

Budo Society Musashi



JU JITSU

Syllabus

Kyu grades

6th Kyu - 1st Kyu, Weapons

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Kyu requirements 6th Kyu White belt

Minimum of 20 Hours of training

Dojo Etiquette

Ukemi Waza (break falls)

Movement on Tatami

Kuzushi (breaking balance)

Yubi Kansetsu

- Finger locks

Kansetsu Waza (locks)

- ✿ Ude Garami (bend arm lock)
- ✿ Ude Garami in Ne-Waza (ground fighting)
- ✿ Ude Garami in Tachi Waza (standing)
- ✿ Waki Gatame
- ✿ Hara Gatame

Nage Waza (throws)

- ✿ O-Soto Gari
- ✿ Ko Uchi Gari
- ✿ O Soto Otoshi

Atemi

- ✿ Application of Atemi
- ✿ explanation of what Atemi is
- ✿ Punch
- ✿ Blow

Blocks

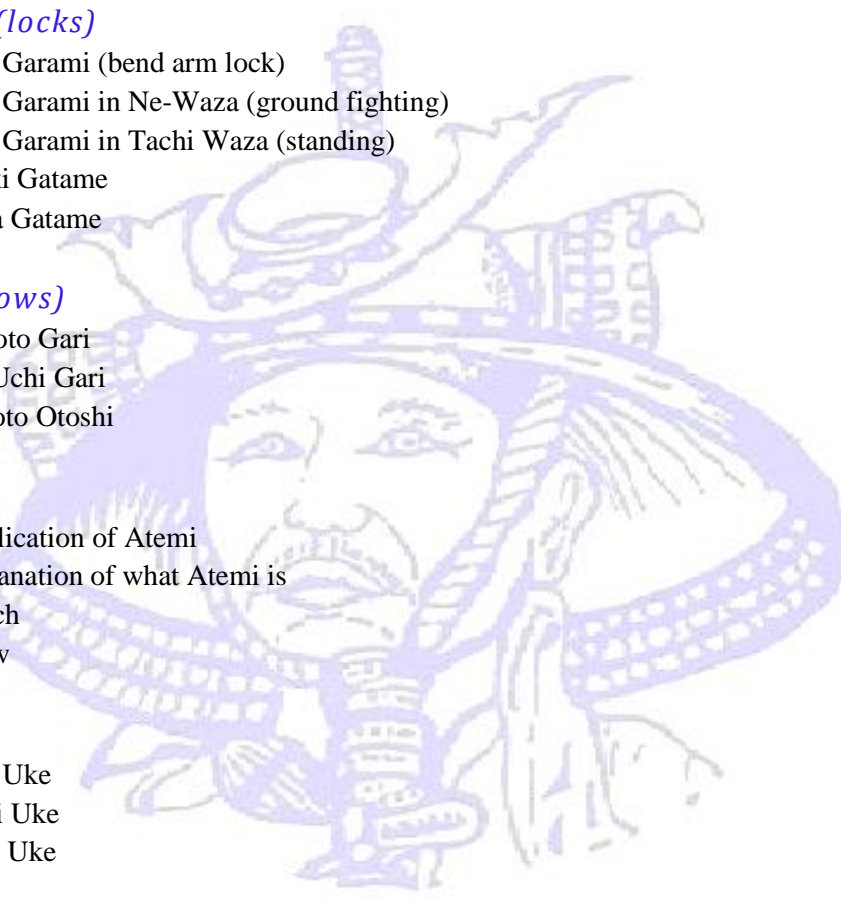
- ✿ Age Uke
- ✿ Uchi Uke
- ✿ Soto Uke

Tai Sabaki Body movements

- ✿ Tsugi Ashi
- ✿ Happo Undo

Buki Waza

- ✿ Jo handling
- ✿ Two defences against a Jo attack – Kokyunage and Nikyo
- ✿ One defence against Bokken - Kotegaeshi
- ✿ Two defences against knife – Shihonage and Kotegaeshi





