

KANO JIU JITSU

3rd KYU SYLLABUS

BLUE BELT

HIRAKEN (Flat fist)
KOKEN (Bow fist)

UKI OTOSHI (Floating drop)
UKI GOSHI (Floating loin)
TABENAGE/SUMI OTOSHI (Corner drop)
GYAKU IRIMINAGE (Reverse, entering body throw)

DEFENCES AGAINST DIRECT PUNCHES TO THE HEAD & THE SOLAR PLEXUS

UDE HISHIGI OSHI TAIOSHI (Straight arm elbow push down)
UKI OTOSHI (Floating drop)
SHIHO TOSHI URA (Four directional drop to the inside)
SHIHO TOSHI OMOTE (Four directional drop to the outside)
UDE HIJIKI (Elbow lever)
UDE GURAME (Arm entanglement)
GYAKU UDE GURAME (Reverse arm entanglement)
KOCHI DORI (Butterfly hold)
KOCHI DORI KAITENAGE ERI JIME (Butterfly hold, spinning hand throw, lapel choke)
HIKI RYO ASHI OTOSHI (Double leg pull drop)
KOTE KUJIKI (Small hand wrench)
MORETE SEIO NAGE (Two handed shoulder throw)
UKI GOSHI (Floating loin)
ASHI URA UCHI MATA (Step out, inner thigh throw)
USHIRO JIME WAN UDE (Rear forearm choke)
HADAKA JIME (Naked choke)
OKURI ERI JIME (Sliding collar choke)
KATA HA JIME (Single wing choke)
KOTE HINERI (Small hand twist)
KOTE GAESHI (Small hand turn)
KOTE HINERI UDE HISHIGI HIKI TAIOSHI (Small hand twist, straight arm elbow push down)

DEFENCES AGAINST CRESCENT PUNCH TO THE HEAD

ONI KUDAKI (Crushing the devil)
GYAKU KOCHI DORI UKI WAZA (Reverse butterfly catching, floating technique)
KOSHIKI GOSHI (Pendulum loin)
URA NAGE (Rear throw)
IRIMINAGE (Entering body throw)
TAI HASAME (Body scissors)

(BO) TANTO DORI NO KATA (KATA OF KNIFE TAKING WITH A WOODEN KNIFE)