



The purpose of this drill series...

... is to provide a logical rotation of moves around the body, and to make functional changes in position based upon uke's attempts to escape. Rather than trying to hold tighter and "stronger", tori should learn to adapt to the ebb and flow of uke's efforts and initial partial escape success. This is the goal, also, of *katame no kata*, to demonstrate an action / response.

The two arm locks floating in the circle are there to remind the user that they are, one or both, available from situational opportunities in each hold down.

Note that the illustrations are included only to remind the beginning user of the technique. They are not to be considered technically functional.

Goals & Objectives

1. Be able to move to each position and know the names in English and Japanese.
2. Know the technical details that make each hold down more effective.
3. Have uke try three effective escape initiations and tori respond with an application change.
4. Apply arm locks and chokes from each techniques.
5. Put an arm lock or choke on between each position change.