

AMERICAN OPEN KARATE SYSTEM

Advanced to Black Belt Material

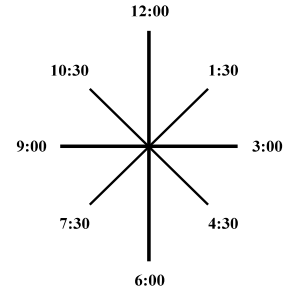
(2nd Kyu Brown Belt - 2nd Dan Black Belt)



Self-Defense Waza

- #25 Clothesline
- #26 Sumo Drop
- #27 Double Block Lock
- #28 Dance of the Mongoose
- #29 Passing the Blade
- #30 Circling Hands
- #31 Cut Throat
- #32 Throwing the Knife
- #33 Covering the Flame
- #34 Moment of Truth
- #35 Wrapping Wing Trap
- #36 Swinging the Gate

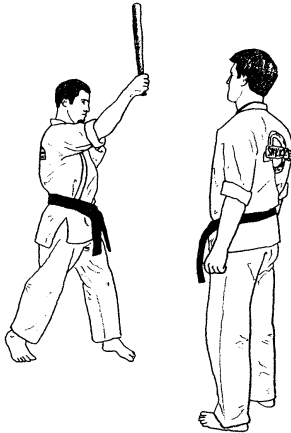
SELF-DEFENSE WAZA #25



Clothesline

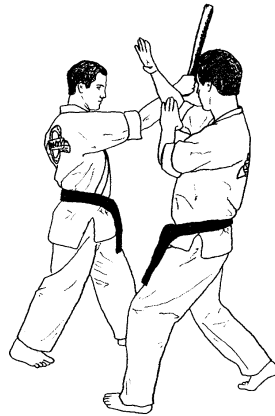
club attack with dropping technique

1



Against 12:00 overhead strike with club

2



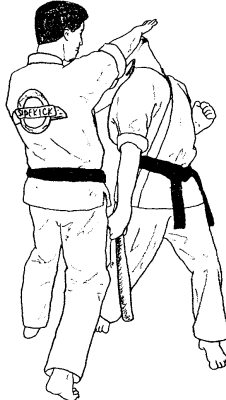
Step up left off-line and left cross check, high brush/knifehand block

3



Pan right 90° - left cross check to shoulder parrying arm down causing attacker to lean forward

4



Right ridgehand or clothesline under nose (GV26) keeping left check on shoulder

5



Step left behind attacker right tiger claw rake tracking head and right inverted stomp pulling attacker backward off balance

6



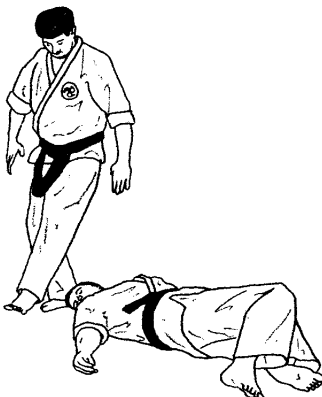
Balance attacker by head and right drop elbow smash to face (GV26) violently dropping attacker and "Kiai!"

