

Combative Flow System - Fundamentals level-one

Stances/Postures (Tachi)

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|-----------------------------------|---------------------|
| 1. Shoulder/ready stance | Hachiji dachi (yoi) |
| 2. Horse-riding stance | Kiba dachi |
| 3. Front stance | Zenkutsu dachi |
| 4. Half-front horse-riding stance | Ha-mae kiba dachi |
| 5. Sumo stance | Shiko dachi |
| 6. Toe -in stance | Kou bu |
| 7. Toe -out three point stance | Bai bu |
| 8. Back stance | Kokutsu dachi |
| 9. Jungle/leopard stance | Mitsurin dachi |
| 10. T/L-stance | Reinoji dachi |
| 11. Neko ashi dachi | Cat leg stance |
| 12. Hooked leg stance | Take dachi |

Footwork & Avoiding Movements (Ashi-sabaki & Tai-sabaki)

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|--------------------------------------|----------------------------|
| 1. Body pivot 180 degree | Tenkai-ashi |
| 2. In & out step (back & forward) | Ayumi-ashi |
| 3. Step & slide (forward & back) | Tsugi-ashi |
| 4. Outward turning pivot 45 degree | Tenkan-ashi |
| 5. Outward body turning 180 degree | Tai-no-tenkan |
| 6. Step forward to outward body turn | Ayumi-ashi & tai-no-tenkan |
| 7. Arcing hook step (toe out) | Take-ashi |
| 8. Arcing hook step (toe in) | Take-ashi |

Blocks (Uke-Waza)

- | | |
|----------------------------------|----------------|
| 1. Push-away block | Nagashi uke |
| 2. Middle forearm block | Chudan ude uke |
| 3. High rising block | Jodan age uke |
| 4. Downward sweeping block | Gedan barai |
| 5. Middle forearm sweeping block | Chudan barai |
| 6. Backhand sweeping block | Haishu barai |

Elbows (Empi Uchi Waza)

1. Cross horizontal elbow
2. Rear horizontal elbow
3. Upward vertical elbow
4. Downward vertical elbow
5. Sideward horizontal elbow
6. Downward diagonal elbow

Fist (Ken Tsuki & Uchi Waza)

- | | |
|-------------------|---------------|
| 1. Straight punch | Seiken tsuki |
| 2. Vertical punch | Tate tsuki |
| 3. Uppercut punch | Ura tsuki |
| 4. Rising punch | Age tsuki |
| 5. Round punch | Mawashi tsuki |
| 6. Hook punch | Kage tsuki |

Sword-Hands

1. Forward diagonal chop
2. Cross horizontal chop (palm down)
3. Downward vertical chop
4. Cross diagonal chop

Palms

1. Single thrusting snap palm
2. Throwing palm
3. Lifting palm
4. Slapping palm

Knees (Hiza Uchi Waza)

1. Forward thrusting knee
2. Upward vertical thrusting knee
3. Springing/bouncing knee
4. Dropping knee
5. Roundhouse knee

Kicks (Keri-Waza)

1. Front thrust kick
2. Front low-line snap kick
3. Low-line front arching-up kick (with leg switch/change step)
4. Side snap kick (with L-step)

Joint Locks

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

Applications using the above tools

Combative Flow System - Fundamentals Level-Two

Stances/Postures (Tachi)

13. Low rear cross leg stance
14. Single leg stance
15. Single hook leg stance
16. Half-front forward stance
17. Front rear stance
18. Dragon posture

Footwork & Avoiding Movements (Ashi-sabaki & Tai-sabaki)

9. Cross step in front
10. Cross step behind
11. Replacement step
12. L-step
13. Spring/bounce step
14. Corner turn step
15. Change/switch step
16. Hooping backward step

Blocks (Uke-Waza)

7. Inside & outside forearm blocks
8. Middle & downward forearm simultaneous block
9. Knife-hand block
10. Hooking hand block
11. Double arm wedge forearm block
12. Brush block with elbow

Elbows (Empi Uchi Waza)

