



Lesson 2. Ikkyo

Ai Hanmi Katate Tori (Shomen Uchi) Ikkyo, Ura and Omote

Complete Outline

1. Technique Outlook

2. Sequence of Movements

Ura Variation

Omote Variation

3. Mechanics of the Influence

Side Turn to Enter | Ura

Going Parallel | Ura

Unbalance with Togatana | Ura

Tenkai Turn | Ura

Wrist Turn to Condition | Omote

Absorption and Entrance | Omote

Attack Line Escape | Omote

4. Integrity of Control

Body Oriented Angle | Omote

Elbow Focus

5. Intended Completion

Elbow Influence in Seiza

6. Avoided Intentions

Going Direct

Push Up to Unbalance

Pull Down to Control

Static Arm Pressing

7. Counter Actions

Hasty Raise Stop

Step Back for Counter Turn

Counter Arm Pressing

Wrap Legs for Takedown

8. Mastery Drills

Drill 1: Ping Pong Turns

Drill 2: Suwari Waza Ikkyo

Drill 3: Switch to Nikkyo

9. Self-Defense Perspective

Solid Grip Case

Shomen Uchi Ikkyo