

## Step 6 Let's try by WAZA Ver-1

After having finished Step 5, you have surely mastered the basics of AIKI JUTSU. So, now let's try to apply what you mastered to an actual WAZA now.

### AI-7 KOTE HIKI NAGE KOTE FUDO

A grasps D's left KESA

B immediately makes KASUMI KAKE to A's face/eyes and D covers his face by his left hand after being hit by D's KASUMI KAKE

B takes over D's left hand by GYAKUTE grip

B pulls down A's left hand without putting power onto his right grip.

A falls down by this motion

D controls A by KOTE FUDO



This is the only one technique (WAZA) in original GYAKUTEDO which requires AIKI JUTSU and because of the existence of this technique I could have a base to master AIKI JUTSU. At first not knowing about AIKI JUTSU at all, I did not recognize that I use AIKI JUTSU to perform this technique. Later on when I started trying to learn AIKI JUTSU, I finally noticed that I have been using AIKI JUTSU to this technique.

The important and difficult point of this technique is how one can pull down hand/arm without putting power onto his grip. One can ask the third person's help or use his own free arm/hand, exactly same as you trained before.

Here, please try to use your own free arm as shown in the below photos.



You can also make use of your TAI SABAKI, body movement, by pulling your right foot backwards which makes your body right open. This motion helps you to pull down your right arm without putting power on your grip. In normal situation, you have to make this right open stance in any way to make free space to throw attacker. But in this case making right open stance is done in earlier timing before you start pulling down your right grip..



Another important point is grip. You have to grasp attackers hand softly. Place your top of thumb on the root of between middle and 4<sup>th</sup> fingers. It is nearly same grip as KOTE KAESHI NAGE but the point should be a little bit closer to the middle. In case you put top of thumb just under 4<sup>th</sup> finger or even put outwards like AIKIDO people do, you can not pull down attacker but just bent his hand.



Grip of KOTE HIKI



Grip of KOTE KAESHI