

Shimabuku Tatsuo no Kumite

I Wrist Grabs (10)

Left hand grabs right wrist (same side grab).

- 1) Pull wrist back with a slight twist (Seisan Kata) and bring hammer fist down on attacker's hand/wrist – counter punch with same (right) hand.
- 2) Pull wrist back with a slight twist (Seisan Kata) and bring hammer fist down on attacker's hand/wrist – counter punch with other (left) hand.

Both hands grab right wrist (double wrist grab).

- 3) Reach through opponent's arms from top with your left hand and grab your right fist –bring your right fist up toward your right ear while stepping in RFF Seisan dachi - strike opponent with elbow to solar plexus (and/or chin) – follow with back fist (Seiunchin)
- 4) Reach through opponent's arms from underneath with your left hand and grab your right fist – rotate your elbow up and over opponents' arms while stepping in RFF Seiunchin dachi – drive elbow in and down bringing your right fist toward your left hip. Counter (back fist, elbow, etc.)
- 5) Reach through opponent's arms from underneath with your left hand and grab your right fist – rotate your elbow up and over opponents' arms bringing your right fist toward your left hip while stepping down into Seiunchin dachi. Counter with elbow strike.

NOTE: can use reinforced elbow strike or “rap” hand driving elbow in with speed

- 5b) Reach through opponent's arms from underneath with your left hand and grab your right fist – rotate your elbow up and over opponents' arms bringing your right fist toward your left hip while stepping back into Seiunchin dachi. Counter with elbow strike (shuffle in).

Right hand grabs right wrist (cross grab).

Opponent's thumb on top of wrist

- 6) Pull your right hand back toward your left shoulder and twist (palm facing shoulder) breaking grip against opponent's thumb. Bring left hand under to open hand kamae - follow with shuto (Chinto Kata), back fist (face) or elbow (solar plexus) (Sunsu Kata).

Opponent's hand on top of wrist

- 7) Grab your right fist with your left hand and execute reinforced back fist to opponent's face (Seiunchin kata)

NOTE: Make sure motion is straight in as if palm heel strike to face.

- 8) Grab your right fist with your left hand- step RFF Seisan and bring fist to same side (right) hip (Chinto reinforced blocking motion) – counter with right punch.

- 9) Grab your right fist with your left hand- step RFF Seisan bring fist to same side (right) hip (Chinto reinforced blocking motion) as above. Opponent maintains grip. Step LFF into Seiunchin dachi pinning attacker's wrist to your hip with your left hand and pull your right hand free. Bring your right arm down on attacker's right elbow (arm bar).

NOTE: Get real close - deep Seiunchin dachi.

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Right hand grabs left wrist (same side grab - thumb down)

10) Trap opponent's right hand with your right hand –step forward LFF Seiunchin and push your elbow down onto opponent's elbow executing an arm bar. Alternate method: use armpit for arm bar.

II Punch Attacks (10)

Mid-level punch (right)

- 1) Basic middle block / counter punch – non-preferred kihon (basic – step back / advanced – step forward).
- 2) Preferred middle block / counter punch– preferred kihon (basic – step back / advanced – step forward).
- 3) Step back left into Naihanchi dachi (evading attack), punch right - left hand covers solar plexus or step in right into Naihanchi dachi (evading attack) punch right, block left (Naihanchi kata).
- 4) Step back right evading attack, with the left fist on left hip extend your shoulder/elbow to deflect attack – counter with back fist to solar plexus (Sunsu kata).
- 5) Block up with palm of left hand and grab attacker's wrist. Pivot clockwise on left foot toward attacker and bring attacker's right elbow to your left shoulder creating an arm bar. Counter with right elbow strike to opponent's back/kidney (Sunsu kata).
- 6) Block across with left hand and grab attacker's right wrist. Pivot clockwise on left foot toward attacker and bring attacker's right elbow into your left armpit creating an arm bar (make sure to lift wrist to secure arm bar). Counter with right elbow strike to opponent's back/kidney.

Knuckle blocks against twist punch

- 7) Evade using neko ashi dachi RFF – Hit top of opponent's hand with middle knuckles (like knocking on a door) **NOTE: can use left hand to “base”.**
- 8) Evade using neko ashi dachi RFF – Hit top of opponent's hand with back fist.
NOTE: can use left hand to “base”.

