

Empi Waza

Elbow (& Knee) Techniques



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This drill is done from a closer elbow/knee range than the other drills. Yoi position as in Pinan kata. All attacks are done stepping forward (Right foot first) into shizentai-dachi. Repeat each attack and defense on both sides.

Empi Waza (Elbow Techniques)

Attack	Defense
1) Step in Right. Try to grab the person around the head with both arms.	1) Step forward Left dropping Right knee, Right empi (elbow) to groin, rise back up with Right uprising empi to chin. Grab behind neck with both hands, Right hiza (knee) to groin or solar plexus.
2) Step in Right. Bear hug.	2) Step out Left, Right backward empi to solar plexus. Drop back of R-hand to attacker's front leg. L-teisho (palm heel) to chin. Pivot on R-foot into shiko-dachi thrusting R-arm under front leg. Push chin and lift leg to dump them.
3) Step in Right. R-roundhouse empi to face.	3) Step back Right dropping into zenkutsu-dachi, L-uprising empi to arm. L-front foot mae-geri to knee. Grab behind neck with both hands, R-hiza to solar plexus. R-roundhouse empi to face.
4) Step in Right. R-roundhouse empi to face.	4) Step back Right dropping into zenkutsu-dachi, L-uprising empi to arm. L-front foot mae-geri to groin (belt). Grab behind head with L-hand. Step forward Left dropping into shiko-dachi, pulling them down, R-downward elbow to spine (to back of L-hand on neck) followed by R-tetsui (hammerfist) to lower spine.
5) Step in Right. R-uprising empi to chin.	5) Step back Left into shizentai-dachi, R-roundhouse empi to arm, L-gyaku-zuki to ribs, R-oi-zuki to solar plexus, L-uprising empi to chin. Grab behind neck with both hands, L-hiza to sweet spot or solar plexus.
6) Step in Right. R-roundhouse empi to solar plexus.	6) Step back Right dropping into shiko-dachi. L-downward empi to arm. Pivot into a zenkutsu-Dachi and perform a R-uprising empi to chin. Grab behind neck with both hands, R-hiza to solar plexus.

A video is available online: <http://traditional-karate.com/members/videos.html>