



## Shuyokan Martial Arts Center

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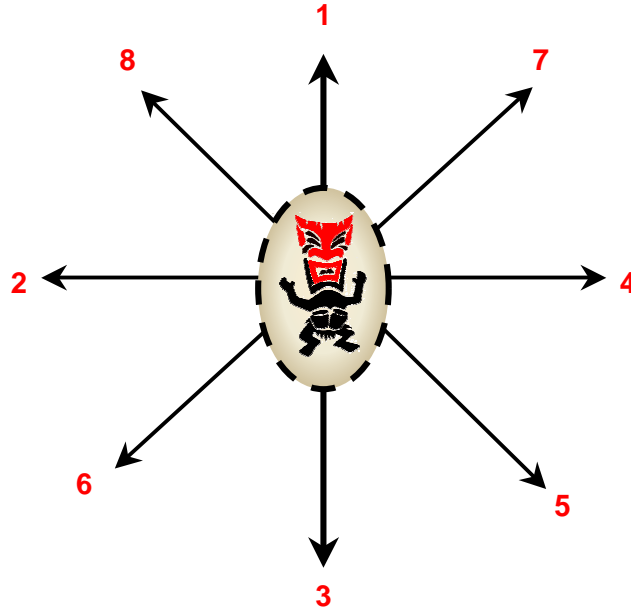
Testing Techniques

Shuyokan Ryu Aikijutsu

### Shuyokan Shodan Techniques

# Hula O Pohaku Koa - Walu

Hula O Pohaku Koa - Walu consists of 8 techniques done from 8 different directions. Techniques are from Shuyokan Ryu Aikido, Judo, Jujitsu, Karate, and the Halau O Kaihewalu Ohana Lua.



### Hula O Pohaku Koa - Walu (Form of the Rock Warrior - 8)

**Opening** – From Yame – hands come together in front with fingers together pointed away and then to sky. As hands come down and separate, step to the left and into Kibadachi (Horse Stance) with backs of hands against loins. Move into forward stance for first attack.

**1. Two Handed Shoulder Grab**

Mahimahi (Dolphin) under wrists – Pea (Bear) to ribs – Mahimahi to chin – He'e (Squid) to eyes – 'Io (Hawk) under chin.

**2. Cross Wrist Grab** (right hand)

Nikajo Osae (2<sup>nd</sup> Control) – Front snap kick to mid section.

**3. Face Punch**

Outside Parry Block – Inside Arm Strike – Trap Arm with Take Down and *Kiai*.

**4. Face Punch**

Inside Parry Block and Strike – Elbow Strike to Face.

**5. Face Punch**

Tai Sabaki (Body Movement) – Intercept Punch (Manō – Shark) with Vertical Punch to Ribs. Grab Face (He'e – Squid) and pull to ground.

**6. Cross Wrist Grab** (right hand)

Iriminage (Entering Throw)

**7. Front Strike**

Ippon Seionage – (One Arm Shoulder Throw)

**8. Face Punch**

Lay Block (left hand) – Knife Hand strike to ribs (left hand) – Ridge Hand strike to ribs (right hand) – Pea (Bear) Hikua (Strike) to face – Pulelehua (Butterfly) with arm, rotary throw takedown into Kibadachi (Horse Stance) – Punch with *Kiai*

**Closing** – From Kibadachi (Horse Stance) bring hands back to loins. Bring hands together with fingers pointing away. As fingers are pointed to the sky, return to Yamae position with hands to your side and fingers together.

