

Balckbelt class notes - 8/1/04

Burkhard Bohm

Lajitsu - The wave

1. From katate hazushi A, right-handed:
 - a. Subtle left shift back, place foot.
 - b. followed by subtle right shift back, then forward, place rite foot.
 - c. Bring forward and up left knee, tilted to right - as if to protect groin
 - d. KHA completed with knee upward, elbow to elbow
 - e. Then turn left toes left, place foot under obi knot, throw ogoshi, etc.
 - f. May want to use a right foot stomp to complete throw
2. Rhyote hazushi:
 - a. Use same footwork
 - b. As you step back with left foot, raise up and spread elbows, then move in
 - c. A spooky feeling
3. Hints;
 - a. Do not focus on uke, Use peripheral vision
 - b. Keep eyes horizontal, posture
4. Other arts with same footwork:
 - a. Morote hazushi, yubi tori hazushi, emon tori
 - b. Try any of those to enter into ogoshi
 - c. Then same footwork, parrying a strike, into a throw.

Katate tori -

1. Open and close door:
 - a. When closing door in resistance demands intensity
 - b. Intensify with second hand help and place left foot as in last part of KHA-wave
 - c. Use a forward left step
 - d. Be non-possessive with your wrist lock, open and relaxed, easier to follow uke's motions, then lock in the wrist

The leg-split

1. KHA escape by the wave
 - a. Then do same from a parry, but step in with left hidden step

- b. Then flip uke's left leg with right leg backward, shin press down, arm bar, etc.

Practicing strikes

1. Uke strikes right hand to face
 - a. Inside parry, left hidden step, right strikes to face, neck.
 - b. Pivot and strike with left to same
 - c. Plant elbows to face
2. General training of strikes
 - a. Pull back faster than striking
 - b. Rapid finger jab sequences
 - c. LJ fist: place fingertips at chest, roll in fingers, into snap-fist, strike
 - d. Practice fine art of hitting hard with a fist traveling only a very short distance
3. Try also heel of hand to forearm
 - a. Practice from upward flagging had
 - b. Wave down heel to forearm clasping on tori
 - c. Practice heel and elbow strikes, sequences

Hip throws

1. Hints:
 - a. Always place left foot between uke's feet and behind one point
 - b. Makes for a smoother throw
2. Seoi nage from right push to chest
 - a. Capture hand with emon tori
 - b. Point elbow up with rite hand
 - c. Step in for seoi nage