7



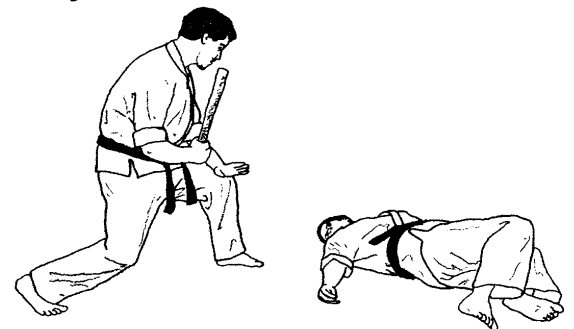
Left drop knee to face

8



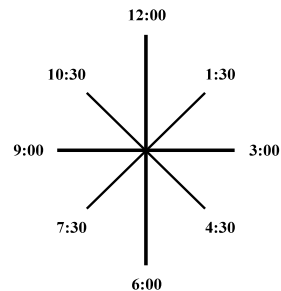
Left front kick to jaw

9



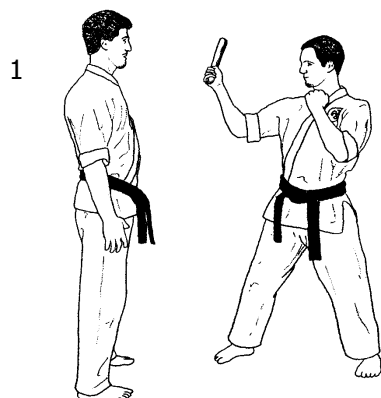
Grab club and spin low cover

SELF-DEFENSE WAZA #26

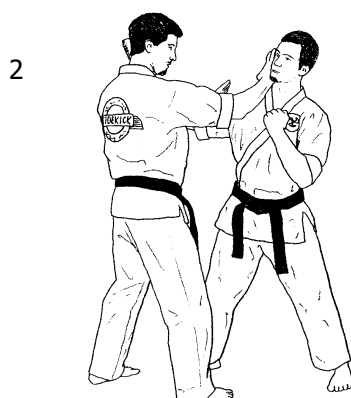


Sumo Drop

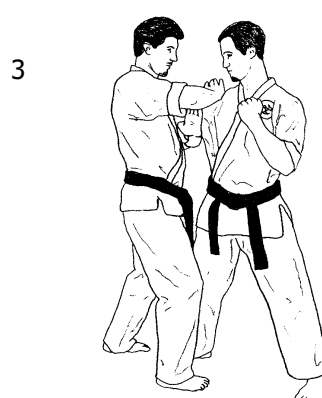
club attack with dropping, locking, and pinning technique



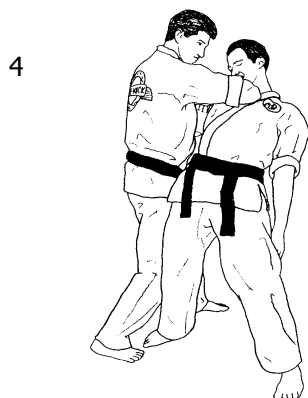
1 Against 10:30 diagonal strike with club



2 Step up right and double outward shutos to arm (LU5) and neck (SI16) simultaneously



3 Left wraparound to attacker's arm containing weapon



4 Step up left behind attacker right springing (butterfly) elbow popping under chin (CV23) upsetting balance



5 Step right behind attacker squatting into a sumo stance (shika-dachi) dropping attacker and "Kiai!"



6 Pan right 180° - Reverse angle of step 5



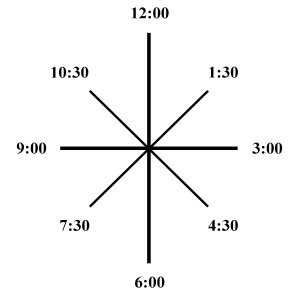
7 Drop right knee against back and left knee to neck pinning attacker on side trapping arm applying shoulder lock disarming club



8 Step right over attacker pinning arm and push right circle left (outward circle block) taking out slack with correct posture dislocating shoulder



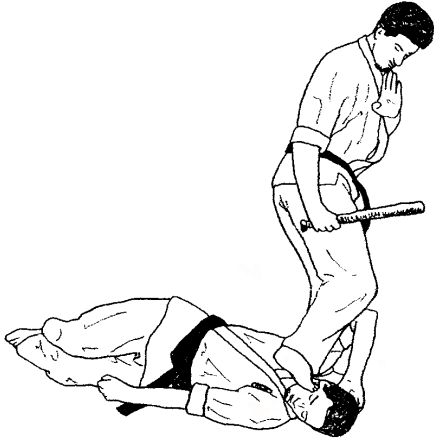
9 Right drop knee to neck and grab club



Continuation of Sumo Drop

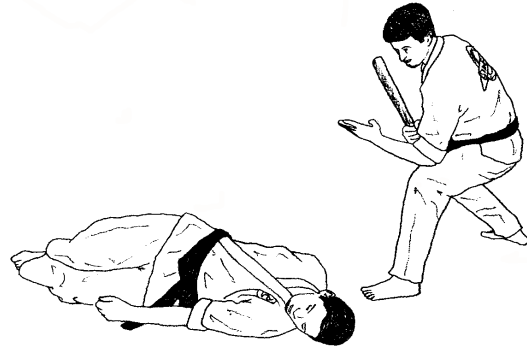
club attack with dropping, locking, and pinning technique

10



Right ball of foot round kick to jaw (ST4-5-6)

