



Basic 11 Waza (Yakusoku kumite)

Note: For all waza, both uke and tori begin from *fudo dachi*. Uke always steps back into *hidari zenkutsu dachi* before attacking.

- 1. Uke:** *Migi chudan tsuki*
Tori: C-step backwards into *hidari shiko dachi* with *hidari chudan uke*; then turn into *hidari zenkutsu dachi* and *migi chudan tsuki*
- 2. Uke:** *Migi chudan tsuki*
Tori: *Tai sabaki* into *hidari zenkutsu dachi* while simultaneously throwing *migi chudan tsuki*
- 3. Uke:** *Migi chudan tsuki*
Tori: *Tai sabaki* into *hidari zenkutsu dachi* and block with *migi shuto uke*; grab the *kote* and twist; *migi mawashi geri*
- 4. Uke:** *Migi chudan tsuki*
Tori: *Tai sabaki* forward into *migi neko ashi dachi* facing same direction as uke; *hidari soto shuto uke* with *migi chudan nukite*
- 5. Uke:** *Migi jodan tsuki*
Tori: C-step forward into *hidari shiko dachi* with *hidari jodan uke*; turn into *hidari zenkutsu dachi* and *migi chudan empi*
- 6. Uke:** *Migi mai geri*
Tori: *Tai sabaki* to the left into *hidari zenkutsu dachi* with *hidari soto gedan uke*; *migi gedan tsumasaki geri*
- 7. Uke:** *Migi chudan tsuki*
Tori: *Tai sabaki* to the left with double *chudan shuto uke*; grab *kote* and twist to turn the elbow upwards; move wrist to uke's rear; reverse figure four (*gyaku ude garame*); take down
- 8. Uke:** *Migi chudan tsuki*
Tori: Step in to *migi kumite dachi* with *hidari shuto uke* and *migi shuto uchi* to *kubi*; *migi hiza barai*; go down to *iai goshi dachi*; arm bar (*kansetsu waza*) to *koshi* and *migi jodan tsuki*
- 9. Uke:** *Migi chudan tsuki*
Tori: *Tai sabaki* left with double *shuto uke* and *hiza*; *hidari jodan haishu*; spin into arm bar (*kansetsu waza*)
- 10. Uke:** *Migi chudan tsuki*
Tori: C-step forward into *hidari shiko dachi* with *hidari jodan uke*; figure four (*ude garame*)
- 11. Uke:** *Migi chudan tsuki*
Tori: Step in to *migi kumite dachi* with *hidari shuto uke* and *migi shuto uchi* to *kubi*; step right leg behind with *migi jodan shotei*; hip throw (*koshi garuma*); go down to *iai goshi dachi*; arm bar (*kansetsu waza*) to *koshi* and *migi jodan tsuki*