Knuckle blocks against vertical punch

- 9) Evade using neko ashi dachi RFF – Hit back of opponent's hand with back fist (right back fist v. right punch)
- 10) Evade using neko ashi dachi LFF – Hit back of opponent's hand with middle knuckle strike (left hand strike v. right punch)

Note: Video series also includes the following technique versus vertical punch:

Evade using neko ashi dachi RFF - Catch underneath opponent's hand (base) - Hit opponent's thumb with hammer fist (Seiunchin)

Note: the last two techniques are also used v. kicks (Seiunchin kata).

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III Kick Attacks (6)

Mid-level kick right leg

- 1) Basic low block – counter kick to groin.
- 2) Double knuckle block (Chinto Kata).

Low-level kick right leg

- 3) Move to left forward position, left hand low palm heel block - right counter kick to groin.
- 4) Lift knee and leg block, positioning foot for counter kick. Counter to groin with blocking leg (Wansu Kata)

Mid-level kick right leg

- 5) Evade slightly to the right. Open left hand block and “scoop” kicking leg (don’t lower body to scoop). Right hand covers mid-section. Counter by grabbing the attacker’s throat with your right hand and knee strike to groin with right knee. Follow by placing your right foot behind the attacker’s supporting leg and take attacker to the ground. Your right knee will naturally land on the attacker’s groin as you follow him to the ground. Control the attacker’s right leg against your left shoulder and punch attacker in the solar plexus with your right hand. Make sure to continue driving trapped leg forward so opponent can’t use it.
- 6) Evade kick stepping back right to LFF neko ashi dachi. Use a left palm heel lifting block to catch the attacker’s right ankle controlling the leg. Counter by kicking the attacker in the groin with your right leg (Seisan kata).

IV Using Attacker’s Arm Against Him (5)

Grab attacker’s wrist with both hands

If attacker punches pull arm into path of strike to block it

- 1) Pull arm up against high punch
- 2) Pull arm down & over low punch

If he kicks pull arm down and across to upset balance & force kicking foot to ground

- 3) Pull down and out if opposite side kick (from arm being held)
- 4) Pull straight down if same side leg

If he tries spinning technique

- 5) Lift arm up holding the wrist down with your right hand and pushing up on the lower forearm with your left hand (use edge). Can also turn and bring opponent’s arm onto your shoulder into an arm bar.

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V Lapel Grabs (2)

Right hand grab left lapel

1) Grab attacker's wrist with both hands (left hand grabs meat of the thumb and right hand grabs wrist) and pin against your body. Pivot into cross stance (left leg forward) and execute wrist lock. Counter with kick to the groin. Follow through with right leg stepping behind attacker's leg taking him to the ground. Finish with right cross kick to the throat. Use left knee to support attacker's right elbow after he hits the ground

Right hand grab right lapel

2) Attacker pushes forward after grabbing right lapel. Reach over with right hand and grab attacker's right hand. Step back with right leg into (deep) Seisan dachi while twisting attacker's wrist. Apply pressure to the wrist ensuring the lock. Counter by kicking with right leg.

VI Chokes (3)

Cross arm choke (Sunsu kata)

- 1) Reach up & through and grab opponent's arms, pulling down to trap attacker's arms against your chest and easing choke. Counter with a toe rip kick (or thrust kick).
- 2) Reach up & through and grab opponent's arms, pulling down to trap attacker's arms against your chest and easing choke. Counter with a toe rip kick (or thrust kick). As you counter with toe ripping kick the attacker sweeps you to the ground. As you fall onto your back, maintain control of the attacker's forearms and repeatedly kick attacker from the ground.

Choke from behind with attacker's forearm to throat

- 3) Reach behind and shuto to the groin (alternate is to grab groin).

VII Full Nelson (4)

Loosen up first by bringing arms down v. partner's full nelson

- 1) Flex arms down while pushing chest out and head back to relieve the pressure on the neck. Counter with shuto to the groin (be efficient and do not wind up).
- 2) Flex arms down while pushing chest out and head back to relieve the pressure on the neck. Bend down grabbing the attacker's ankle with both hands. Pull up on the attacker's foot. Control the leg by pulling up on the ankle and sitting down on the knee. Counter with back heel kick to the groin (this kick slides down the attacker's inner thigh to the target).
- 3) Flex arms down while pushing chest out and head back to relieve the pressure on the neck. With your right leg step left behind the attacker's leg into Seiunchin dachi. Reach down and grab closest ankle and lift. Counter with a shuto to the groin while attacker is falling.

