

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)

GONOSEN 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)

KANO JIU JITSU

4th DAN SYLLABUS

YONDAN

HEIAN SANDAN (3rd LEVEL OF THE PEACEFUL MIND)

HEIAN YONDAN (4th LEVEL OF THE PEACEFUL MIND)

HEIAN GODAN (5th LEVEL OF THE PEACEFUL MIND)

BO SHOBU KATA NI (2nd FORM OF TRUE STAFF COMBAT)

SEITEI IAI (SWORD DRAWING FORMS)

JU SHIN NO KATA (FORMS OF THE PLIABLE MIND)

SEIRYOKU ZENYO KOKUMIN TAIKU NO KATA (FORMS OF NATIONAL PHYSICAL EDUCATION
BASED ON THE PRINCIPAL OF MAXIMUM EFFICIENCY)

MENKYO KAIDEN (MASTER OF ALL ARTS - TEACHING DEGREE)

KANO JIU JITSU

3rd DAN SYLLABUS

SANDAN

HEIAN SHODAN (1st LEVEL OF THE PEACEFUL MIND)

HEIAN NIDAN (2nd LEVEL OF THE PEACEFUL MIND)

JU NO KATA (FORMS OF GENTLENESS)

KOSHIKI NO KATA (ANTIQUÉ FORMS)

SEN SHIN NO KATA (FORMS OF THE ATTITUDES)

JU NO BO KATA (FORMS OF THE PLIABLE STAFF)

BO SHOBU KATA ICHI (1st FORM OF TRUE STAFF COMBAT)

KANO JIU JITSU

2nd DAN SYLLABUS

NIDAN

SHINKEN SHOBU NO KATA (FORMS OF THE TRUE COMBAT ATTITUDE)

KODOKAN GOSHIN JUTSU KATA (FORMS OF SELF DEFENCE)

AIKI JUTSU KATA (FORMS OF THE SPRIT HARMONY ART)

SHIHO YOKOMEN NO BO KATA (FORMS OF STRIKING THE SIDE OF THE HEAD WITH A STICK IN
FOUR WAYS)

SHIHO TSUKI NO BO KATA (FORMS OF THRUSTING WITH A STICK IN FOUR DIRECTIONS)

HACHI BARAI NO BO KATA (FORMS OF BLOCKING IN 8 WAYS WITH THE STAFF)

KAKATO KATA (FORMS OF THE CHINESE HAND)

ITSUTSU NO KATA (FORM OF 5 PRINCIPLES)

SHIAI (COMPETITION)

KYUSHO WAZA (TECHNIQUES AGAINST VITAL POINTS)

KATSU (RESUSCITATION METHODS)

TANTO DORI (KNIFE TAKING)

KEN DORI (SWORD TAKING)

JO DORI (STICK TAKING)

JO WAZA (STICK TECHNIQUES)

RANDORI (FREE PLAY)

KUMITE (MATCHING HANDS)

FUTARI GAKE (DEFENCES AGAINST TWO OPPONENTS)

TANNINZUGAKE (DEFENCES AGAINST MULTIPLE ATTACKERS)

KATA (FORMS)

KANSETSU KATA (LOCKING FORMS)

KIME NO KATA (DECISIVE FORMS)

TANTO DORI NO KATA (FORMS OF KNIFE TAKING)

NAGE NO KATA (FORMS OF THROWING)

DEFENCES AGAINST GRABBING ATTACKS:

SIDE HEAD-LOCKS
REVERSE SIDE HEAD-LOCKS
BACK-HAMMER & CHOKE
FULL-NELSON
HIGH BEAR HUGS
LOW BEAR HUGS
CROSS LAPEL GRABS
HEAD MARE
DOUBLE LAPEL GRAB & HEAD-BUTT

DEFENCES AGAINST PUNCHING ATTACKS:

LAPEL GRAB & PUNCH
STOMACH PUNCHES
PUNCHES TO THE FACE
CRESCENT PUNCHES
DOUBLE PUNCHES

DEFENCES AGAINST KICKING ATTACKS:

