

SANKAWA TRAINING SPRING/SUMMER 2024

18H00 KIHON

Taiso

Footwork (Hikitsuke)

- 1 step in, long lunge right, left knee up
- 1 step in, long lunge right, left knee forward, follow through
- half step in, long lunge right, left knee forward, follow through

Footwork (Tobikomi)

- 1 step in, swing arms back, big jump (up) and sprint
- 1 step in, swing arms back, big jump (forward) and sprint
- 1 step in, swing arms and right leg back, big jump left leg (up) and sprint
- 1 step in, swing arms and right leg back, big jump left leg (forward) and sprint

Footwork (Hiki)

- 1 step back, big jump up and backwards run
- 1 step back, right foot stamp jump up and backwards run

Footwork (Oikomi)

- Fast feet running
- Fast jumps
- Left leg fast jumps right foot touch
- Left leg fast jumps right foot stamp

Seiza & Mentsuke

Kirikaeshi

- slow no block /w suriashi
- normal with block
- one breath with block
- jumping with block 30 times

Kihon (Two sets, big strike and small strike)

1. Men 4 times (Motodachi in center, Wall-to-wall)
2. Men 4 times
3. Kote 4 times
4. Kote-Men 4 times
5. Dou 4 times
6. Men, tsubazeriai, Hiki-Men 4 times
7. Free Shikake-Waza if there is spare time
 - a. Harai-men
 - b. Kote-men-dou
 - c. Kote-Men, tsubazeriai, Hiki-Dou
 - d. Tsuki
 - e. Motodachi block - Dou, Kote, Gyaku-dou
 - f. Men, Men-ato, Men-ato-hiki-Men, Men-Zanshin

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19H00 KEIKO

Oikomi-geiko

- MEN
- KOTE | MEN
- KOTE | MEN | DOU | MEN
- KIRIKAESHI

Ji-geiko/Uchikomi-geiko/Kakari-geiko

- MEN | KOTE | DOU | KOTE-MEN | MEN (Beginner)
- MEN | KOTE-MEN | MEN-HIKI-MEN | MEN-HIKI-DO | MEN
- MEN | KOTE-MEN | MEN-HIKI-MEN X3 | MEN
- MEN | KOTE-MEN-HIKI-DOU X2 | MEN
- Free Kakari-geiko

19H30 SHIAI / SHINSA

Oji-Waza / Laundry

- Men, Debana-Men, Debana-Kote, Kaeshi-Dou
- Kote, Ai-Kote-Men, Nuki-Men, Kaeshi-Men

Competition specific training

Grading specific training

Kata practice

20H00 END