



Page 1

Tibetan Transition Arts of Prof. LaGue

first class 1-5-00

STARTING KATA POSITION LOOK TO RIGHT TURN RIGHT FOOT PUSH UKES
RIGHT ELBOW IN FRONT OF THEM.

Do Art 1

Art 1

ONE LEGGED STANCE - ELBOW CUP TO SLEEVE TIP THROW

No grabs. Cup just above ukes right elbow from a right punch as you pivot to your right on the ball of your left foot as you raise up your right above your left knee to a one legged stance. You are looking the same direction as uke. Uke punches at your nose with their left pivot to your left heel first and cup ukes left elbow and throw sleeve tip throw over your hip.

Art 2

ONE LEGGED STANCE - ELBOW CUP TO ARM BAR SEOI NAGE

No grabbing. After catch cup both sides of ukes elbow your right palm is down. Push your heel through above your knee as you push ukes elbow through to your left. Your right palm is now palm up. Your left hand is on top of ukes right wrist while your right hand bars ukes arm at the elbow. Bar the arm to get uke up then throw Seoi Nage.

Art 3

ONE LEGGED STANCE - ELBOW CUP TO ARM BAR SEOI NAGE WITH RIGHT
ARM ONLY SNAKE

Do art 2 but bar ukes arm at the triceps with the thumb side of your right hand 1234 index, middle, ring, and little finger roll. You snake your right hand around the outside to the top of ukes right wrist. You are barring the arm with your right arm only now. Use bar to create kazushi and throw to flat fall or Frisbee face fall.



Art 4

ONE LEGGED STANCE TO ELBOW SMASH

Either heel first push through or stomp straight down and turn. Elbow to throat Slap first.

Art 5

FINGER ROLL KATATE TORI NI FROM OUTSIDE WRIST GRIP

Brace ukes captured hand with your free hand.

Art 6

RYOTE HAZUSHI

Same finger roll as Art 5 bring elbows out palms down then reverse palms out keep fingers extended.

Art 7

OUTSIDE GRIP ESCAPE TO SPEAR STRIKE

From outside grip. Fan (finger roll) palm up then down to the outside index first up outside and to you then spear strike.

Art 8

RYOTE TORI LOCK

Do art 7 but press the backs of ukes wrists to your chest and lock double Katate Tori Ni.

Art 9

OPEN DOOR ELBOW CATCH FROM RIGHT PUNCH
RIGHT HAND 4321 FAN PARRY FROM UNDER AND INSIDE
FROM SERVING PUNCH BLOCK DOWN 4321
TO 4321 INDEX KNUCKLE STRIKE

At the same time as the elbow catch block down on ukes right arm from punch. Your little finger 4321 from the under then inside, turn and serve attacking arm in the direction of the punch. Then block down on ukes right wrist 4321 with your right hand moving ukes right arm down. 4321 to index knuckle fist strike to zyphoid process.

Art 10

ART 9 PLUS BLOCK LEFT PUNCH ALSO

Block down on left punch like Art 9.

page 3

0class 2

02-2-00



Art 11

ONE LEGGED ELBOW CATCH PUSH THROUGH FINGER ROLL AT BEND OF ELBOW THROW WITH RIGHT HAND. Like art 1.

Page 3

2-2-00

Art 12

RIGHT HAND KATATE HAZUSHI ICHI FAN ROLL 1234
THEN 4321 ON INSIDE OF UKES RIGHT ARM
TO OGOSHI WITH HAND NEXT TO UKES LEFT EAR.

Use your right thumb to get uke started then turn hand 4321 pointing to ground with index finger pointing to the ground while checking down on ukes right arm with your left hand.

Art 13

SLIPPING THE EGG

Use Art 9 catch and fan block use right foot up above your left knee. Push heel through and try to reach behind uke like taking Ushiro Kanuiki. This spins uke do arm bar throw. Or slide back with left foot to T stance facing direction uke is looking. This puts you to rear corner of uke and you can spin uke on his right foot into armbar throw.

class 3

3-1-00

Art 14

TWO HAND GRAB FROM BEHIND.

Try Herbs escape from behind with fists closed then use fan finger roll. This will show finger roll works better. Spread your arms right high and left low. Duck under the high arm step back bring low hand behind ukes right arm pushing their right arm away.

Art 15

ESCAPE OUTSIDE LEFT WRIST GRAB USE FINGERS FAN OF RIGHT HAND TO PULL HAND DOWN THEN STRIKE.

Art 16

SLIPPING THE EGG ADVANCED 1

Slip under first armbar and do Kote Gaeshi uke Otoshi back on left knee. Or switch back to arm break throw.

Tibetan Transition Arts of Non-Possessiveness

6-7-00 page 4

class #4 Prof Herb LaGue

Non Possessive Soft Style Striking

When striking with soft fist bend only 1st and 2nd set of knuckles with the tips of your fingers lightly touching your palm. You slap the target with the back of your hand between the 1st and 2nd knuckles then your fingers slap you palm. You can also rotate hand down targeting with your first two knuckles. Discharge with the strike or it is like pulling ki in with thumb and index finger before strike.

Exercise for strike. Hold your left hand out as a target and strike it moving you left hand away with the impact. It is like you are slashing ki with the back of your hand while the closing fingers closing provide the amperage. Slapping the fingers to your palm pulls the trigger.

Knife Defense Arts

Art #1

Open Door double strike strip slash and stick

From straight stab attack. Open door to right, your left hand down right hand up. strike down on hokyu with thumb heel of your right hand as you break ukes elbow with your straight left arm. Same time strip the knife with your right hand. Heel pivot to left hook ukes right arm push it to the left slice ukes right side of their neck walk past ukes and stick knife into ukes kidney.

Art #2

High arm bar to whip and Sakanuki arm bar

Try art #1 but ukes arm is too high to do #1. Roll ukes triceps into a high armbar over your left shoulder. slide both hands to the beginning if ukes right hand palm up. Do not grab use double v or triangle capture keep extended. Arm whip to pull back Sakanuki arm bar. Like a sword cut.

Art #3

Jam the gear from pull back roll whip and bar

Uke pulls back before you can do #2. Jam the gear by placing your left arm between ukes triceps and ukes chest. Roll triceps do art #2

Art #4

Knife from behind to Kotemaki Tori

Uke holds a knife to the left side of your neck. Ukes right arm is in front of your neck and uke is behind you. Before the knife reaches your neck bring your left hand up to the left forward side of your neck catching not grabbing ukes right wrist. At the same time move up your right shoulder to block ukes right biceps. ukes right hand fans down 1234 to inside hole (bend of ukes elbow). Turn right to open hand Kotemaki Tori take down and strip.