FRONT KICKS
SIDE KICKS
ROUNDHOUSE KICKS

COMBINATION TECHNIQUES:

THROWS
LOCKS
THROWS & LOCKS

DEFENCES AGAINST CLUB ATTACKS:

DIRECT BLOW TO THE HEAD
DOWNWARD BLOW TO THE HEAD
BACKHAND BLOW TO THE HEAD

DEFENCES AGAINST KNIFE ATTACKS:

CROSS CUT TO THE FACE
BACKHAND SLASH TO THE FACE
THRUST TO THE ABDOMEN

KANO JIU JITSU

1st DAN SYLLABUS

SHODAN

GEDAN WAKE (LOWER LEVEL PARRIES)
CHUDAN WAKE (MIDDLE LEVEL PARRIES)
JODAN WAKE (UPPER LEVEL PARRIES)

KOTE GAESHI (SMALL HAND TURN)
KOTE HINERI (SMALL HAND TWIST)
KOTE KUJIKI (SMALL HAND WRENCH)
WAN UDE KUDAKI (FOREARM CRUSH)
UDE HISHIGI OSHI TAOSHI (STRAIGHT ARM PUSH DOWN)
UDE HIJIKI (STRAIGHT ARM ELBOW LEVER)
UDE GURAME (ARM ENTANGLEMENT)
WAKE GATAME (SIDE LOCK)
ONI KUDAKI (CRUSHING THE DEVIL)
KOCHI DORI (BUTTERFLY CATCH)
GYAKU KOCHI DORI (REVERSE BUTTERFLY CATCH)

O GOSHI (MAJOR LOIN)
O SOTO GARI (MAJOR OUTER REAP)
KATA SEIO (SINGLE SHOULDER)
SEIOTOSHI (SHOULDER DROP)
TAI OTOSHI (BODY DROP)
UKI OTOSHI (FLOATING DROP)
HARAI GOSHI (SWEEPING LOIN)
HANE GOSHI (SPRING LOIN)
SUKUI NAGE (SCOOPING THROW)
TOMOE NAGE (STOMACH/COMMA THROW)
SUMI GAESHI (CORNER TURN)
UKI GOSHI (FLOATING LOIN)
UTSURI GOSHI (TRANSITION LOIN)

AIKIDO KATA (FORMS FROM THE WAY OF SPIRIT HARMONY)
TABENAGE/SUMI OTOSHI (CORNER DROP)
RYO KATA HIKI OTOSHI (DOUBLE SHOULDER PULL DROP)
GYAKU IRIMINAGE (REVERSE ENTERING BODY THROW)
SUMI OTOSHI URA (INSIDE CORNER DROP)
KATA TE NAGE (SINGLE HAND THROW)
SEIOKINAGE (SPIRIT SHOULDER THROW)
AIKI NAGE (SPIRIT HARMONY THROW)

DEFENCES WHILST SEATED:

GRABS WHILST SEATED
PUNCHES WHILST SEATED
TWO MEN WHILST SEATED
ARMED ATTACKS WHILST SEATED

DEFENCES WHILST LYING DOWN:

FREE ATTACK WHILST LYING

DEFENCES AGAINST CROSS CUT TO THE FACE WITH A KNIFE

UDE HIJIKI URA (Elbow lever from the inside)
GYAKU KOTE GAESHI (Reverse small hand turn)
UDE HISHIGI KATA SEIO (Straight arm shoulder throw)
UDE HISHIGI SHIHO NAGE (Four directional straight arm throw)
GYAKU UDE GURAME (Reverse arm entanglement)

DEFENCES AGAINST BACKHAND CUT TO THE FACE WITH A KNIFE

KOTE KUJIKI (Small hand wrench)
UDE GURAME (Arm entanglement)
UDE GURAME O SOTO GARI (Arm entanglement & major outer reap)
UDE GURAME TAI OTOSHI (Arm entanglement & body drop)
WAKE GATAME (Side arm lock)
OKURI ERI JIME (Sliding lapel choke)
UDE HISHIGI OSHI TAIOSHI HIJI GATAME (Straight arm push down & elbow break)

