

KANO JIU JITSU

5th KYU SYLLABUS

ORANGE BELT

KUZUSHI (Breaking (balance))
DAKITE (Sticking hands)

MITSOBUSHI (Stunning blow)
YOKO HIJI ATE (Side elbow strike)
USHIRO HIJI ATE (Rear elbow strike)

RYO KATA HIKI OTOSHI (Double shoulder pulling back drop)
HARAI GOSHI (Sweeping loin)
HANE GOSHI (Spring loin)

DEFENCES AGAINST WRIST HOLDS FROM BEHIND (KATA ICHI)

CHIKAI KOTE GAESHI (Short small hand turn)
KOTE GAESHI HIKI TAOSHI (Short small hand turn pull down)
WAN UDE KUDAKI (Forearm crush)
KATA TE JIME (One hand constriction)
UDE OSAE OSHI TAOSHI IRIME (Entering arm pin, push down)
UDE HIJIKI (Straight arm elbow lever)
WAKE GATAME UDE HINERI (Side lock with arm twist)

DEFENCES AGAINST WRIST HOLDING FROM BEHIND (KATA NI)

KOTE GAESHI JUN TEDORI (Small hand turn, regular grip)
KOTE HINERI (Small hand twist)

DEFENCES AGAINST TWO HANDS HOLDING ONE WRIST

OBI OTOSHI (Belt drop)
IRIME OTOSHI (Entering body drop)

DEFENCES AGAINST DOUBLE WRIST HOLDING FROM THE REAR

KATA TE JIME (One hand constriction)
KOTE GAESHI (Small hand turn)
UDE GURAME (Arm entanglement)

DEFENCES AGAINST SLEEVE HOLDING

O SOTO GARI (Major outer reap)
KO SOTO GARI (Minor outer reap)
TENSINAGE (Heaven spirit throw)

DEFENCES AGAINST ATTEMPTED FRONT BEAR HUGS

O UCHI GARI (Major inner reap)
KO UCHI GARI (Minor inner reap)
KO UCHI GAKE (Minor inner hook)

DEFENCES AGAINST FRONT STRANGLES

RYO YUBE KUJIKI (Two finger wrenching)
GYAKU SEIO UDE GURAME (Arm entangled reverse shoulder throw)
GYAKU KOCHI DORI (Reverse butterfly hold)
GYAKU UDE HIJIKI URA (Reverse elbow leaver from inside)
UDE GURAME (Arm entanglement)
SODE HIKI JINCHU GAKE (Sleeve pull, nose hook)
SODE TSURI KOMI GOSHI (Sleeve drawing hip throw)
KOTE HINERI TEKUBI KUDAKI (Small hand twist, wrist crush)

DEFENCES AGAINST WRIST HOLDING (KATA ICHI & KATA NI)

UDE GURAME (Arm entanglement)
GYAKU UDE GURAME (Reverse arm entanglement)
SHIHO TOSHI URA (Four directional drop to the inside)
SHIHO TOSHI OMOTE (Four directional drop to the outside)

DEFENCES AGAINST COLLAR GRABS

TENKAN URA MORETE SEIONAGE (Inside turn two handed shoulder throw)
TENKAN OMOTE SODE HIKI KO SOTO GARI (Outside turn, sleeve pulling, minor outer reap)

15 BASIC TECHNIQUES (KIHON WAZA)

STRIKES	LOCKS	THROWS
TATI TSUKI	KOTE GAESHI	O SOTO GARI
SHOTEI	KOTE HINERI	TAI OTOSHI
HIJI ATE	UDE GURAME	O GOSHI
HIZA GERI	WAKE GATAME	KATA SEIO
ASHI GERI	KOCHI DORI	UKI WAZA