

I. JOLTS vs. LOCKS OR BREAKS

If you must arrest an opponent or if you wish to “hostage” him, a pain-compliance lock is preferable. To take him out of the fight completely, a joint break (a severely damaging jolt meant to sprain, dislocate or actually break a joint) is preferable, but this is applicable ONLY if the opponent is disabled enough.

HOWEVER, when time is short because escape is impending or because there are several opponents, a quick jolt, although not disabling or controlling, may be preferred.

| II. GENERIC TYPES OF JOINT JOLTS & APPLICABLE PRINCIPLES | EXAMPLES FROM BASIC MOVEMENTS |
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| A. Scissors (in & out): swinging in opposite directions at a limb can produce or set up a jolt even if a scissors attack is not planned or a joint target is not apparent | Prep & execution of down, up, inside blocks |
| B. Trap & Tap: use some part of your body or his body as a base and then tap the relevant joint with a free limb OR use you grip as a base and another part of your body as a tap | Downblock w/ stable base at hip or leg, inside forearm w/ base at ribs, outside forearm with base at ribs, upper block w/ base in armpit, chamber w/ body as base and elbow as tap |
| C. Center Fulcrum: use part of your body or his body as a fulcrum and pull on either side | Downblock w/ his arm across your stomach |
| D. Instant Folding Lock: standard wrist locks put on suddenly | Double chamber to one hip (<i>koshi-kamae</i>) |
| E. Flow to Go: If you miss the joint, reverse the action | |

III. A FEW EXAMPLES FROM TRADITIONAL KATA

| KATA & MOVEMENT | TYPE OF JOLT |
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| Heian Nidan: forearm block & close punch (part of 1 st move) | Scissors In |
| Heian Nidan: side bottomfist strike (part of 1 st move) | Center Fulcrum |
| Heian Nidan: spearhand (1 st kiai point) | Trap & Tap |
| Heian Nidan: reinforced forearm block | Scissors In |
| Heian Sandan: elbow dip forward; elbow dip backward | Trap & Tap |
| Heian Yondan: forearm block (part of 1 st move) | Scissors Out |
| Heian Yondan: low X-block | Scissors In; Flow to Go |
| Heian Yondan: wedge block as <i>Ude Otosu Odori</i> | Trap & Tap |
| Heian Godan: high X-block to wrist roll: <i>Ude Otosu Odori</i> | Scissors In; Trap & Tap |
| Heian Godan: stomping down block | Trap & Tap |
| Heian Godan: backhand block stretch for crescent kick | Center Fulcrum |
| Heian Godan: forearm strike | Trap & Tap |
| Heian Godan: upper cut (using shoulder as tap) | Trap & Tap |
| Kanku-dai: chop to open palm (from initial Kanku position) | Scissors In |
| Kanku-dai: parry to palm edge block | Scissors Out |
| Kanku-dai: catch to sideways front stance inside forearm block | Center Fulcrum |
| Kanku-dai: prep for & delivery of outside shuto and block | Trap & Tao |
| Kanku-dai: forearm preps for sidekicks/closing forearm to duck | Scissors in |
| Kanku-dai: X-block spin to front stance | Center Fulcrum |
| Bassai-dai: double forearm blocks | Scissors Out |
| Bassai-dai: outside forearm block | Trap & Tap |
| Bassai-dai: low side kick (done as a quick scoop than thrust) | Trap & Tap |
| Bassai-dai: triple forearm blocks | Trap & Tap, Instant Fold |
| Tekki Shodan: kamae & cross-step | Trap & Tap |
| Tekki Shodan: <i>nami-gaeshi</i> as knee jolts | Trap & Tap |
| Tekki Nidan: signature Tekki 2 movement as elbow jolt | Trap & Tap |
| Tekki Sandan: circle strike | Trap & Tap |

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| Empi: initial kneeling as knee jolt | Trap & Tap |
| Empi: forearm strike to open hand | Trap & Tap |
| Empi: up/down palm heels | Scissors In |
| Ji'in: side bottom fist to side bottom fist | Center Fulcrum |
| Ji'in: spinning side bottom fist | Center Fulcrum |
| Jutte: ridge hand block, step to center, palm heel | Trap & Tap |
| Jutte: <i>yama-uke</i> to high outside forearm block | Scissors In |
| Jutte: <i>ko-ko uke</i> to crossing arms | Scissors In |
| Jion: stomping hammer fists | Trap & Tap |
| Jion: side bottom fists at end of kata | Center Fulcrum |
| Matsukaze: the signature wind-through-the-pines sequence | ? Test your own analysis |
| Matsukaze: spinning scoop (at end) | ? Test your own analysis |
| Rohai: hands at hips, walk up center & step to angle (before the first crane stance) | ? Test your own analysis |
| Rohai: both hands at one hip position before the mountain punches | ? Test your own analysis |
| Meikyo: palm up signature movement to augmented downblock | Scissors In |
| Meikyo: triangle jump with forearm strike | Trap & Tap |
| Gankaku: reinforced palm to side of head | Trap & Tap |
| Gankaku: spinning <i>manji uke</i> | Center Fulcrum |
| Gankaku: hands on hips, twisting elbows | Trap & Tap |
| Gankaku: upward elbow strike, to hip, to spin | Trap & Tap |
| Hangetsu: low crescent kick to knee | Trap & Tap |
| Hangetsu: cat stance, double palm heel | Scissors In |
| Wankan: low <i>sukui-te</i> | Scissors In |
| Gojushiho-dai: reach up (bo catch) as elbow takedown | Scissors In |
| Gojushiho-sho: reverse <i>shuto</i> and support hand | Scissors Out |
| Gekisai Ichi: <i>mawashi yama-tsuki</i> at end | Trap & Tap |
| Saifa: standing horizontal elbow lift | Trap & Tap |
| Saifa: cat stance catch and pull at end | Trap & Tap |
| Seienchin: temple hands to <i>te hana odori</i> | Trap & Tap |
| Seienchin: reinforced forearm block to groin strike | Center Fulcrum |
| Seienchin: retreat to <i>shiko-dachi otoshi uke</i> | Trap & Tap |
| Seienchin: cat stance upward center elbow | Trap & Tap |
| Seienchin: cat stance, temple hands vs. neck choke | Trap & Tap |
| Shisochin: forearm block, catch, forearm strike to elbow | Trap & Tap |
| Sanseiru: cat stance, forearm block, low knee kick | Trap & Tap |
| Sanseiru: <i>shiko-dachi, inu-no-te</i> as <i>katate-osae</i> | Instant Fold |
| Seisan: arm circle to throat grab | Trap & Tap |
| Seipai: clasped hands, forearm reversal | Trap & Tap |
| Seipai: sanchin, low to middle block, arm loop | Trap & Tap |
| Kururunfa: opening cat stance, elbow trap to low kick | Trap & Tap |
| Kururunfa: sanchin forearm block, turn to arm loop | Trap & Tap |
| Kururunfa: high X-block turn to squat | Trap & Tap |

IV. Slow Single Person Freestyle Attack employing Joint Jolts within the retaliations

V. Slow Multiple Person Freestyle Attack employing Joint Jolts within the retaliations

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