

DEFENCES AGAINST CROSS CUT TO THE FACE WITH A KNIFE

UDE HIJIKI URA (Elbow lever from the inside)
GYAKU KOTE GAESHI (Reverse small hand turn)
UDE HISHIGI KATA SEIO (Straight arm shoulder throw)
UDE HISHIGI SHIHO NAGE (Four directional straight arm throw)
GYAKU UDE GURAME (Reverse arm entanglement)

DEFENCES AGAINST BACKHAND CUT TO THE FACE WITH A KNIFE

KOTE KUJIKI (Small hand wrench)
UDE GURAME (Arm entanglement)
UDE GURAME O SOTO GARI (Arm entanglement & major outer reap)
UDE GURAME TAI OTOSHI (Arm entanglement & body drop)
WAKE GATAME (Side arm lock)
OKURI ERI JIME (Sliding lapel choke)
UDE HISHIGI OSHI TAIOSHI HIJI GATAME (Straight arm push down & elbow break)

KAESHI WAZA (COUNTERING TECHNIQUES) AGAINST THE FOLLOWING:

UDE HISHIGI (Straight arm lock)
WAN UDE KUDAKI (Forearm crush)
KATA TE JIME (Single hand constriction)
UDE GURAME (Arm entanglement)
KOTE GAESHI (Small hand turn)
TENSHINAGE (Heaven spirit throw)
O SOTO GARI (Major outer reap)
KO SOTO GARI (Minor outer reap)
O GOSHI (Major hip throw)
SHIHOTOSHI (Four directional drop)
IRIMINAGE (Entering body drop)
HIZA GARUMA (Knee wheel)
KATA SEIO (Shoulder throw)

NAGE NO KATA (KATA OF THROWS) FIRST 3 SECTIONS ONLY

10 TECHNIQUES DEMONSTRATED JU NO SEN (IN A FLEXIBLE OR PLIABLE APPROACH)

SHIHO TSUKI KATA (FORMS OF STRIKING IN FOUR DIRECTIONS)

TAIKYOKU ICHI (FIRST CAUSE OR FUNDAMENTAL PRINCIPAL KATA)

BO TANTO DORI NO KATA (FORMS OF TAKING THE WOODEN KNIFE)

DEFENCES AGAINST 3 MAN ATTACKS

KANO JIU JITSU

1st KYU SYLLABUS

BROWN BELT

SEIOKINAGE (Spirit shoulder throw)
AIKINAGE (Harmony of spirit throw)
KATA TE NAGE (Single hand throw)

DEFENCES AGAINST DIRECT CLUB BLOWS TO THE HEAD

UKI GOSHI (Floating loin)
KATA SEIO (Single shoulder throw)
ONI KUDAKI (Crushing the Devil)
WAKE GATAME (Side arm lock)
UDE HISHIGI MUNE GATAME (Straight arm lock against the chest)
KOTE GAESHI (Small hand turn)

DEFENCES AGAINST DOWNWARD BLOWS TO THE HEAD WITH A CLUB

RYO ASHI HIKI TAIOSHI (Double leg pull drop)
GYAKU KOCHI DORI YOKO TOME NAGE (Reverse butterfly hold and side stomach throw)
KATA HA JIME (Single wing choke)

DEFENCES AGAINST BACKHAND BLOWS TO THE HEAD WITH A CLUB

OKURI ERI JIME (Sliding lapel choke)
TACHI KATA GATAME (Standing shoulder restriction)
JO UDE JIME (Upper arm constriction)

DEFENCES AGAINST STICK THRUSTING

SHIHO KIRI (Four way cut)
WAN UDE KUDAKI (Forearm crush)
KOTE GAESHI (Small hand turn)
KATA TE JIME (Single hand constriction)
IRIMINAGE (Entering body throw)
TENSIN NAGE (Heaven spirit throw)

DEFENCES AGAINST KNIFE THRUSTING TO THE ABDOMEN

UDE HISHIGI KATA (Straight arm lock over shoulder)
UDE HIJIKI (Elbow lever)
KOTE GAESHI (Small hand turn)
OKURI ERI JIME HARA GATAME (Sliding collar stomach arm lock)
KOCHI DORI (Butterfly hold)