11

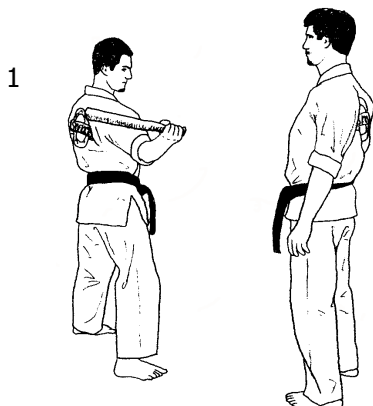


Spin out low club cover

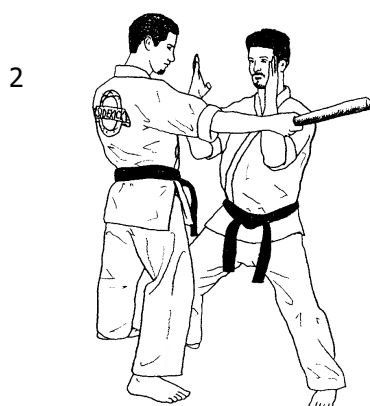
SELF-DEFENSE WAZA #27

Double Block Lock

club attack with dropping, locking, and pinning technique



1 Against 9:00 side strike with club



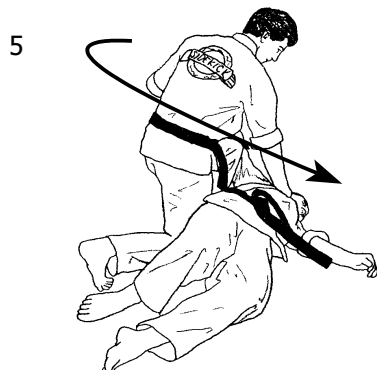
2 Step up right and pivot left to kibadachi facing 9:00 and double inward shutos to inside of wrist (PC6) and upper arm (PC2) simultaneously



3 Grab left to wrist containing weapon and push-slide pulling into reverse (side) elbow to ribs (SP21) and "Kiai!"



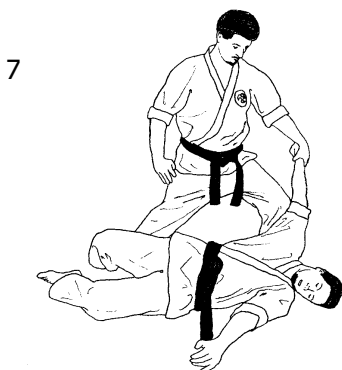
4 Right upward palm/left downward palm (double block) arm bar lifting attacker and upsetting balance



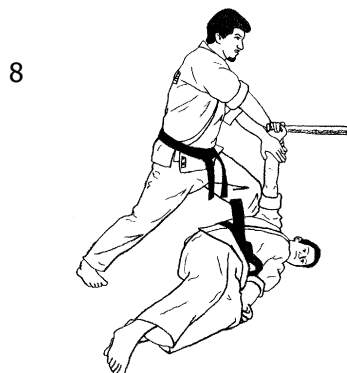
5 Step behind left and pivot left (1/2 turn) to right knee dropping attacker applying arm bar across left knee



6 Pan right 180° - Reverse angle of step 5 - Apply pressure to carotid artery with right thumb



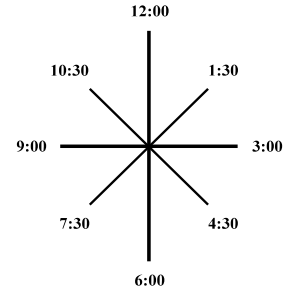
7 Raise to zenkutsu-dachi applying arm bar or arm break against left thigh, knee, or shin



8 Pass attacker's arm from left grab (reaching over left) to right grab maintaining arm bar against shin



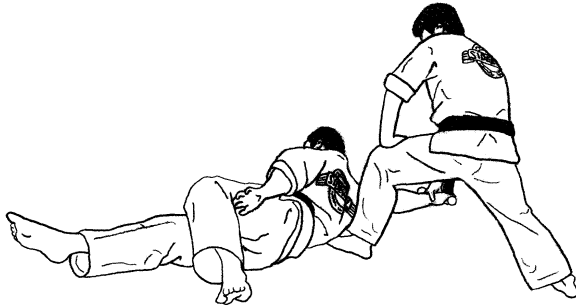
9 Right rear-arc pivoting (1/2 turn) maintaining arm bar across shin just above the attacker's elbow (TH11)



