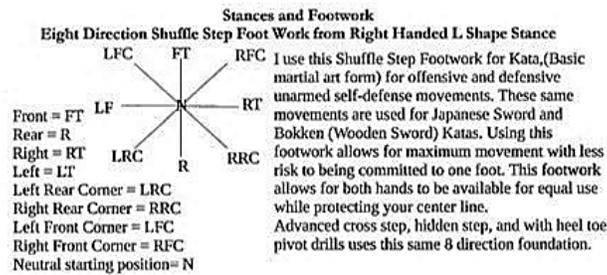


Beginning Martial Arts and Self-defense page 1

This class is only held with an adult supervision. Look at the video and the handouts, practice what you think your children can safely work on without resistance and without hurting each other. It should be fun but serious as what they are learning how to escape an attack. Here are examples ..



Create neutral space or a buffer two arm's length Distance 8 direction Footwork



Shuffle step to the left front corner (LFC) with outside mirror block to “close the gap”, then go back to defensive stance.



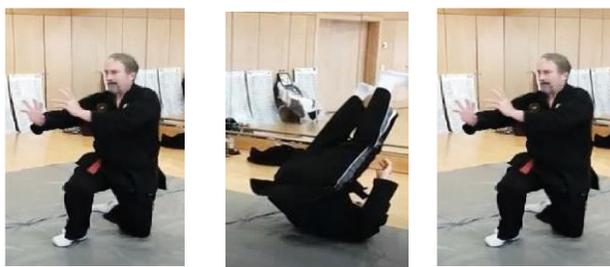
Shuffle step to the right rear corner (RRC) to maintain two arms length from the attacker, then go back to beginning position.

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As in the video Above are two examples are the most basic shuffle step movements. For the other 8 directions: (RFC) With your left foot forward to go to the right front corner cross step with your left foot to the outside of the attacker's left foot, then slide your right foot forward to face the attacker (Uke's) left side. To go to the left rear corner (LRC) with your left foot forward slide your left foot to your left a few inches then slide your right foot behind you to stay out of Uke's reach and to keep your shoulders and hip toward Uke. When moving to your right side slide (RT) your right foot (back foot) first then your left foot to face uke. When stepping to your left side (LF) your left foot (forward foot) then your right foot.

Do the Dynamic Stretches found at www.bobasan.net on the web class page before this class

Right-handed Roll Beginning Exercise



Starting in a right-handed half-kneeling stance (Hantachi No Gami), sit back on the mat close to your back leg and roll back on your shoulders, pointing your toes to the ceiling, then bend your left leg and come back to the beginning stance. Keep your shoulders facing forward with your hands in a defensive position.

Step-Step Footwork



Step-Step Footwork

This footwork is also found in Japanese weapon arts. Step forward with your left foot, pivoting on the ball of your right foot to position #2. From position #2 step with your right foot behind your left foot to position #3. From position #3 step forward to position #4. From position #4 step behind your right foot with your left foot to position #5 while pivoting on the ball of your right foot. The footwork is left, right, right, left or 1, 2, 1, 2. Keeping your hips and shoulders facing the same direction gives you unification of body movement

Side roll (beginner level)



Starting on your hands and knees drop your elbows so your forearms are on the mat. Bring your right knee to your left knee. Roll across your shoulders and hips together back to the beginning position. You may spread your knees slightly at the end for a more stable hands-and-knees ending.

Class #2

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Do class #1 again and if they are committed to continue and they work well together and with you, proceed with **class#2**

Ground Defense



If you get pushed backwards you can still stomp. If you can lower on one knee to the ground you can get up again. If you are pushed back hard, sit on your heels, and roll back with your chin tucked to your chest. Be ready to use all parts of your body to attack the attacker, keeping your feet between you and the attacker. Multiple knee and groin strikes to the attacker as you yell will help get you back to your feet as soon as possible. Hooking the attacker's heel and striking at or above the knee sideways, front or back of the knee is an effective technique.

Alligator roll



This can be used if the hands or legs are grabbed. Spin one direction then the other direction bending and kicking the attacker's knees or groin with your feet or heels when possible. The goal is to back off the attacker and to get back to your feet.

Escape from arm grabs double and two on one arm



By stomping on the attacker's foot or the ground as a distraction, yelling, and using large left or right arm swings with distraction and leverage you can escape. This can be used from arm grabs on both hands and two on one arm. Variation: with your arms apart do large separate arm circles. With double or single arm grabs escape with large clock wise or counter clock wise circles until escape.

Escape from a two-hand choke from the front page 4



For a distraction and to give you confidence stomp and yell while raising both your arms up on the outside of the attacker's arms turn either direction to escape. It is the sideways turn of your upper body. Turn back towards and move back away from the attacker. Be careful as this can bind your partners wrist during practice.

Escape from a two-hand choke from the rear



When your life is clearly threatened you may need to resort to use head butts, foot stomps and fingers or thumbs to the eyes, ripping flesh or groin and biting the attacker. If you survive you win. You may face legal consequences for using excessive force. I would do what is needed to escape not to exact revenge or payback.

Escape from a Rear Arm Choke #2



Tuck your chin, bend your knees, and push your hips back. Do not let yourself be pulled back and down. Turn to the right, bend at the waist, head down and sweep the rear of his leg if needed.