

As useful as single legs are in the Aiatsu situation, they really come into their own in the Kenki Atsu situations because you can really draw your opponent's leg in towards you and start getting some pretty easy scores. Kenki Atsu from here, I'm going to come out and I know now it's safe for me to put a power hand on first, Kenki Atsu. It wouldn't be prudent for me to put a power hand on in the Aiatsu situation first. A skilled opponent might throw you here. You can get away with that with a bad opponent, but a good opponent will punish you here. Kenki Atsu, it's not so difficult for us to go in and get this grip and it's pretty safe. We know that our general movement here is towards our opponent's center line. What I want to do is draw this leg towards me. You guys know the rule of the Puppet Master. Whenever I want a leg to come towards me, we step away from it and pull. That's how you maneuver your opponent like a Puppet Master using his strings. So we come out, Kenki Atsu. From here, I fence my hand in and lock. Now from here, we start dancing towards the center line. Now I take a big step back and I pull. As a result, we're in perfect position now to sweep around our training partner's leg. I come around the corner and lock up. His head comes down towards the floor as always, and we come up off the floor like so. A second option, also very useful from this position. We come in towards our training partner. We get our grip. We dance towards the center line. We maneuver our training partner's leg around the corner, and right from here, I come around. I bring the head down towards the floor. My hand's going to come down to the ankle, and I'm just going to switch my knees, and I'm just going to pull my training partner's leg. As a result, we get a good off-balance and back exposure, and as a result, we can go and attack our opponent's back. Both great options. Okay? So once again, from here, I fence my hand in. I start using motion. I step, pull. Now we're in perfect position to bring the head down and start coming up. You guys know the finish is from here. We fake in one direction, we come back the other, and score. Very, very useful.