



Lesson 10. Kokyu Ho

Ryo Katate Tori Kokyu Ho

Complete Outline

- 1. Technique Outlook**
- 2. Sequence of Movements**
 - Suwari Waza Ryo Katate Tori
- 3. Mechanics of the Influence**
 - Tsunami Move
 - Parallel Arm Position
 - Absorption Traverse
 - Weight Transfer Lead
- 4. Integrality of Control**
 - Torso Chase
- 5. Intended Completion**
 - Supine Position Control
- 6. Avoided Intentions**
 - Pull Back
 - Hands Push
 - Sideways Torso Lean
- 7. Counter Actions**
 - Go on Pushing
 - Go Wrestling
 - Catch to Pull
- 8. Mastery Drills**
 - Drill 1: Seiza Suburi
 - Drill 2: Switch to Side Entry
 - Drill 3: Switch to Kokyu Nage
- 9. Self-Defense Perspective**