Read the short excerpts from Saotome Sensei’s book and Shifflet’s book. Respond to three of the four questions below. Your responses should amount to roughly one typewritten page, due on November 20th, in class. (Obviously, your responses should be your own, original, work.)

1. Consider the passage from Saotome Sensei’s book. You’ll notice that the last few pages are detailed descriptions of some techniques we’ve practiced this semester. Select a technique (not appearing in this fragment of Saotome’s book) and write a complete, detailed description of the technique. Imagine that you are explaining the technique to both uke and nage, each unfamiliar with the technique. Some questions you might address in your description: What is uke’s attack? How does uke remain safe during the technique? Why does uke fall? How does nage manage the force of the attack? How does nage remain safe during the technique? Be sure to describe the footwork along with the more tangible upper body motions. (You might choose *katate tori shiho nage* or *yokomen uchi shiho nage*.)

2. We practiced some sword cuts in class. Can you identify two places in the open hand techniques you know where a “sword cut” appears? How can this inform or guide your performance of these techniques?

3. This semester, we have studied no responses to a kicking attack. Imagine a traditional karate-style front kick. How might you adapt one of the Aikido techniques you know to this situation?

4. Consider Shifflet’s description of *nikyo*, which we have also covered in class. During a static application of nikyo on (say) uke’s left hand, uke’s right hand is unaccounted for; what protects nage from a right hand roundhouse? You might enjoy watching:

   ![Youtube link](http://www.youtube.com/watch?v=YMEF1ZzDU9Y)

   for some ideas on how to respond.