

KANO JIU JITSU

6th KYU SYLLABUS

YELLOW BELT

CHUGARI (Tumbling, including front & rear four point falls)

ZENKUTSU KAMAE (Forward posture)
KOKUTSU KAMAE (Backward posture)
NEKO ASHI KAMI (Cat leg posture)

JODAN WAKE (Upper level parry)
CHUDAN WAKE (Middle level parry)
GEDAN WAKE (Lower level parry)

TEGATANA (Hand sword)
TATE HIJI ATE (Lateral elbow strike)
ASHI KATANA (Foot sword)
KAKATO GERI (Heel kick)

TAI OTOSHI (Body drop)
SEIOTOSHI (Shoulder drop)
KO SOTO GARI (Minor outer reap)

DEFENCES AGAINST WRIST HOLDING (KATA ICHI)

CHIKAI KOTE GAESHI (Short small hand turn)
KOTE GAESHI HIKI TAIOSHI (Small hand turn, pull down)
WAN UDE KUDAKI/NIKKYO (Forearm crush)
KATA TE JIME/SANKYO (Single hand constriction)
UDE OSAE OSHI TAIOSHI 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 (KATA NI)

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

DEFENCES AGAINST HOLDS ON BOTH WRISTS

RYO UDE GAESHI HIJI KUJIKI (Two arm, outward turning elbow push lock)
UDE HISHIGI MUNE GATAME/HARA GATAME (Straight arm lock against chest or stomach)
KOTE HINERI (Small hand twist)

DEFENCES AGAINST HAIR GRAB OR CHEST PUSH

TEKUBI OSAE HIKI TAOSHI (Hand pin pull down)
UDE HISHIGI OSHI TAIOSHI KOTE HINERI (Straight arm push down with wrist twist)