

KANO JIU JITSU

4th KYU SYLLABUS

GREEN BELT

SHOMEN HIJI ATE (Direct elbow strike)
OROSHI HIJI ATE (Dropping elbow strike)
MAWASHI GERI (Roundhouse kick)
HIZA GERI (Knee kick)
USHIRO GERI (Rear kick)

GYAKU GOSHI (Reverse hip throw)
TOMOE NAGE (Stomach/Comma throw)

DEFENCES AGAINST SIDE HEAD LOCKS

URA NAGE (Rear throw)
ASHI BARAI URA MEN OTOSHI (Inside ankle trap & face drop)
USHIRO OTOSHI (Back drop)
TENKAN OMOTE UDE HISHIGI (Outside turning, straight arm lock)

DEFENCES AGAINST REVERSE SIDE HEAD LOCKS

TENKAN OMOTE UDE HISHIGI (Turn out, straight arm lock)
TE GARUMA (Hand wheel)

DEFENCES AGAINST BACK HAMMER & CHOKE

KATA SEIO (Single shoulder)
KEHIKI OTOSHI (Hair pull drop)
HANE GOSHI (Spring loin)
HARAI GOSHI (Sweeping loin)
USHIRO OTOSHI (Back drop)

DEFENCES AGAINST FULL-NELSON

USHIRO OTOSHI (Back drop)
CLAP DROP
DOKKO OTOSHI (Mastoid process nerve point drop)
RYO YUBE KUJIKI (Two finger wrenching)
KO UCHI GAKE HIZA GASHIRA KUJIKI (Minor inner hook, knee cap wrench)

DEFENCES AGAINST HIGH BEAR HUG

SEIO TOSHI (Shoulder drop)
KO UCHI GAKE (Minor inner hook)
UKI GOSHI (Floating loin)
KOTE HINERI (Small hand twist)
KATA TE JIME (One hand constriction)
O UCHI GAKE (Major inner hook)

DEFENCES AGAINST LOW BEAR-HUGS

GANSEKI OTOSHI (Dropping a big rock)
USHIRO HIKI ASHI OTOSHI (Leg pull, back drop)
KOTE HINERI (Small hand twist)

DEFENCES AGAINST STANDING CROSS STRANGLE USING THE LAPELS

MIKAZUKI HINERI (Jaw twist drop)

DEFENCES AGAINST DOUBLE LAPEL GRAB & HEAD-BUTT

JUJI UKE MEN GATAME KATA OTOSHI (Head crush, single drop, after cross block)

DEFENCES AGAINST UNDER & OVER ARM ELBOW LEAVERS

HIZA OSAE WAZA (Knee pinning techniques)

DEFENCES AGAINST HEAD-MARES

MIKAZUKI HINERI (Jaw twist drop)

DEFENCES AGAINST LAPEL GRAB & PUNCH

OYA YUBE KUDAKI (Thumb crush)
OYA YUBE KUJIKI (Thumb wrench)

TANTO DORI NO KIHON KATA (BASIC VERSION)