

# KANO JIU JITSU

## 7th KYU SYLLABUS

### WHITE BELT

UKEMI (Break falls)  
ZENPO KAITEN (Forward roll)  
USHIRO ZENPO KAITEN (Backward roll)

SHIZENTAI (Normal Posture)  
JIGOTAI (Defensive posture)

TAISABAKI (Body management exercises)  
TSUGI ASHI (Gliding step)

KUZUSHI DORI (Breaking grips)

KOBUSHI (Little warrior)  
TATI TSUKI (Lateral thrust punch)  
SHOTEI (Palm heel)  
HIJI ATE (Elbow strike)  
HIZA ATE (Knee strike)  
ASHI NOKO GERI (Instep kick)  
CHUSOKU KEAGE (Rising ball of foot kick)

UDE HISHIGI OSHI TAIOSHI (Straight arm, elbow push down)  
KOTE GAESHI (Small hand turn)  
KOTE HINERI (Small hand twist)  
UDE GURAME (Arm entanglement)  
WAKE GATAME (Side arm lock)  
KOCHI DORI (Catching the butterfly)

O GOSHI (Major hip throw)  
O SOTO GARI (Major outer reap)  
KATA SEIO (Single shoulder)