

TURTLE CLASSES

CLASS 1;

Introduction to empty hand:

Stances (dachi)

- musubi - attention
- hachiji - preparation
- zenkutsu - front
- kiba - horse

Punch (seiken)

- front
- lunge
- reverse

Blocks (uke)

- rising
- down
- middle
- inside to out

One steps

- kiba dachi - middle blk. - double punch
- Zenkutsu dachi (step back) down block and punch.
- REpeat but with rising blocks.
- Repeat - with middle blocks.
- Repeat - with inside to out blocks.
- Zenkutsu dachi stepping back with various blocks.
- Zenkutsu dachi stepping forward with various punches.

Left zenkutsu dachi with a left down blk. - rt. shuto -
left elbow smash into rt. hand.

TURTLE CLASSES

CLASS 2

Empty hand continued:

Stances (dachi)

kokutsu - back
sanchin hourglass
neko - cat

Funch (seiken)

round
hook

Strikes (waza)

elbow
backhand
knifehand (shuto)

Blocks (uke)

shuto (knifehand)
X up and down

Kicks (geri)

front
crescant
heel
round

One steps

Zenkutsu dachi stepping back into an up X block - trap
and pull into shuto.

Kiba dachi diagonally - shuto and grab - pull into
an arm break.

Class 3

Individual review of empty hands and introduction to weapons.

TURTLE CLASSES

CLASS 3

Nunchaku

small figure 8 - wrist
large figure 8 - elbow & shoulder
outside twirl and under arm stop
reverse twirl & over arm stop
under arm trap
yawara (club and striking) use
two handed blocks
traps (if time)

Sai

twirl with kime (focus)
strikes
blocks
middle block & twirl/strike
block/slide off & strike - sai extended
use of prongs (if time)

Jo & Bo

strikes & jabs
blocks
Neko dachi (cat stance)
middle & upper level stance
rear angle stance (hidden staff)
block right - circle block left & front strike
sword throw - staff inside the hands, step left and throw (jo)
twirl (for use on the skateboard)

Individual classes including a review of the empty hands techniques.