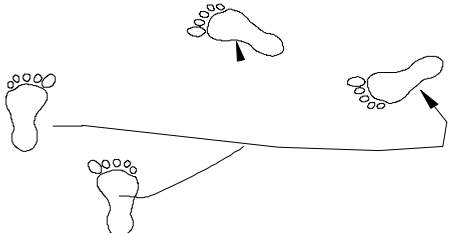
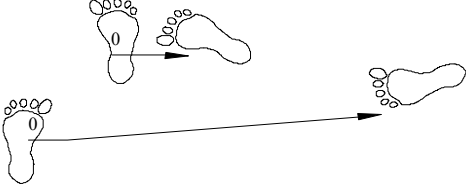
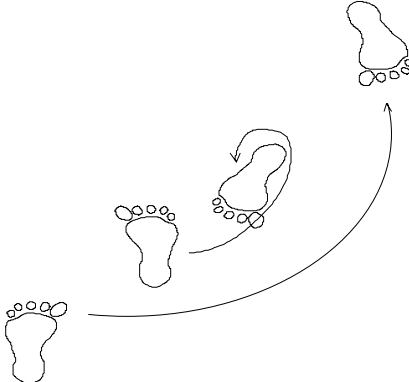
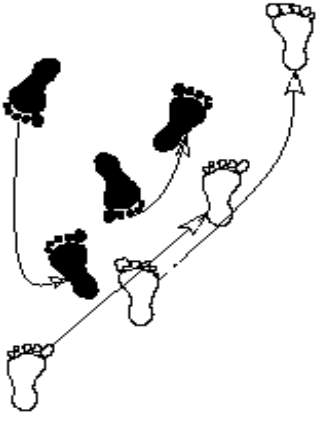



Basic Tai sabaki motions

Tai Sabaki	Footwork		Notes
	Start position	End position	
#1			<p>Grabbed hand does a 'Kokyu dosa' motion, free hand Men Tsuki then cut along grabbing hand                      N.B. End position can be from 90° up to 180° from original direction.</p>
#2			<p>Grabbed hand starts palm up then circles past Hara then fwd and to side ending with palm down. Free hand slides along attacking arm.                      * Alternative basic way, first step back foot to front, as you men tsuki, then sidestep.</p>
#3			<p>Similar to 'Tenkan' exercise, but hand position should end in front, and just above forehead such that one feels like they are holding a ball in front of them. Closest elbow UNDER Ukes elbow so Uke's off balance.</p>
#4			<p>A Tenshi nage movement. Uke must pivot body 180° (Uke's back leg is off the ground)                      Nage's feet are shown in black for clarity.</p>
#5			<p>Katate Tori Irimi Nage with no Tenkan, only hip pivot.                      Nage's feet are shown in black for clarity</p>