

1) Oshi taoshi



Tori strikes first (right hand). Oshi taoshi, much like san kata.

2) Tentai oshi taoshi



Uke strikes first (left hand). Like oshi taoshi, but moving around behind uke instead of forward. For the lock, tori holds uke's shoulder down, moving the right arm towards uke's head (gently!)

3) Tekubi osae



Uke strikes (right hand), tori blocks. Tori makes a circular movement with the right hand, feeding the arm to his left hand in to a two-handed grip on uke's forearm. Imagine you're holding a baseball bat and you're bopping uke in the head with his own elbow.

4) Ryote dori sumi otoshi



Uke tries to pin down tori's hands. Tori makes a slight lateral move with the left hand, then begins to raise the right while coming to "live toes." Tori pins uke down and gazes lovingly into his eyes.

5) Ryote dori koho nage



From the end of #4 uke sits up again, retaining his grips on tori (tori lets him up). Uke tries to stand, and tori makes big circles with the arms, ducking to uke's right, sending uke into roll out (much like san kata).

You can download all the cheat sheets for koryu dai ichi in PDF format from the website: www.windsongdojo.com



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