

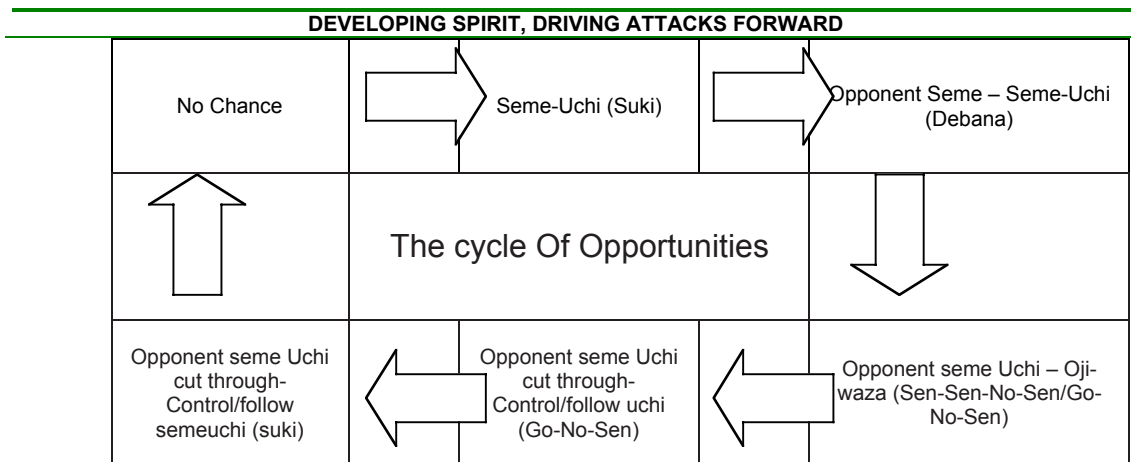
ADVANCED PRACTICE: OJI OJI NO KIHON

This is a very advanced practice but is an excellent way to develop renzoku waza and as preparation for grading at higher levels.

DEVELOPING POSTURE IMPROVING ZANSHIN		
Kakari Te	Motodachi	Kakari Te
Seme Kote	nuki men	kaeshi do
Seme Men	Suriage men	Ukekata hiki men
Seme Do	Uchiotoshi men	Debana kote
Tsuki	Suriage men	Suriage kote
Seme Kote men	Kaeshi do	Uchiotoshi hiki men

Many more are possible, just use your experience and imagination.
In this practice you must not duck to avoid the attacks of the Motodachi.
Always evade and cut with the feet and ensure that the strikes are made powerfully.
Never lose sight of the opponent.

ADVANCED PRACTICE: SEN NO KIHON



In this practice both sides build pressure and attack. The attacks continue until a valid point is scored. The two practitioners separate and then begin the process again. After this practice it is useful to ask all those present in turn how many points they scored, this can be very motivating.