

KANO JIU JIUTSU

5th DAN SYLLABUS

GODAN

AIKIDO KATA (FORMS OF THE SPIRIT HARMONY ART)_

RENRAKU NO KATA (KATA OF COMBINATION TECHNIQUES)

NAGE NO KATA (KATA OF THROWS - ALL SECTIONS)

GONOSSEN NO KATA (KATA OF COUNTERS)

KATAME NO KATA (FORMS OF HOLDING)

KAESHI NO KATA (FORMS OF COUNTERING)

SHIHO SHOMEN NO BO KATA (FORMS OF STRIKING DIRECT TO THE HEAD WITH A STICK IN
FOUR WAYS)

TAIKYOKU BO KATA NI (2nd FORMS OF FUNDAMENTAL STAFF TECHNIQUES)