

## Foundation Module

First Tip:

### 1) Brush

1. Rear hand punch
2. Same side hand brush, while same side foot step forward and outside opponent.

### 2) Elbow to Elbow

1. Same side wrist grab
2. Same side foot step inside opponent. Opposable thumb release, elbow sideways ([LI-4](#)), and chop to neck. ([LI-18](#))

Second Tip:

### 3) Brush Block Strike

1. Rear hand punch
2. Same side hand brush, while same side foot step forward and outside opponent.
3. Opposite side arm two bone block, clear and deflect, then roll down opponent's arm stopping and grabbing at the wrist ([LI-5](#); Yang and [LU-9](#)).
4. Same side arm strike and roll to upper arm one inch above the elbow ([TW - 11](#)).

### 4) Snake Circle

1. Same side wrist grab (one or both wrists)
2. Same side foot step forward. Snake circle inside ([LU-8](#))
3. Strike to neck. ([LI-18](#)) or;
4. Same side foot step forward. Snake circle outside ([H-6](#))
5. Strike to neck. ([LI-18](#))

## Building Module

Fall #1 - Back fall (from sitting position)

### 1) Head lock from side

1. Immediately turn your chin into opponent's ribs ([LI-14](#)),
2. Inside arm reaches behind and grabs opponent's chin and pulls opponent off and back while, outside arm reach behind and pushes away opponent's knee.

### 2) Head lock from front

1. Inside hand strike to opponent's groin or inner thigh ([LI-9](#))
2. Then inside hand reach up and strike inside the pit of opponent's throat ([CV-22](#))
3. While outside hand reach behind opponent's same side knee and push 45 degrees back and away to flip opponent down

Second Tip:

### 3) Two hand front choke (arms straight)

1. Left hand reach over and grab opponent's left wrist ([LI-5](#) and [LU-8](#); [H-6](#); and [SI-6](#)).
2. left foot steps back at 45 degrees, then elbow to opponent's face.

## **Naihanchi Shodan Module**

Fall #2 - Side fall (from lying on side)

First Tip:

1) Same side wrist grab

1. Horse stance with low strike
2. Snake circle out to in and secure opponent's wrist (H-6; and SI-6) against your stomach with your same side knife hand while
3. Same side foot steps back into a horse stance perpendicular to your opponent
4. Opposite side hand hammer fist behind opponent's triceps muscle (TW-12)

Second Tip:

2) Chest grab

1. Horse stance with hip catch and low strike
2. Same side hand grab wrist from underneath while opposite side hand grab wrist from top (HT-6; LU-8) and pull to opposite side hip while
3. Opposite side foot steps back into a horse stance
4. Same side elbow locks opponents elbow (TW - 11), then hammer fist strike to opponents temple (GB- 4,5, or 6)

## **Naihanchi Nidan Module**

Fall #3 - Front fall (from kneeling position)

First Tip:

1) Wrist grab from side (thumb down)

1. Elbow up fist punching palm
2. Same side foot step in
3. Opposite side hand clasp opponent's hand ([LI-3](#)) while same side arm digs bone into bend of wrist ([H-6](#).)

Second Tip:

2) Side of arm grab

1. Both fists pulling into chest
2. Opposite side hand grab opponent's hand side ([LI-3](#)) and trap it to your side of arm
3. Same side harm hook over opponent's hand creating pressure on opponent's wrist ([SI-5](#))

## **Naihanchi Sandan Module**

Fall #4 - Back fall (from squatting)

First Tip:

1) Overhead strike "X" block

1. Knife hand strike, side punch, foot sweep, back fist
2. Same side foot step forward and outside opponent while opposite side hand deflect attack with two bone block, while same side hand support underneath with an "X" block to maintain control of opponent's arm
3. Opposite side hand grab opponent's wrist ([LI-5](#);[LU-8](#)) and pull to your hip same side arm strike and roll one inch above elbow ([TW-11](#)), then
4. Same side hand punch to back of head ([GB-20](#)), then
5. Opposite side kick to knee ([LI-9](#))

Second Tip:

2) Overhead strike

1. knife hand strike
2. Same side foot step forward and outside opponent while same side hand brush, opposite side hand block and deflect attack then,
3. Opposite side hand strike to side of neck ([LI-18](#)) or temple ([GB- 4,5, or 6](#))

## **Tomari Seisan Module**

Fall #5 - Side fall (from squatting)

First Tip:

1) Punch

1. "C" step with one palm lifting up and other palm pushing down
2. Same side hand brush away a punch striking the top of the opponent's wrist down and away and holding it with finger tips ([LI-5](#); [LU-9](#)), then
3. Opposite side hand strikes opponent under elbow up and towards yourself ([HT-3](#))
4. Opposite side foot kick inside and above opponent's knee ([LI-9](#)) and land 45 degrees forward and outside
5. As the opponent's elbow and shoulder release, same side hand rolls inside and strikes inside elbow ([HT-3](#)) while pulling opponent towards you in an arm lock. Drive opponent down to ground.

