



## Lesson 1. Nikkyo

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### Complete Outline

- 1. Technique Outlook**
- 2. Sequence of Movements**
  - Wrist Turn and Position Take
  - Mutual Backward Step
  - Grip Change and System Rotation
  - Leading for Control
- 3. Mechanics of the Influence**
  - Body Structure Application
  - Snake Wrapping
  - Hand Blade Effect
  - Backward Step
- 4. Integrality of Control**
  - Bent Arm
  - Directing Finger
  - Correct Positioning
- 5. Intended Completion**
  - Start, Unbalance and Rotate
  - Half-Standing Control
  - Seiza Control Position
  - Joint Influence
  - Safe Release
- 6. Avoided Intentions**
  - Hasty Squeeze
  - Elbow Initiative
  - Body Rotation
  - Push to Lead Down
- 7. Counter Actions**
  - Raise to Stop
  - Step Behind for Takedown
  - Escape from Control Pressure
- 8. Mastery Drills**
  - Drill 1: Inside Turn for Nikkyo
  - Drill 2: Nikkyo Release for Tenkan
- 9. Self-Defense Perspective**