Continuation of Double Block Lock

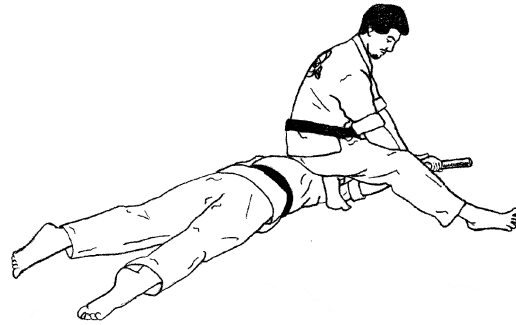
club attack with dropping, locking, and pinning technique

10



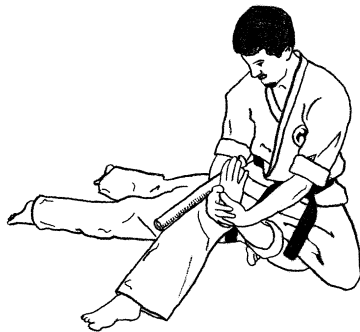
Pull arm around shin forcing attacker to roll over face down

11



Slide shin across back of arm and sit on shoulder applying arm bar with both hands

12



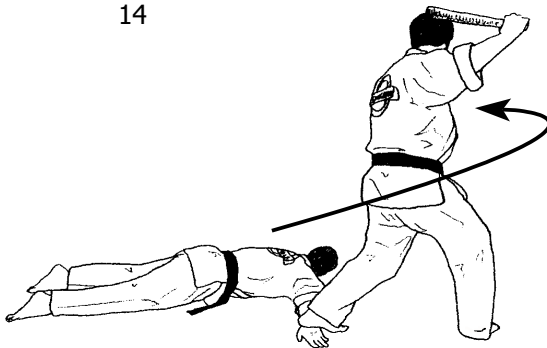
Pan right 90° - Lift arm at attacker's wrist (right on top) applying arm bar

13



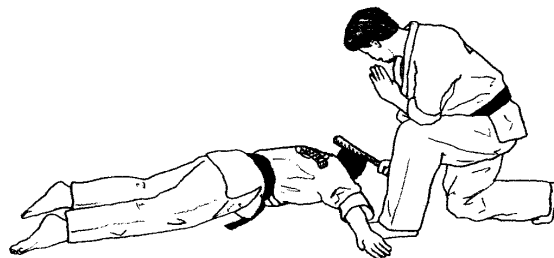
Disarm club with right as attacker loosens grip in pain

14



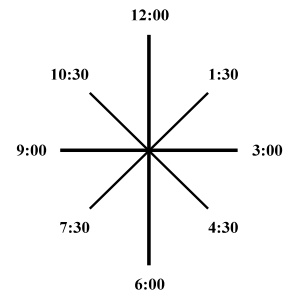
Check attacker's wrist with left foot and step across right (1/2 turn)

15



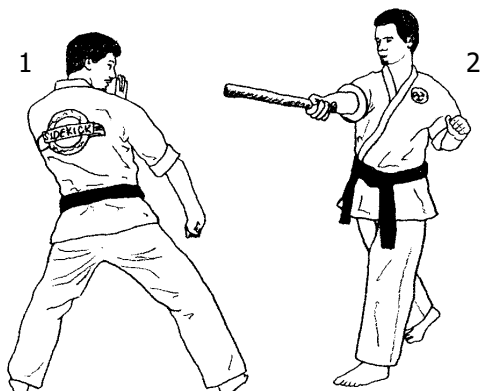
Drop to right knee and check attacker's head with club

SELF-DEFENSE WAZA #28



Dance of the Mongoose

club attack with dropping, locking, and pinning technique



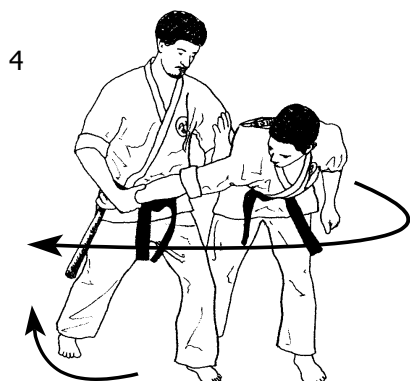
1 Against 9:00/3:00 side/reverse side strike with club - Step back left to 6:00 high/low cover avoiding side swing



