

TSU SHIN GEN INTERNATIONAL



INSTRUCTORS MANUAL TEACHING BASICS

Required training equipment.

Bag Gloves or similar, Shin Protection, Groin Protection. Breast protection is recommended for women.

Most clubs have training 2 times a week. So, for best effect new techniques or combinations should be taught during the first training session of the week and repeated during the second.

The reason for this is that there is usually less time between the first and second lesson of the week than between the second lesson and the first lesson of the next week, so the new information should still be fresh in their memories.

The students should also be encouraged to practice the new techniques or combinations at home.

TEACHING BASIC TECHNIQUES, KIHON

10th Kyu.

Kumite Dachi

This is the fighting stance. Weight distribution is 50 - 50, and the stance should not be too short or too long. Both hands are held at jaw height with the hands rotated slightly outwards and the elbows resting lightly against the body.

Jodan Oi Tsuki

The technique is a punch performed in the fighting stance, Kumite Dachi with the front hand. The target is the jaw or face of the opponent.

First demonstrate the technique slowly, pointing out the important details. The thrust of the hip, the rotation of the fist, the position of the other hand, the pullback to the guard position with the hands held at jaw height and returning the hip to the Kumite Dachi position.

Have the student practice slowly, reminding them of the important details. Then gradually increase the speed.

Then practice the technique extending and retracting the fighting stance.

Gyaku Tsuki

The technique is a punch performed in the fighting stance, Kumite Dachi, with the rear hand.

The same process as above should be followed for Gayku Tsuki. The technique is taught and practised from Kumite Dachi with the hands held at jaw height, the punch is performed with the rear hand.

The target for Gyaku Tsuki is either the opponent's head, Jodan or the opponent's Solar Plexus, Chudan. Emphasise the importance of the use of the hip rotation.

It is important not to rush through the process and remind the students about the details. This process should be repeated for the first two or three lessons.

When the students are performing the techniques correctly a target should be added using either a partner's hands or Striking Pads. The partners hands and the Striking Pads must be held close to the centre line of their body. At this stage power is not important it is the correct performance of the technique that is important.

The next step is to have the person holding the target to move around and only when they stop moving should the students attack.

The next step is to start increasing the power.

Shotei Uke is the defence for the above punches using the open hand. The next step is for the students to start blocking the punches with Shotei Uke, starting with soft punches.

The whole process should take about five lessons.

Jodan Hiji Uchi

The next strike that should be taught is the elbow strike, Jodan Hiji Uchi. This is a close-range technique and requires a lot of body rotation. It is easier to demonstrate and teach it on a target following the teaching process described above.

Kote Uke is the block for Jodan Hiji Uchi. Kote is the forearm. Hiji Uchi is a close-range attack therefore it has to be a short distance block. An important thing to remember is that Hiji Uke can be a very powerful strike and can cause damage to the blocking forearm so it is important that the students use control.

Follow the same process as above.

Hiza Geri

The first kick is Mae Hiza Geri, a kick with the knee to the centre line of the opponent's body and is taught in Fudo Dachi. The kick is combined with the **Neck Clinch** in which the hands are placed one on top of the other in a position that would be behind the partners neck with the elbows close together. As the knee is raised and the hip is pushed forward, the elbows are pulled back.

The hand movement can be taught almost immediately. The kick can be practised using alternative legs. Left-right, left-right etc.

The kick can then be practiced in **Kumite Dachi** using the rear leg.

Then on Striking Pads.

Gedan Hiji Uke is the block using the elbow as defence against Mae Hiza Geri and the other hand is held at head height as protection. The hand of the blocking arm is returned the jaw height directly after the block is performed.

Mae Geri

The kick is taught in Fudo Dachi. The Mae Hiza Geri is the first part of the kick keeping the foot held back and then the lower leg is extended and the ball of the foot, Chusoku, makes contact. The hands are held at jaw height. The kick is usually performed at Chudan height but can also be performed at Jodan height.

The kick is then practised in Kumite Dachi using the front or back leg in the air or on Striking Pads or with control and light contact on a training partner, Uke's, body.

Gedan Barai is the block using the forearm that is used to protect against Mae Geri Chudan. Inward block using the forearm, Soto Kote Uke, is the block that is used to protect against Jodan Mae Geri.

Gedan Mawashi Geri

The target of this kick is the outside of the opponent's thigh. It is performed in a circular motion using the Shin. The kick can be taught and practised in Fudo Dachi using alternate legs but when doing so it is important to only teach and have the students practise at a medium pace without power. Kicking at speed and power and then pulling back the leg at speed puts a lot of pressure on the lower back and can lead to injury.

The kick can then be practice on the outside of the training partner's thigh using light contact and control.

The kick should then be practised on Striking Pads with power. The Striking Pads absorb the energy of the kick thereby reducing the stress on the student's lower back during the retraction of the leg.

Sune Uke is the block using the shin that is used as defence. It is important to remember to flex the foot of the blocking leg upwards. This tenses the muscle on the outside of the shin and protects against bone against bone impact.

Uchi Momo Geri

This is basically the same kick as Gedan Mawashi Geri but the target is the inside of the opponent's thigh and the same teaching process should be used.

The block can be Sune Uke or the leg being attacked can move in the same direction as the kick thereby reducing the impact of the kick.

Basic Leg Hook.

This is the first Takedown taught. One arm is wrapped around the opponent's neck and the other hand grabs the opponent's arm and the opponent's weight is moved onto the leg that is going to be hooked away. Your left leg will hook your opponent's left leg away or your right leg will hook your opponent's right leg away.

During training it is important to have control over the opponent so that they do not hit the floor with too much impact. The opponent should hold their chin on their chest to protect the back of their head and they should use their free arm to reduce the impact of them hitting the floor.

Knee Mount is usually combined with the Leg Hook. The knee is placed close to the centre of the opponent's body and students can keep the grip on the opponent's arm for added control. The student weight is on the knee pinning the opponent to the floor and they should keep their body upright. A punch with control and no contact can be added to the opponent's head.

Kerikomi Kicks are kicks performed from Kumite Dachi with the front leg in combination with a fast step forward, thereby reducing the distance to the opponent.

Skip Kicks are also performed with the front leg from Kumite Dachi but instead of a step forward the front leg and the rear leg quickly change positions. The hips are kept more or less in the same position though.

Fighting Combinations are very important and should be introduced about half way through the 10th Kyu preparation period. All the techniques in the Fighting Combinations have already been taught.

Each combination starts with blocking the opponent's attack followed by a counter attack. The combinations can also be taught as attacks by deleting the opponent's attack.

The purpose of the TSG Systems is to teach the students to be able to defend themselves and their families in the event of a physical attack. Therefore the Fighting Combinations are the most important part of the training.

Sparring should be introduced quite early on and can be introduced gradually. Some students are very nervous about Sparring. One way to reduce this fear is to

give assignments. The Instructor gives the students assignments. One person attacks for example with a punch the other student blocks and counters with a suitable technique. The Instructors should vary the techniques, slowly building up to Sparring.

It is very important that the students use control in order to avoid injury!