Second Tip:

2) Wrestler's take down

1. Foot sweep to palm, reverse knife hand and punch
2. Left reverse knife hand to back of attacker's head ([GB-20](#))
3. Opposite side foot kick inside and above opponent's knee ([SP-10](#))
4. Opposite side fist punch back of attacker's neck ([BL-10](#))

## **Pinan Shodan Module**

Fall #5 - Side fall (from squatting)

First Tip:

1) Rear hand punch

1. Front stance with punch
2. Same side foot step to side,
3. Same side hand brush, opposite hand deflect and then slide to grab opponent's wrist ([LU-9](#)) pulling it to your hip,
4. Same side punch to ribs under opponent's arm ([LI-14](#))

Second Tip:

2) Opposite side of arm grab

1. Front stance with high punch
2. Opposite side hand stick to opponent's arm to grab and pull wrist ([LI-5](#); [LU-9](#))
3. Same side foot steps forward and
4. Same side hand palm strike to back of head ([GB-20](#)) while opposite side hand continues to pull opponent's wrist to your hip.

## **Pinan Nidan Module**

Fall #6 - Front fall (from squatting)

First Tip:

1) Opposite side wrist grab

1. Front stance scooping motion and outside strike
2. Same side foot step forward and outside opponent's foot, opposite side hand scoops up, same side hand strikes opponent's wrist ([SI-6](#)). This will cause opponent's grip to release. Then,
3. Opposite side hand strike to opponent's same side of face or pupil bone hole ([GB-1](#)).

Second Tip:

2) Opposite side wrist grab

1. Pulling hand to hip then front kick
2. Snake circle to the inside grabbing opponent's wrist and pulling to hip ([LI-5](#); [LU-9](#)) while
3. Opposite side foot kick inside opponent's same side thigh ([LI-9](#))

## **Pinan Sandan Module**

First Tip:

1) Two hand push

1. Feet together double scissors strike
2. Left foot steps 45 degrees forward, left hand on top push opponent's same side arm inward while grabbing wrist ([LI-5](#) and [LU-9](#)) while
3. Right hand on bottom pushes same side arm inward then left hand jam arms together.
4. Right hand strike to opponent's temple area ([GB -4, 5, 6 or 7](#))

Second Tip:

2) Lapel grab (arm straight)

1. Horse stance with hook punch
2. Opposite side hand grab and torque wrist ([LI-5](#) and [LU-9](#)),
3. Opposite side foot kick to inside opponent's same side shin
4. Same side fist strike to back of opponent's head ([GB-20](#)).

## **Pinan Yondan Module**

First Tip:

- 1) Hook to face
  1. Cat stance with knife hand outside strike and knife hand high strike
  2. Opposite side foot steps forward, same side hand deflect arm around wrist ([LI-5](#); [LU-9](#)).
  3. Opposite side arm strike to opponent's neck ([LI-18](#))

Second Tip:

- 2) Same side of arm grab
  1. Front stance with knife hand high strike and neck chop
  2. Opposite side foot steps forward while the back of the same side hand strikes inside opponent's wrist ([PC-6](#)) and Opposite side hand knife chop to neck ([LI-18](#))

## **Pinan Godan Module**

First Tip:

- 1) Rear hand punch
  1. 1st half of ready stance
  2. Same side foot step to side, same side hand brush away a punch striking the top of the opponent's arm near elbow. Then
  3. Opposite hand punch into opponent's hip ([GB-27](#)).

Second Tip:

- 2) Opposite side wrist grab
  1. Kneeling with low "X" strike
  2. Same side foot step forward and outside opponent's foot,
  3. Same side hand latches opponent's hand ([LI-2](#) or [3](#)) while
  4. Opposite side hand (fist) rolls outside opponent's wrist ([HT-6](#) or [SI 5](#)).
  5. Opposite side foot steps sideways to take opponent down

## **Passai Module**

First Tip:

- 1) Double Chest Grab
  1. Windshield strike, inside strike, knife hand palm drop, and knife hand strike
  2. Reach across and attack opposite side arm, pulling in to chest, trapping both arms.
  3. Same side arm strike opponent's jaw (ST-6),
  4. Then drop ridge hand down onto collar bone.
  5. then switch hands, now same side knife hand is trapping opponent's hand to your chest, and chop to neck (LI-18)

Second Tip:

- 2) Punch to face
  1. Both Palm Strike with cat stance
  2. deflect with same side hand just below elbow,
  3. step to the outside 45 degrees, opposite side hand comes up over opponents arm and knife hand strike to jaw (ST-6) or temple (GB 20)

## **Kusanku Module**

First Tip:

### 1) Wrestler takedown

1. Double uppercut with knee smash
2. As Opponent does a low double leg take down step back while attacking neck and deflecting opponents arm with forearm blows, outside side hand lifts up on arm, while inside hand pushes head down. 6/12 takedown. (Variation: continue back and then knee to chin.)

Second Tip:

### 2) Double hand push to chest

1. Opening move of kata
2. Both hands attack insides of opponent's wrists, pushing out and down, smashing wrists and forearms together.
3. Step 45 degrees forward while outside hand grab opponents wrist and pull to your hip
4. Inside hand chop to opponent's neck (LI-18)

## **Niseishi Module**

First Tip:

### 1) Punch to face

1. Cat stance with reverse knife hand strike
2. Opposite side hand blocks and grab wrist.
3. Step straight back into a cat stance, pull wrist to hip, while same side hand strike with ridge hand to back of opponents head/neck (GB-20).

Second Tip:

### 2) Punch to face (Jab, Cross, Jab-cross combo)

1. Elbow up strike
2. Same side hand brush wrist down while opposite side elbow comes up and smashes opponent's knuckles.