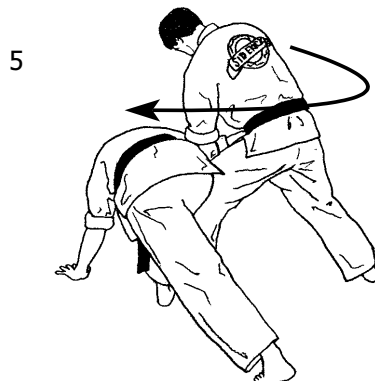
2 Pivot in right and right high brush block to back swing



3 Step in left pivoting to 3:00 hooking wrist right and left inward shuto hyper-extending attacker's arm



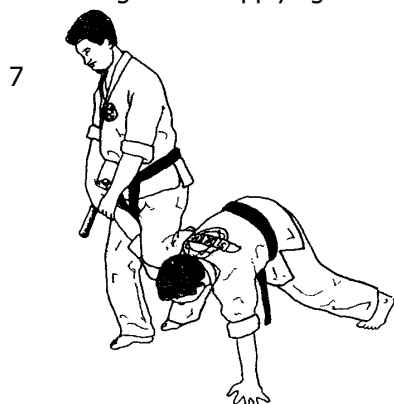
4 Pan left 180° - Reverse angle Right rear-arc pivoting (1/2 turn) continuing motion applying arm bar



5 Pan back right 180° - Continue motion cutting into arm (TH12-11) applying arm bar takedown



6 Pan back left 180° - Reverse angle - Replace left hand with left knee (old man way)



7 Drop knee arm bar sliding knee/shin across shoulder/back of arm

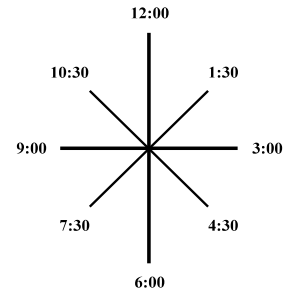


8 Lift arm disarming club and reapply arm bar using club as leverage



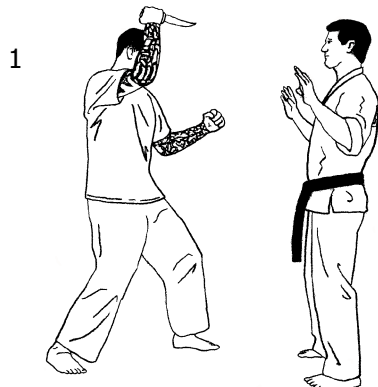
9 Spin out and low club cover ready to strike

SELF-DEFENSE WAZA #29

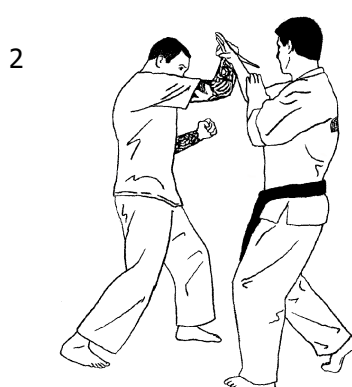


Passing the Blade

knife attack with dropping, locking, and pinning technique



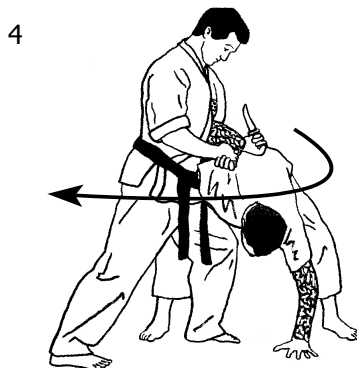
1 Against 12:00 overhead stab with knife (Ice Pick) - Raise hands to surrender position



2 Right shuto block moving off-line 10:30 guarding your centerline



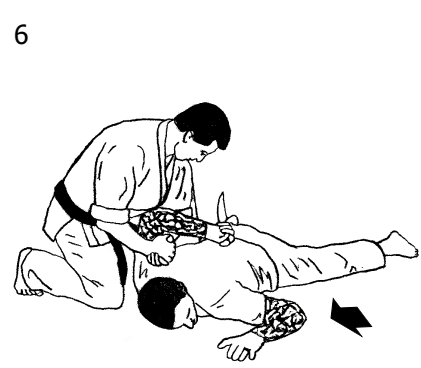
3 Right downward parry to X-block hand position (right on top) moving behind attacker's shoulder line



