

KANO JIU JITSU

2nd DAN SYLLABUS

NIDAN

SHINKEN SHOBU NO KATA (FORMS OF THE TRUE COMBAT ATTITUDE)

KODOKAN GOSHIN JUTSU KATA (FORMS OF SELF DEFENCE)

AIKI JUTSU KATA (FORMS OF THE SPRIT HARMONY ART)

SHIHO YOKOMEN NO BO KATA (FORMS OF STRIKING THE SIDE OF THE HEAD WITH A STICK IN
FOUR WAYS)

SHIHO TSUKI NO BO KATA (FORMS OF THRUSTING WITH A STICK IN FOUR DIRECTIONS)

HACHI BARAI NO BO KATA (FORMS OF BLOCKING IN 8 WAYS WITH THE STAFF)

KAKATO KATA (FORMS OF THE CHINESE HAND)

ITSUTSU NO KATA (FORM OF 5 PRINCIPLES)

SHIAI (COMPETITION)