KAESHI WAZA (COUNTERING TECHNIQUES) AGAINST THE FOLLOWING:

UDE HISHIGI (Straight arm lock)
WAN UDE KUDAKI (Forearm crush)
KATA TE JIME (Single hand constriction)
UDE GURAME (Arm entanglement)
KOTE GAESHI (Small hand turn)
TENSHINAGE (Heaven spirit throw)
O SOTO GARI (Major outer reap)
KO SOTO GARI (Minor outer reap)
O GOSHI (Major hip throw)
SHIHOTOSHI (Four directional drop)
IRIMINAGE (Entering body drop)
HIZA GARUMA (Knee wheel)
KATA SEIO (Shoulder throw)

NAGE NO KATA (KATA OF THROWS) FIRST 3 SECTIONS ONLY

10 TECHNIQUES DEMONSTRATED JU NO SEN (IN A FLEXIBLE OR PLIABLE APPROACH)

SHIHO TSUKI KATA (FORMS OF STRIKING IN FOUR DIRECTIONS)

TAIKYOKU ICHI (FIRST CAUSE OR FUNDAMENTAL PRINCIPAL KATA)

BO TANTO DORI NO KATA (FORMS OF TAKING THE WOODEN KNIFE)

DEFENCES AGAINST 3 MAN ATTACKS

KANO JIU JITSU

1st KYU SYLLABUS

BROWN BELT

SEIOKINAGE (Spirit shoulder throw)
AIKINAGE (Harmony of spirit throw)
KATA TE NAGE (Single hand throw)

DEFENCES AGAINST DIRECT CLUB BLOWS TO THE HEAD

UKI GOSHI (Floating loin)
KATA SEIO (Single shoulder throw)
ONI KUDAKI (Crushing the Devil)
WAKE GATAME (Side arm lock)
UDE HISHIGI MUNE GATAME (Straight arm lock against the chest)
KOTE GAESHI (Small hand turn)

DEFENCES AGAINST DOWNWARD BLOWS TO THE HEAD WITH A CLUB

RYO ASHI HIKI TAIOSHI (Double leg pull drop)
GYAKU KOCHI DORI YOKO TOME NAGE (Reverse butterfly hold and side stomach throw)
KATA HA JIME (Single wing choke)

DEFENCES AGAINST BACKHAND BLOWS TO THE HEAD WITH A CLUB

OKURI ERI JIME (Sliding lapel choke)
TACHI KATA GATAME (Standing shoulder restriction)
JO UDE JIME (Upper arm constriction)

DEFENCES AGAINST STICK THRUSTING

SHIHO KIRI (Four way cut)
WAN UDE KUDAKI (Forearm crush)
KOTE GAESHI (Small hand turn)
KATA TE JIME (Single hand constriction)
IRIMINAGE (Entering body throw)
TENSIN NAGE (Heaven spirit throw)

DEFENCES AGAINST KNIFE THRUSTING TO THE ABDOMEN

UDE HISHIGI KATA (Straight arm lock over shoulder)
UDE HIJIKI (Elbow lever)
KOTE GAESHI (Small hand turn)
OKURI ERI JIME HARA GATAME (Sliding collar stomach arm lock)
KOCHI DORI (Butterfly hold)

KANO JIU JITSU

2nd KYU SYLLABUS

PURPLE BELT

NAKA YUBE IPPON KEN (Single knuckle fist)
YARITE (Spear hand)

DEFENCES AGAINST DOUBLE PUNCHING

MEN OTOSHI (Head drop)
KUBI OTOSHI (Neck drop)
GYAKU UDE GURAME TAI OTOSHI (Reverse arm entanglement & body drop)
KATA GARUMA (Shoulder wheel)
O SOTO OTOSHI (Major outer drop)
MAKI KOMI (Winding technique)
GYAKU KOCHI DORI YOKO TOMOE NAGE (Reverse butterfly catch with side stomach throw)