4 Rear-arc right 1/2 turn passing to left hand circling behind attacker's arm clasp with right trapping to chest



5 Apply shoulder/elbow lock pulling into right thrusting knee smash to jaw (ST4-5-6) and "Kiai!"



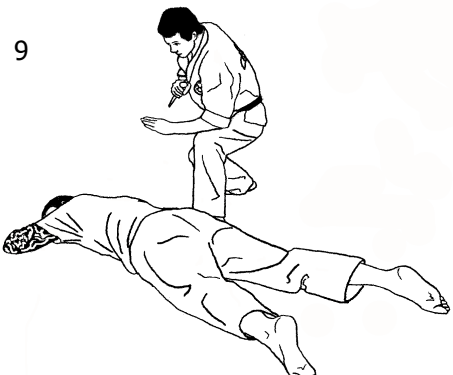
6 Push-slide backward 45° dropping to right knee pulling attacker to ground



7 Press between shoulder blades with right hand and apply chickenwing shoulder/arm lock with left arm

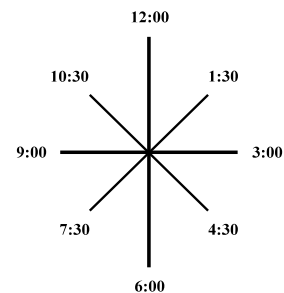


8 Pan right 90° - Slide right arm grabbing attacker's wrist applying chickenwing lock stripping knife left



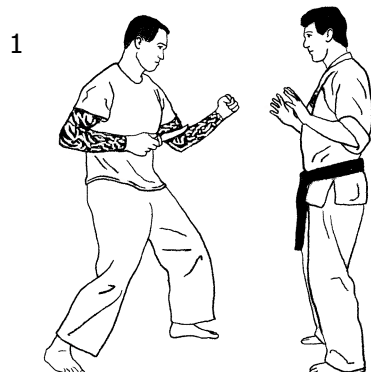
9 Knife cover

SELF-DEFENSE WAZA #30

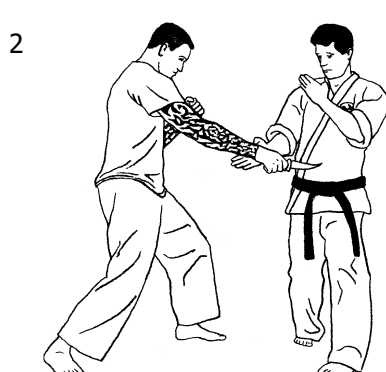


Circling Hands

knife attack with dropping, locking, and pinning technique



1 Against straight stab or thrust with knife - Raise hands to surrender position



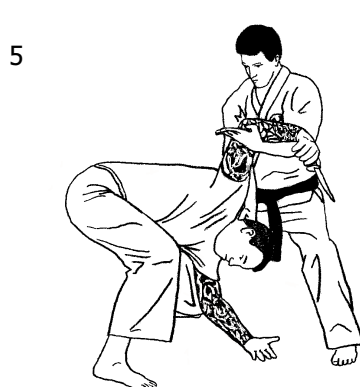
2 Right inverted heel of palm block pivoting left 9:00 with left cross check guarding centerline



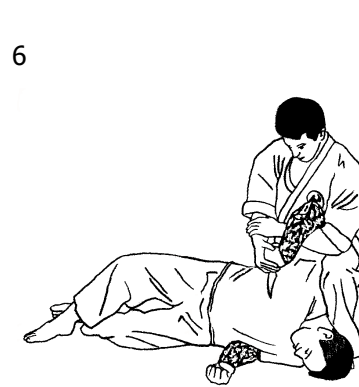
3 Step up left and left downward backhand strike clearing arm/right chicken head strike to neck (SI16)



4 Continue circling hands upward left/downward right into right knee smash to face (ST1-2-3) and "Kiai!"



5 Drop to shika-dachi pushing head down right/trapping arm to chest left rotating and dropping attacker



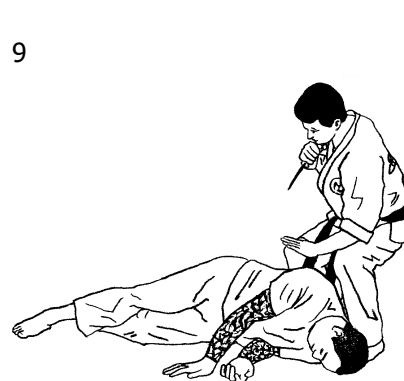
6 Drop right knee against attacker's back tracking arm with right hand to figure-4 wrist-lock



