



Lesson 1. Kamae | Stance Structure

Mobile Stance Structure and Positioning

Complete Outline

1. Stance Structure

- Feet Allocation
- Big Belly
- Legs Bent
- Pillar Spine
- Shoulders Relaxed

2. Uke and Nage Positioning

- Role of the Attack Line
- Principle of Marubashi
- Define the Attack Line

3. Exercise 1 | Gedan

- Weight Transition Idea

4. Exercise 2 | Heavy Weight Transition

- Melt Down Variation
- Body Push Variation

5. Exercise 3 | Funekogi Undo

- Variation 1
- Variation 2

6. Lesson Insight