



Lesson 3. Shikko | Knee Walk

Movements in the Sitting Level and Transitions to Standing

Complete Outline

1. Mae Shikko

- First Step
- Foot Pull-Up
- Advanced Step

2. Ushiro Shikko

- Side Fold
- Wiper Move
- Open Leg

3. Exercise 1 | Carrying Bowl of Water

- Smoothing Shikko

4. Exercise 2 | Level Transitions (with uke positioning)

- Stand Up to Tachi Waza
- Step Forward to Shikko
- Turn Around to Shikko
- Ushiro Shikko Transitions

5. Exercise 3 | Step Ups

- Forward Steps in Half-Standing (Gedan Development Exercise)
- Backward Steps in Diagonal

6. Exercise 4 | Shikko Tenkan

- Turning in Seiza
- Tenkan Walk
- Stand Up from Shikko Tenkan (with uke positioning)

7. Lesson Insight