7 Drop left knee on attacker's neck applying figure-4 lock using both hands with proper body posture

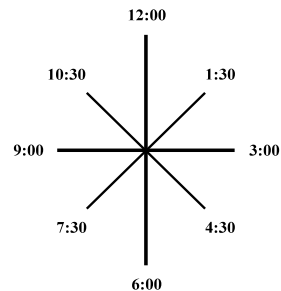


8 Strip knife from attacker's hand with your right hand while applying pressure with the left



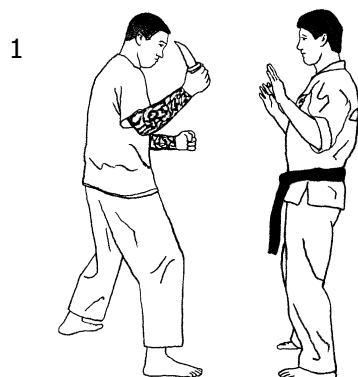
9 Knife cover

SELF-DEFENSE WAZA #31



Cut Throat

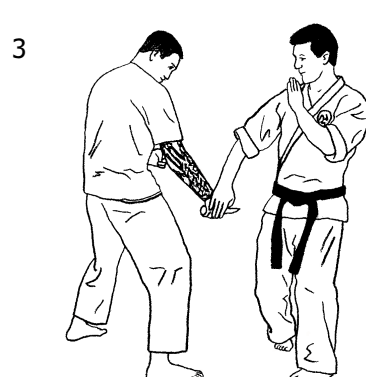
knife attack with dropping, locking, and pinning technique



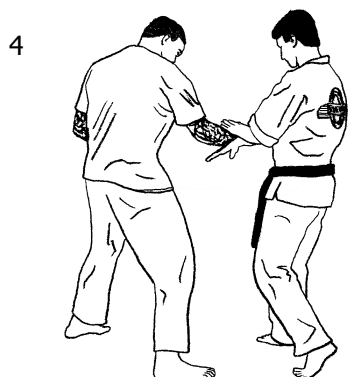
1 Against side slash with knife - Raise hands to surrender position



2 Right inside hooking (tiger palm) block pivoting left to 9:00 with left cross check guarding centerline



3 Continue circling downward parry redirecting to the weak side of attacker's centerline



4 Continue circling to X-block hand position (left on top)



5 Pivot left 9:00 and continue circling upward passing attacker's hand to the web of your left hand (butterfly)



6 Grab with left (top) hand (LU9-10) applying pressure with right to reverse wrist-lock (kote-gaeshi)



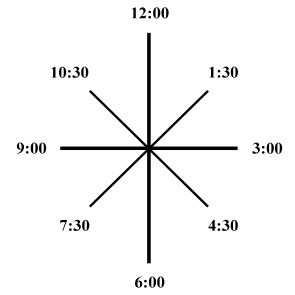
7 Optional - right reverse shuto to jaw (ST4-5-6) turning attacker's head while applying kote-gaeshi with left



8 Push-slide left 45° pressing down on fingers with right hand dropping attacker applying kote-gaeshi



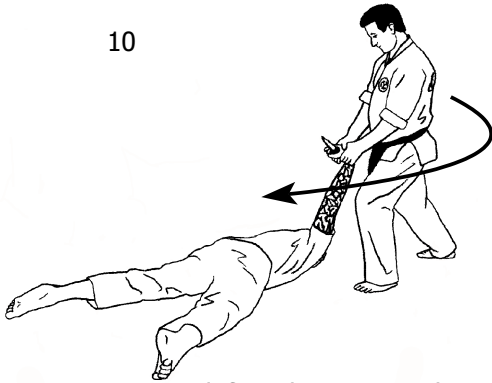
9 Pan right 45° - Push-slide up pulling arm rolling attacker to side locking arm against your right knee



Continuation of Cut Throat

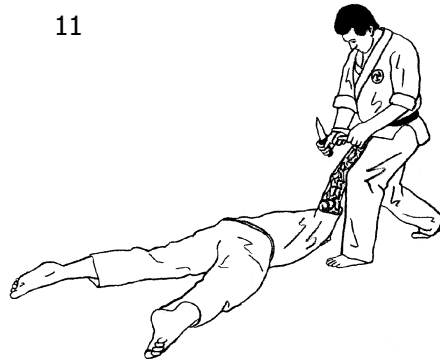
knife attack with dropping, locking, and pinning technique

