

KATATORI IKKYO OMOTE



- (1) Nage is standing in left hamni. Uke steps into right hamni and grabs Nage by the left shoulder



- (2) Change hamni by stepping out with your left foot cutting outward to the left and bringing your right foot over and in toward uke delivering a strike to uke's face with your right hand.



- (3) Reach over and cuts uke's arm down slightly at the elbow to break his balance, gliding back diagonally to the rear and sinking your body weight. Reach up and grab the back of uke's right hand with your right hand.

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(4)

Raise uke's hand by raising your right hand and slide your left hand up to grab uke's elbow. Continue this upward motion and push uke's arm into his head to lead him off balance as you glide step forward in right hamni. Remember to keep your knees bent and body weight low as you raise your arms.



(5)

Twist your hips to the right sharply and step out with the right foot to cut uke down. Bring the back foot over as you are shifting your hamni off line to the side. Uke's arm should end up parallel to the ground and slightly below your hip level. You should also have a firm grasp of uke's elbow and hand.



(6)

Step into uke with your left leg at a 45 degree angle to push uke off balance (the direction is in to uke's arm pit and through uke's center), then step away with your right leg at an angle to lead uke to the mat (direction: 45 degree angle away from uke's center/armpit).

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(7)

Step out with your right foot at an angle away from uke to lead him to the mat. Kneel down and pin him squarely with both hands (one still grasping uke's hand and the other right behind his elbow). You should have one knee in uke's armpit and one at his wrist.

Technical Tips:

Be sure to keep uke's elbow in line with your center as you move through the technique. As a visual image, his elbow should line up with the knot in your belt. As you step off the line and deliver the strike, be sure you are also facing uke. This will continue into the grabbing of the hand to proceed into the technique. Once you cut uke down into the Ikkyo; if his opposite hand does not go down to the mat, you do not have his balance sufficiently broken. This will make continuing the technique harder for you to complete. Turning your hips fully away from uke will help move him off balance. For additional support during the pin, you can put pressure on the back of uke's hand and push his hand towards his body. Be sure to sit back on your heels, pick your head up remaining alert as you pin. Also, pin uke from your hips and not from your shoulders as you apply downward pressure on the arm.