

Notes of Pierce sensei seminar: "Ki: Not Using Strength" 09/12/2010 Philadelphia

1. Unbendable Arm:
 - If you use strength, then he has something to work on.
 - Go beyond him.
 - Think of your finger tips.

2. Katatetori (one hand grab):
 - Don't fight.
 - Relax and point your finger to the direction you want to lead, he will move with you.
 - Think of him as your jacket, just move yourself, don't worry about your jacket.
 - Use your leading finger to touch your another hand.
 - Relax, your arm/hand/finger can move up/down/left/right freely.

3. Katatetori Nikyo:
 - Your body down first, then do the rest
 - Stretch HIS arm.
 - Don't use too much force
 - The secret is that your little finger should cut his wrist
 - Move circle around his arm
 - Move with your fingers
 - Your fingers flow like water around his wrist down to the floor
 - If his arm is almost straight, cut your hand/finger horizontally to outside to make his arm bend like "Z"

4. Your wrist should always be straight
 - Like shaking hands, wrist is always straight
 - Straight always, even doing Nikyo
 - Your little finger, not your index finger, should be the working finger to have powerful grip

5. Katatetori Sankyo:
 - Point your index finger to make your Sankyo hold strong. He can't get out of your grip, since your arm is weight underside.
 - Sankyo lift should be along and close to his body sideline and straight up.
 - After you get the Sankyo grip and lift him straight up on his toes, cut straight down like cutting a sword, bend your knees at the same time.
 - Grab with thumb and little finger and with ring finger assist. Your index and middle fingers point, do not grab, thus we have weight underside.
 - The rhythm of the whole technique is: Down-Up-Down-Up-Down

6. How to initiate the movement (e.g. your left hand is grabbed)

- Move one step to your left, your left hand should move with your body, then he is stretched and led to move
7. Hold lightly (sword or his arm)
 - Like holding a sword, if you hold with your muscle, the hold is weak. He can take the sword away easily. If you hold in a relaxed way, it's strong, he can't take it away. The same to hold people, soft and relaxed hold is more powerful.
 8. Ushiro Ryotetori (two hands grab two wrists from behind)
 - Relax, lift your hands with your finger tips
 - Raise the one arm above your head, let your fingers droop, keep the other hand down, step and turn to/around your down arm, see who is holding, stretch your arms like Travolta or a yawn, and woopsie-daisy, down he goes!
 9. Ushiro Kubi-Shime (One hand grab wrist, one hand hold throat from behind, commonly known as "The Mugger's Grab" and is the most common street attack on women.)
 - Tuck your chin to touch his arm, so you don't get strangled
 - Lift your grabbed hand with your finger tips above your head
 - Touch his forearm that's holding your throat with your free arm
 - Let up hand fingers droop, as you turn, lift his elbow gently, like #8, down he goes
 - Walk to behind him
 10. Tenchi-nage (Heaven earth throw)
 - Relax,
 - Drop your One point and point your forearm straight up to heaven, this will redirect his power from horizontal to straight up so he loses his balance.
 - Heaven hand to the top then finger tips start to fall down to his back
 11. Kokyu-dosa (Kokyu-ho)
 - Point behind him
 - Make your arms pass him
 - Be ready as you sit down. When you give him your arms, you are already past him. Move everything together and move to his weak side, whichever that may be.
 12. Summary:
 - Relax, never use muscles
 - Use shoulder to move your arm
 - Finally, make sure you experience this yourself and don't rely on reading or watching videos.
 13. Some of the exercise and techniques we've learnt can be found in this film that was taken in 1960's. At 0:29 is the #9 technique. <http://www.youtube.com/watch?v=Rnl-LHY-syQ&feature=related>