

# KANO JIU JITSU

## 2nd KYU SYLLABUS

### PURPLE BELT

NAKA YUBE IPPON KEN (Single knuckle fist)  
YARITE (Spear hand)

#### **DEFENCES AGAINST DOUBLE PUNCHING**

MEN OTOSHI (Head drop)  
KUBI OTOSHI (Neck drop)  
GYAKU UDE GURAME TAI OTOSHI (Reverse arm entanglement & body drop)  
KATA GARUMA (Shoulder wheel)  
O SOTO OTOSHI (Major outer drop)  
MAKI KOMI (Winding technique)  
GYAKU KOCHI DORI YOKO TOMOE NAGE (Reverse butterfly catch with side stomach throw)

#### **DEFENCES AGAINST FRONT KICKS**

DEASHI HARAI (Advancing foot sweep)  
UCHI MATA (Inner thigh throw)  
O UCHI GARI (Major inner reap)  
SASAE ASHI OTOSHI (Propping ankle drop)  
ASHI NOKO KEAGE (Rising instep kick to groin)  
IRIMINAGE (Entering body throw)

#### **DEFENCES AGAINST SIDE KICKS**

OKURI ASHI HARAI (Chasing foot sweep)  
SUKUI OTOSHI (Scooping drop)  
KOMI ASHI USHIRO UKI WAZA (Step in rear floating throw)  
RYO KATA HIKI OTOSHI (Double shoulder pulling back drop)

#### **DEFENCES AGAINST CRESCENT KICK TO HEAD**

HIZA HARAI (Sweeping kick to knee)  
FUMI KOMI (Stepping in kick)  
HIKI ASHI OTOSHI (Leg pull drop)  
MORETE UKE O UCHI GAKE (Double block major inner hook)  
MORETE UKE ASHI HARAI (Double block leg sweep)

#### **RENRAKU WAZA (COMBINATION TECHNIQUES)**

O UCHI GARI - KO UCHI GARI	TOMOE NAGE - HIKI ASHI USHIRO OTOSHI
O SOTO GARI - TAI OTOSHI	HARAI GOSHI - O SOTO GARI
KATA SEIO - KATA OTOSHI	HANE GOSHI - UCHI MATA
O GOSHI - TSURI KOMI GOSHI	UKI GOSHI - KO SOTO GARI

#### **DEFENCES OF OWN CHOICE AGAINST TWO MAN PUNCHING, HOLDING OR COMBINED ATTACKS**