7. Rear arcing elbow
8. Forward crashing elbow
9. Figure-eight diagonal elbow
10. Upward diagonal elbow-with back-fist
11. Inside & outside cross elbow
12. Outside downward diagonal thrusting elbow

Fist (Ken Tsuki & Uchi Waza)

7. Spiraling/circular punch
8. Upward vertical whipping back-fist
9. Downward vertical back-fist
10. Upward vertical fist
11. Forward snapping back-fist
12. Downward inside knuckle & upward outside knuckle vertical back-fist

Sword-Hands

5. Downward diagonal chop (palm up)
6. Downward diagonal chop (palm down)
7. Cross horizontal chop (palm down)
8. Forward horizontal chop
9. Upward vertical chop (inside forearm)
10. Upward diagonal chop

Palms

5. Diagonal whipping palm
6. Horizontal chopping palm
7. Piercing palm
8. Coiling palm

Knees (Hiza Uchi Waza)

6. Arching downward knee
7. Outward crescent/cross knee
8. Inward crescent/cross knee
9. Bumping knee (inward & outward)
10. Jumping knee

Kicks (Keri-Waza)

5. Side Thrust Kick (step behind)
6. Rear leg round kick
7. Kicking-down shin kick (with jump step)
8. Lead leg snapping upward round kick

Joint Locks

- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18

Cervical Spine/Neck Locks

- 1
- 2
- 3
- 4
- 5
- 6
- 7

Applications using the above tools

Combative Flow System - Fundamentals Level-Three

Stances/Postures (Tachi)

19. Dragon stance
20. Long toe-out stance
21. Narrow forward front stance
22. San-Ti posture
23. Reverse cat stance

Footwork & Avoiding Movements (Ashi-sabaki & Tai-sabaki)

17. Forward leap/chicken step
18. Step behind body turn
19. Step behind full body rotation
20. Circle step/walk

Blocks (Uke-Waza)

13. Spear-hand cover/block
14. Outside forearm cutting block
15. Double back-arm block
16. Double palm high & low block
17. Double hand high & low block
18. Double back-hand hooking block

Elbows (Empi Uchi Waza)

13. Inside downward diagonal into upward springing elbow
14. Rear upward elbow
15. Upward crashing elbow with thrusting knee into downward crashing elbow with palm
16. Downward sideways arcing elbow
17. Sideward whipping/snapping elbow
18. Upward diagonal rotating elbow into rear spinning horizontal elbow

Fist (Ken Tsuki & Uchi Waza)

13. Inward circular back-fist
14. Inside & outside horizontal hammer-fist
15. Downward vertical hammer-fist (splitting fist)
16. Upward diagonal fist (drilling fist)
17. Index finger knuckle/phoenix eye punch (crushing/bursting fist)
18. Vertical chain punching

Sword-Hands

11. Inside forearm horizontal circular cut
12. Inside forearm trusting cut
13. Inside forearm downward diagonal chop
14. Outside forearm upward diagonal chop
15. Downward vertical dropping chop

Palms

9. Spear-hand thrusting/piercing palms
10. Forward thrusting palm
11. High & low snapping palm with chops
12. Web of hand palm strikes/Tiger mouth (yang & yin)

Kicks (Keri-Waza)

9. Inside Round Kick (with L-step)
10. Back Heel Kick
11. Skirt Kick (sideways back kick)
12. Spinning Back Kick (with toe-in step)
13. Rear Hook Kick (with L-step)
14. Front & Back Heel Stomp
15. Swinging Leg Sole of the Foot Kick
16. Sole of the Foot Kick (with side step)

Joint Locks

- 19.
- 20.
- 21.
- 22.
- 23.
- 24.
- 25.
- 26.
- 27.

Cervical Spine/Neck Locks

- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.

Basic Takedowns/Otoshi-Waza

1. Arm Bar Takedowns, inside & outside (Ude-osae otoshi, uchi & soto)
2. Arm cradle lock takedown, inside & outside (Oshi-taoshi-otoshi, uchi & soto)
3. Winding drop, front & back (Maki-otoshi, mae & ushiro)
4. High & low pushing takedown

Applications using the above techniques/tools