DEFENCES AGAINST FRONT KICKS

DEASHI HARAI (Advancing foot sweep)
UCHI MATA (Inner thigh throw)
O UCHI GARI (Major inner reap)
SASAE ASHI OTOSHI (Propping ankle drop)
ASHI NOKO KEAGE (Rising instep kick to groin)
IRIMINAGE (Entering body throw)

DEFENCES AGAINST SIDE KICKS

OKURI ASHI HARAI (Chasing foot sweep)
SUKUI OTOSHI (Scooping drop)
KOMI ASHI USHIRO UKI WAZA (Step in rear floating throw)
RYO KATA HIKI OTOSHI (Double shoulder pulling back drop)

DEFENCES AGAINST CRESCENT KICK TO HEAD

HIZA HARAI (Sweeping kick to knee)
FUMI KOMI (Stepping in kick)
HIKI ASHI OTOSHI (Leg pull drop)
MORETE UKE O UCHI GAKE (Double block major inner hook)
MORETE UKE ASHI HARAI (Double block leg sweep)

RENRAKU WAZA (COMBINATION TECHNIQUES)

O UCHI GARI - KO UCHI GARI	TOMOE NAGE - HIKI ASHI USHIRO OTOSHI
O SOTO GARI - TAI OTOSHI	HARAI GOSHI - O SOTO GARI
KATA SEIO - KATA OTOSHI	HANE GOSHI - UCHI MATA
O GOSHI - TSURI KOMI GOSHI	UKI GOSHI - KO SOTO GARI

DEFENCES OF OWN CHOICE AGAINST TWO MAN PUNCHING, HOLDING OR COMBINED ATTACKS

KANO JIU JITSU

3rd KYU SYLLABUS

BLUE BELT

HIRAKEN (Flat fist)

KOKEN (Bow fist)

UKI OTOSHI (Floating drop)

UKI GOSHI (Floating loin)

TABENAGE/SUMI OTOSHI (Corner drop)

GYAKU IRIMINAGE (Reverse, entering body throw)

DEFENCES AGAINST DIRECT PUNCHES TO THE HEAD & THE SOLAR PLEXUS

UDE HISHIGI OSHI TAIOSHI (Straight arm elbow push down)

UKI OTOSHI (Floating drop)

SHIHO TOSHI URA (Four directional drop to the inside)

SHIHO TOSHI OMOTE (Four directional drop to the outside)

UDE HIJIKI (Elbow lever)

UDE GURAME (Arm entanglement)

GYAKU UDE GURAME (Reverse arm entanglement)

KOCHI DORI (Butterfly hold)

KOCHI DORI KAITENAGE ERI JIME (Butterfly hold, spinning hand throw, lapel choke)

HIKI RYO ASHI OTOSHI (Double leg pull drop)

KOTE KUJIKI (Small hand wrench)

MORETE SEIO NAGE (Two handed shoulder throw)

UKI GOSHI (Floating loin)

ASHI URA UCHI MATA (Step out, inner thigh throw)

USHIRO JIME WAN UDE (Rear forearm choke)

HADAKA JIME (Naked choke)

OKURI ERI JIME (Sliding collar choke)

KATA HA JIME (Single wing choke)

KOTE HINERI (Small hand twist)

KOTE GAESHI (Small hand turn)

KOTE HINERI UDE HISHIGI HIKI TAIOSHI (Small hand twist, straight arm elbow push down)

DEFENCES AGAINST CRESCENT PUNCH TO THE HEAD

ONI KUDAKI (Crushing the devil)

GYAKU KOCHI DORI UKI WAZA (Reverse butterfly catching, floating technique)

KOSHIKI GOSHI (Pendulum loin)

URA NAGE (Rear throw)

IRIMINAGE (Entering body throw)

TAI HASAME (Body scissors)

(BO) TANTO DORI NO KATA (KATA OF KNIFE TAKING WITH A WOODEN KNIFE)

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)

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 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 lever 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

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)
TENSHINAGE (Heaven spirit throw)

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)

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)