

KANO JIU JITSU

3rd DAN SYLLABUS

SANDAN

HEIAN SHODAN (1st LEVEL OF THE PEACEFUL MIND)

HEIAN NIDAN (2nd LEVEL OF THE PEACEFUL MIND)

JU NO KATA (FORMS OF GENTLENESS)

KOSHIKI NO KATA (ANTIQUÉ FORMS)

SEN SHIN NO KATA (FORMS OF THE ATTITUDES)

JU NO BO KATA (FORMS OF THE PLIABLE STAFF)

BO SHOBU KATA ICHI (1st FORM OF TRUE STAFF COMBAT)