

SHOMENUCHI IKKYO OMOTE (NAGE INITIATES)



- (1) Uke and Nage start in right hanmi.






- (2) Glide step forward at an angle and extend your lead arm out blending with uke's lead arm extending your energy forward into uke's face. The back hand reaches up and grabs uke's elbow of the lead arm.



- (3) Twist your hips strongly to the right keeping your left arm in line with your center and cut uke's arm down with your right hand.

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	(4)	<p>Toward the end of the cut grab uke's wrist and elbow securely. Arms should be extended out and parallel to your hips. Uke's wrist will be slightly higher than his elbow.</p> <p>Note: continue to twist your hips away from uke and lead his arm out until his opposite hand is place on the ground. At this time you have sufficiently taken his balance.</p>
	(5)	<p>Using the power of your hips, step strongly at an angle toward uke pushing him off balance. Keep the extension of uke's arm away from your body.</p>
	(6)	<p>Bring your back foot up so that it is parallel to your front foot. Push uke's arm straight down and pin him squarely with both hands. You should have one knee in uke's armpit and one at his wrist.</p>

Technical Tips:

Uke's arm should be parallel and extended away from your hips. If you allow uke's arm to come into your body you will be supporting him. Also as you pin keep both hands on uke's arm. If you pick your hands up or try to readjust your grip, uke could escape.