



KLIC Activity Scenario Template – Informal Setting

Activity title:

Ninjutsu: Defence Techniques

Subject:

Informal Sports Activity

Athlete age:

All Ages

Estimated duration:

75 minutes (excluding setup time)

Learning content

- 10 minute warm up
- teaching of punches, kicks, stances and throws
- practice kata
- training exercises
- optional pad work or sparring
- stretches to finish
- 15 minute lesson review

Learning objectives

The aim of the lesson is to advance the athletes skills and techniques through the use of the SensVest technology. Following the lesson additional time is granted to convey the wearer's performance to all the athletes as well to any observer.

Inquiry-based character (if applicable)

During the course of training the athletes may find themselves in a position where they're unsure to why or how a technique should be employed. For example a athlete may ask at what instance would a roll towards the opponent be necessary? In this instance the answer would be to avoid an attack and to prevent your opponent blocking your own.

Applied technology (if any)

KLIC SensVest with wrist and ankle accelerometers and basestation with a Laptop and projector.

Materials needed (if applicable)

Floor mats, Gi (clothing worn by athletes and trainer)

Description of Activities

At the beginning of the lesson the athletes will be set to warm up their muscles through a series of stretches, to ensure that any athlete won't injure themselves during the course of the lesson. Following this the athletes will be demonstrated by the ninjutsu master the lessons basic techniques which will include punches, kicks, blocks and mid air strikes. During these exercise where athletes practice the techniques one of the athletes will be wearing the SensVest kit and their data will be recorded. This will also be done for the Kata.

During the time of the practice it will be explained to observers what is happening during the athlete's movements and in terms of the output data. During the explanation if any observer have any questions or need clarification of understanding for the output data this will be followed up at the end of lesson discussion.

After the performance of the athletes Kata, the SensVest will be removed from the athletes to prevent damage.

At the end of the lesson, after the athletes have finished their stretches, everyone will be given a talk on the performance of the SensVest technology worn by the athlete. Explanations of how the output data is to be read will be given and answering of any questions. After the talk the athletes, observers and trainer will then be requested to fill in a questionnaire which will be about their satisfaction of what they learnt while the SensVest technology was used.

Lesson Guidelines:

10 minutes	Warm ups
10 minutes	<ul style="list-style-type: none">- Omote Gyaku- Omote Gyaku Tsuki- Ura Gyaku
5 minutes	Practicing the <<Something>> currently learnt by the athlete
10 - 20 minutes	Training Exercises
10 minutes	Optional pads work or sparring
5 minutes	Stretches to finish
15 minutes	Discussion about the results from the SensVest data and explain where athletes can improve their skills followed by a quick questionnaire for any observer, athlete and trainer to fill in making it clear in the feedback what they have learnt from the discussion.

Omote Gyaku

This technique shows how to escape from a simple lapel grab. The important points are to keep vulnerable areas protected, move to a position of safety and take the lock by using the legs in a circular movement if studying Gyokko Ryu, or by using Yoko Aruki lateral movement if studying

Project Number

505519-LLP-1-2009-1-GR-KA3-KA3MP



Koto Ryu. As the attacker grabs the lapel, lightly cover the grabbing hand – do not grab yourself. This is an important lesson. If you grab then the attacker instinctively knows what you are going to do and can react and change the attack. Lightly cover the hand and use Taijutsu to move to a safe position. Pivot slightly to bring the lead leg round to protect the groin and raise the elbow up to lock the attacker's arm. Sink your weight whilst ripping the hand from the lapel and taking to the hand high. Bring the other hand over in a Metsubushi type movement, take the Gyaku to the outside using the legs, remembering to protect the groin whilst applying the technique. From this basis, it is important to study this lock in detail and try many variations and angles to applying Omote Gyaku. As the lock is applied, the attacker completes Ushiro Gaeshi backwards escape roll.

Omote Gyaku Tsuki

This is the same as above, but with slightly different mechanics as Uke attacks with a lapel grab and punch combination. As the grabbing hand takes the lapel, lightly cover the grabbing hand and prepare for the punch. As the punch comes in, sink the hips and move diagonally off at 45 degrees and strike uke nagashi to nagare, or hoshi kyusho points. Then follow as Omote Gyaku above with the attacker completing Ushiro Gaeshi backwards escape roll.

Ura Gyaku

This is also a defence against a lapel grab. Again lightly cover the grabbing hand. Using Taijutsu, shift your body back off line at 45 degrees to unbalance the attacker. Bring your other hand across in a Metsubushi type movement and take the attacker's hand. Using the hips and spine, turn inwards to reverse the attacker's wrist into a locked position and using the attacker's elbow as a fulcrum, take down. The variation of this technique is that when the lock is resisted against, reverse the Gyaku and change into Omote Gyaku as above.

SensVest Discussion

After the athletes have completed the lesson material a 15 minute discussion will be held to explain how the athletes can improve their performance with the use of the SensVest Technology. When a single athlete is wearing the SensVest with the wrist and ankle accelerometers the data will be captured and translated into a graph showing the X, Y and Z of the accelerometers. Indicating to the class what the orientation of the accelerometer when placed on the athlete's body, the class will then be shown that when the athlete moves his arm forward the respective axis will show a spike of movement. Through this it can be shown how much force an athlete is putting into the movements and what direction it is travelling in.

Assessment (if applicable)

The purpose of this informal scenario is to encourage the understanding of salient features that can be recorded during training, in order to understand movement and force. No specific assessment recommendation is given, as the technology is there to support the trainer in illustrating techniques in an empirical way.