

Kwanmukan Turnovers

Turnovers have two purposes. To teach how to fall and how to throw.

Begin with Basic Turnovers. Allows practice falling. Tori takes uke to point of balance and then uke practices fall. As uke gets better, tori need not just break balance, but can execute complete throw. These are performed from the Tachi-Dori - Standing Seizures.

1. Two Hand Hold - reach under and turnover
2. Arm hold, reach behind and brace elbow and turn over
3. grab wrist, trap and twist
4. grab elbows, trap and twist
5. grab elbows reach under shoulder
6. grab elbows, reach behind and Koshi Guruma (Tsurikomi Goshi, Tsuru Goshi, O Goshi, also)
7. Seoinage

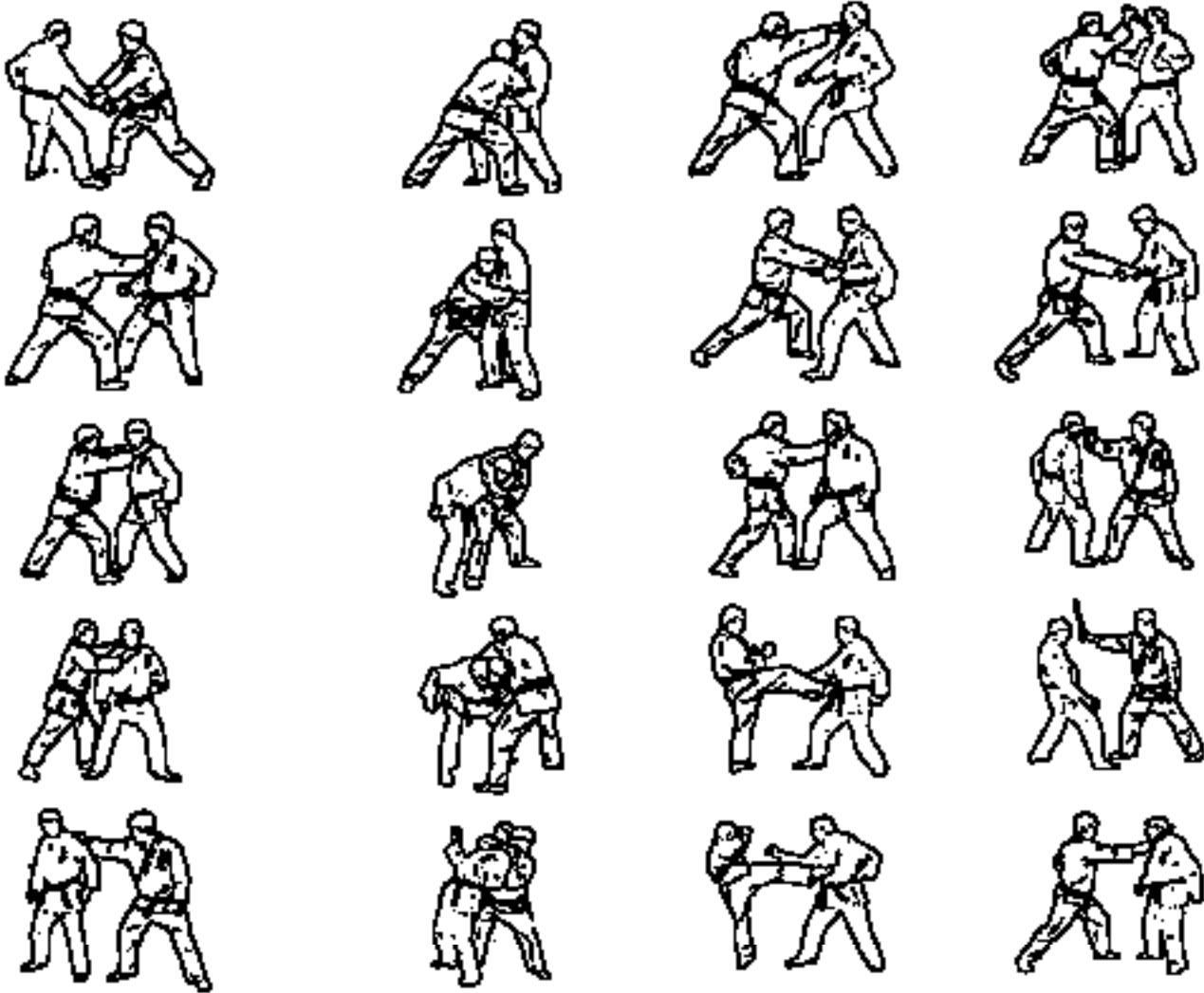
Now starts advanced sequences

8. De Ashi Barai
9. Sasae Tsuru Komi Ashi
10. Hiza Guruma
11. Cut Foot - Ashi Guruma
12. Cut Ankle - Ashi Guruma
13. Cut upper leg/hip - O Guruma
14. Uchimata
15. Wada - nage (hop drop)
16. Yoko wakari
17. Uki Waza
18. yoko otoshi
19. yoko guruma - spin around off O Goshi
20. Tomoe nage
21. Utsuri goshi
22. Tani Otoshi
23. Kata Guruma
24. Various other Seoinage
25. Soto and uchi Makikomis

Tachi - Dori: Standing Seizures

Kwanmukan JuJitsu
Attack for E-BO No KATA

Demonstrate a defense against each one of the below attacks. Defense must include an atemi, throw, and follow through either immobilizing the opponent or other stopping of his ability to continue.



<p>Series 1 -- Holdings</p> <ol style="list-style-type: none"> 1. Waki gatame 2. Seoi nage 3. O Soto gari 4. Kote gaeshi 5. Hadaka jime 	<p>Series 2 -- Embraces</p> <ol style="list-style-type: none"> 6. Kubi kansetsu 7. Koshi waza 8. Yoko guruma 9. Hiji otoshi 10. Seoi nage 	<p>Series 3 -- Strikes and Kicks</p> <ol style="list-style-type: none"> 11. Kubi kansetsu 12. Koshi-waza-juji gatame 13. Aiki seoi nage 14. Ko soto gari 15. O-uchi-gari ashi kansetsu 	<p>Series 4 -- Weapons</p> <ol style="list-style-type: none"> 16. Ude garami 17. Kote gaeshi 18. Ude hiza gatame 19. Sankyo-ikkyo 20. Seoi otoshi
---	---	--	---