10



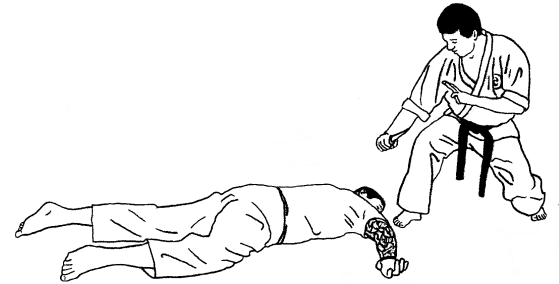
Step up left and rear-arc right 180° continuing to roll attacker face down applying wrist-lock (niyko)

11



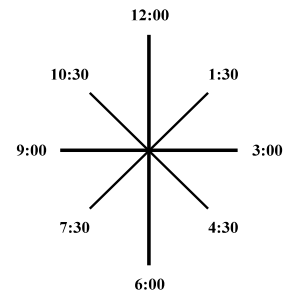
Strip knife from attacker's hand with your right hand while applying pressure with left

12



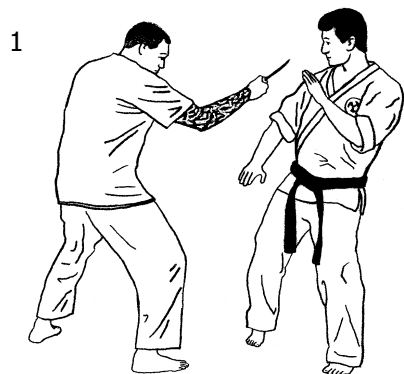
Knife cover

SELF-DEFENSE WAZA #32

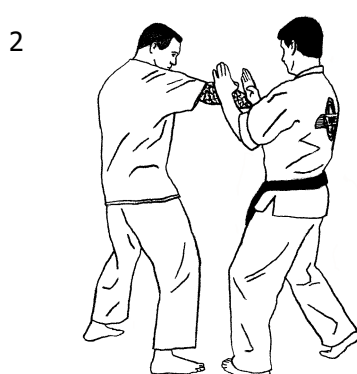


Throwing the Knife

knife attack with dropping, locking, and pinning technique



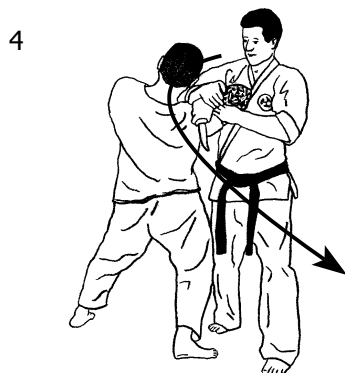
1 Against side/reverse side slash with knife - Step back left out of range of the forward slash



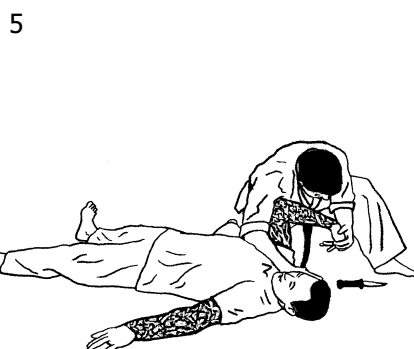
2 Step in left blocking the back slash with double shutos to wrist/elbow guarding centerline



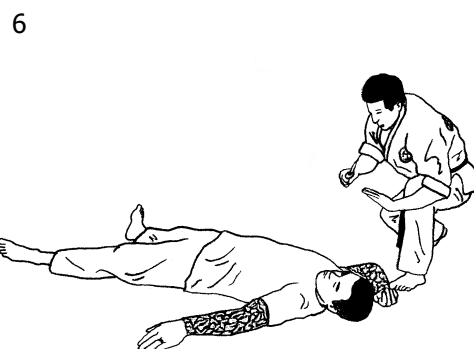
3 Clasp and pull elbow in with left hand (LU5/PC3/HT3) bending arm back toward attacker with right hand (peeling knife against face)



4 Pivot left 9:00 throwing knife over attacker's shoulder (elbow to face) to shiho-nage supported on your chest/shoulder breaking attacker's balance



5 Pivot left and drop to right knee dropping attacker and forearm pressing choke to neck pulling attacker's wrist with left hand separating shoulder disarming knife



6 Grab the knife and cover