
Breakfalls/How to Fall

Explain: what Kokishin-ryu is . Its Origins. Its History. Its Purpose. Declare your Intent & Purpose.

Explain: KOKISHIN RENSHU and what it is. Explain the 5 different parts. Using a chart describe it.

Demonstrate: 5 families of punches, 5 families of kicks, and 5 families of strikes & 5 blocks

Demonstrate: response to push, pull, grab, kick, punch: WRIST GRABS, ARM GRABS, GRAB AND PUNCH, FLURRY PUNCH, NECK GRAB, BEAR GRAB AND DRAG AWAY, JAB,CROSS, FRONT KICK, ROUND KICK

Demonstrate: How to fall, how to stand, how to cover, how to defend when pinned

Demonstrate wearing a chest protector how to take a hit, then changeover and give a hit

Pick a piece of equipment demonstrate a punch a kick and a strike

Perform: Naifanchin (Naihainchi shodan) start to finish with proper etiquette

Perform: Naifanchin whilst undergoing conditioning and focus

With a partner demonstrate Motobu Choki's Mae Kumite Drill # 1 & #2