

KANO JIU JITSU

1st DAN SYLLABUS

SHODAN

GEDAN WAKE (LOWER LEVEL PARRIES)
CHUDAN WAKE (MIDDLE LEVEL PARRIES)
JODAN WAKE (UPPER LEVEL PARRIES)

KOTE GAESHI (SMALL HAND TURN)
KOTE HINERI (SMALL HAND TWIST)
KOTE KUJIKI (SMALL HAND WRENCH)
WAN UDE KUDAKI (FOREARM CRUSH)
UDE HISHIGI OSHI TAOSHI (STRAIGHT ARM PUSH DOWN)
UDE HIJIKI (STRAIGHT ARM ELBOW LEAVER)
UDE GURAME (ARM ENTANGLEMENT)
WAKE GATAME (SIDE LOCK)
ONI KUDAKI (CRUSHING THE DEVIL)
KOCHI DORI (BUTTERFLY CATCH)
GYAKU KOCHI DORI (REVERSE BUTTERFLY CATCH)

O GOSHI (MAJOR LOIN)
O SOTO GARI (MAJOR OUTER REAP)
KATA SEIO (SINGLE SHOULDER)
SEIOTOSHI (SHOULDER DROP)
TAI OTOSHI (BODY DROP)
UKI OTOSHI (FLOATING DROP)
HARAI GOSHI (SWEEPING LOIN)
HANE GOSHI (SPRING LOIN)
SUKUI NAGE (SCOOPING THROW)
TOMOE NAGE (STOMACH/COMMA THROW)
SUMI GAESHI (CORNER TURN)
UKI GOSHI (FLOATING LOIN)
UTSURI GOSHI (TRANSITION LOIN)

AIKIDO KATA (FORMS FROM THE WAY OF SPIRIT HARMONY)
TABENAGE/SUMI OTOSHI (CORNER DROP)
RYO KATA HIKI OTOSHI (DOUBLE SHOULDER PULL DROP)
GYAKU IRIMINAGE (REVERSE ENTERING BODY THROW)
SUMI OTOSHI URA (INSIDE CORNER DROP)
KATA TE NAGE (SINGLE HAND THROW)
SEIOKINAGE (SPIRIT SHOULDER THROW)
AIKI NAGE (SPRIT HARMONY THROW)

DEFENCES WHILST SEATED:

GRABS WHILST SEATED
PUNCHES WHILST SEATED
TWO MEN WHILST SEATED
ARMED ATTACKS WHILST SEATED

DEFENCES WHILST LYING DOWN:

FREE ATTACK WHILST LYING

DEFENCES AGAINST GRABBING ATTACKS:

SIDE HEAD-LOCKS
REVERSE SIDE HEAD-LOCKS
BACK-HAMMER & CHOKE
FULL-NELSON
HIGH BEAR HUGS
LOW BEAR HUGS
CROSS LAPEL GRABS
HEAD MARE
DOUBLE LAPEL GRAB & HEAD-BUTT

DEFENCES AGAINST PUNCHING ATTACKS:

LAPEL GRAB & PUNCH
STOMACH PUNCHES
PUNCHES TO THE FACE
CRESCENT PUNCHES
DOUBLE PUNCHES

DEFENCES AGAINST KICKING ATTACKS:

FRONT KICKS
SIDE KICKS
ROUNDHOUSE KICKS

COMBINATION TECHNIQUES:

THROWS
LOCKS
THROWS & LOCKS

DEFENCES AGAINST CLUB ATTACKS:

DIRECT BLOW TO THE HEAD
DOWNWARD BLOW TO THE HEAD
BACKHAND BLOW TO THE HEAD

DEFENCES AGAINST KNIFE ATTACKS:

CROSS CUT TO THE FACE
BACKHAND SLASH TO THE FACE
THRUST TO THE ABDOMEN