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- 4) Raise arms to the sky and at the same time kick both legs out dropping to ground on your back. Counter with multiple kicks from the ground.

VIII Chest/Bear hug (3)

Bear hug from behind, arms not trapped

- 1) Catch and grab opponents thumb (or a finger). Hit (push) your grabbing hand with your other hand to break his thumb.
- 2) Rap the top of attacker's hands with your front knuckles, elbow to opponents head (Swing right & left)

Bear hug from behind, arms trapped

- 3) Throw hip into opponent-chop to groin (alt. kick to groin with heel)

AJA Alternative: Throw hip into opponent, catch groin and throw opponent around & down, counter with kick or punch

IX Headlocks (4)

NOTE: Try to escape from headlock before it is firmly established – push opponents arm/back forward and step back

Headlock from side

- 1) Strike attacker's groin from behind with right ridge hand then grab. Right leg steps in front of attacker's left leg. Grab the back of the attacker's neck (or gi) with your left hand. Roll and throw the attacker forward to the ground. Follow up with punch.

Alternate: Same as above but grab behind head instead of lapel (good if no lapel to grab).

- 2) Ipponken into ribs (close side).
- 3) Grab opponent's closest leg and push thumbs into back of knee-make sure to push in and down (try for pressure point in back of knee – start high & push down & in).
- 4) Raise your shoulders and throw your legs forward while pushing against opponents arm and back, freeing head-counter from ground with hands and feet (punch to groin, kick to face, etc.)

X Devil's Handshake (2)

Single

- 1) Grab your fist on your trapped arm and pull it toward you to relieve the pressure of the arm bar. Execute a blade kick to opponent's closest knee while pulling. Throw opponent in front of you, counter.

Double

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2) Pull back to put tension on the attackers' grip. Then step forward and flip over backwards to loosen hold. Side blade kick to knee one attacker then the other.

XI On Ground – Attacker on Top - Defender on Back (3)

1) Attacker on top applying either a single or double hand choke

Inside chop on bend in arm with left hand shuto. Right hand grabs the attacker's throat with the fingertips. Pull in right foot and use to roll onto your left side to extend your reach. Roll attacker and your right knee follows to the attacker's groin. Continue to choke for pain compliance. Keep opponent's arm pinned. (This works if the attack is a single hand choke, double hand choke or cross arm choke).

2) Attacker on top, knees pinning your arms

Bend your knees and put your feet flat on the ground. Place your hands under your attacker's legs. Arch your back as you push up with your arms throwing your attacker over your head. As attacker loses balance roll then counter with groin strike or groin grab.

3) Attacker on top with weight low trying to smother (smother hold)

Dig knuckles on both sides into attacker's ribs, roll & counter.

XII Knife Defense (6)

Right hand straight stab to abdomen

1) Evade to the left and grab the attacker's hand with both hands. Twist counter-clockwise to apply a wrist lock. Counter with front kick to the groin then follow through by stepping your right leg behind the attacker's right leg. Take the attacker down to the ground while continuing to control the knife hand with the wrist lock. Follow by placing the attacker's right elbow on your left knee to form an arm bar. Finish with a cross kick to the throat.

2) Evade to the rear while grabbing attacker's right wrist with both hands and pulling him forward and straight down while dropping to your right knee. Control the attacker's arm to the ground, pivot on knees and place your left knee on the attacker's attacking arm. Disarm and counter with stab.

3) Step to left front (Kusanku) and parry to the outside of the attacker's right arm with your left palm heel. Reach over with right hand and downward chop block (propeller). Counter with a right leg squat kick to the solar-plexus (or groin).

Right hand overhand stab (icepick)

4) Pivot into LFF cross stance and use shuto high block and grab knife arm and right hand shuto to throat (Sunsu Kata). Counter with front kick to groin and step behind attacker's right leg with your kicking leg. Take attacker down (o soto geri) and control his knife arm by placing his right elbow on left your knee in an arm bar. Finish with a cross kick to the throat.

Double straight stab to the abdomen

5) Double shuto block to the inside of the attacker's arms. Counter with front kick to the groin

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6) Step to left front (Kusanku) and parry to the outside of the attacker's right arm with your left palm heel. Reach over with right hand and downward chop block (propeller). Counter with a right leg squat kick to the solar-plexus (or groin). Same as #3.