Hanbo requirements

Stance

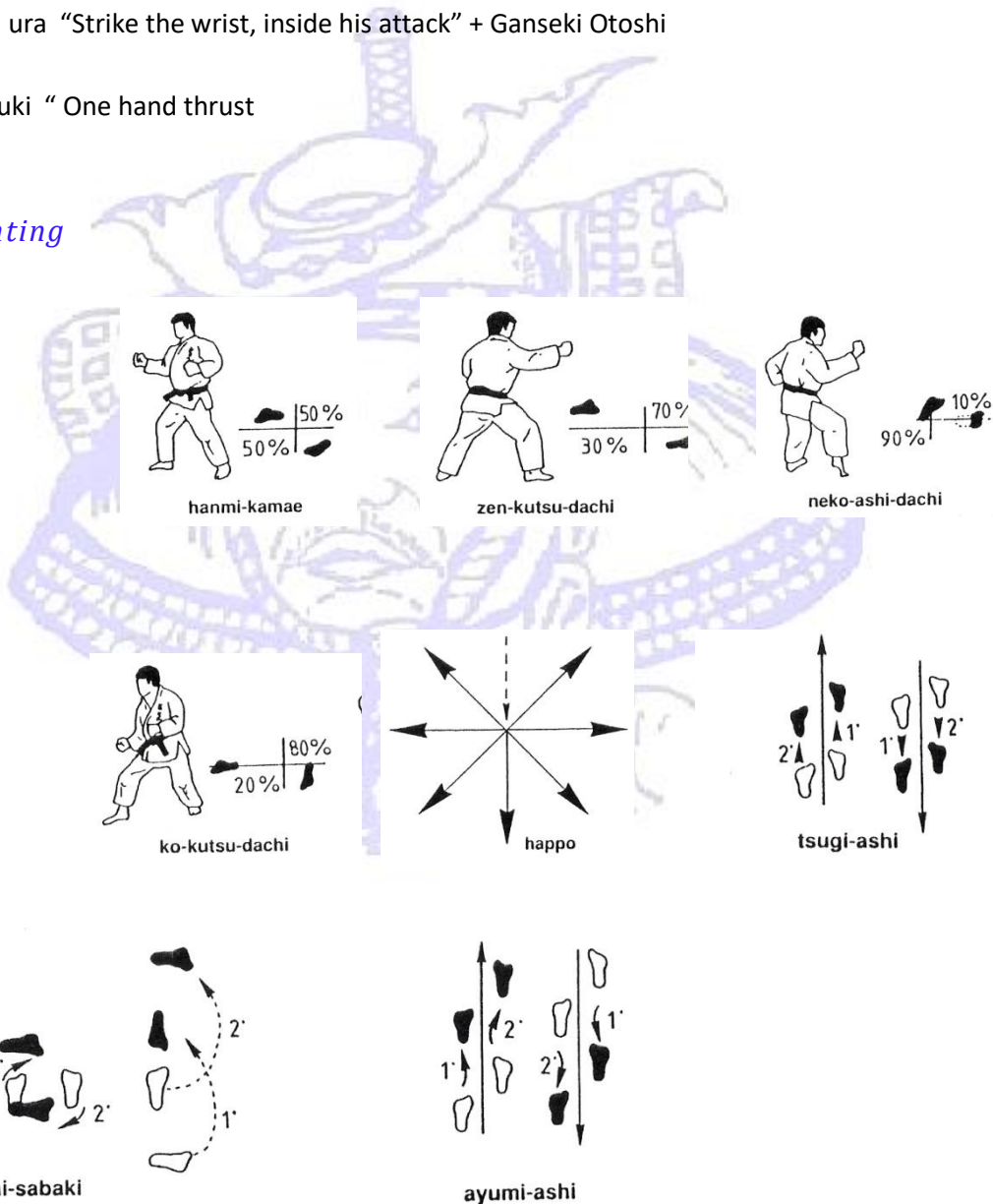
Hira Ichimonji no kamae (you stand holding the stick in both hands down in front of you)

Hanbo Basic movements

- Naname Ushiro omote Waki Uchi “Moving diagonally back outside his attack and striking his side” + Tsuke Iri
- Naname Mae Ura waki Uchi “ Moving diagonally forward inside his attack and striking his side” + Koshi Ori
- Naname Mae omote Waki uchi “Moving diagonally forward outside his attack and striking his side” +
- Mawashi Kote Uchi omote “ Rotate the stick and strike the wrist, outside his attack”
- Mawashi Kote Uchi ura “Rotate the stick and strike the wrist, inside his attack” + Ganseki Otoshi
- Kote Uchi ura “Strike the wrist, inside his attack” + Ganseki Otoshi
- Katate Tsuki “ One hand thrust

Japanese counting

- Ichi One
- Ni Two
- San Three
- Shi Four
- Go Five
- Roku Six
- Shichi Seven
- Hachi Eight
- Ku nine
- Ju Ten





Kyu requirements 5th Kyu Yellow belt

30 Hours of training

Attendance of at least 3 Master Classes including weapons seminar

Dojo etiquette

Ukemi waza

- ✿ Extended (diving)
- ✿ Ushiro
- ✿ Yoko
- ✿ Mae Ukemi (over the top)

Attack and defence stances

Basic stances (Foot and arm stances)

- ✿ Hanmi Kamae (half front 50% - 50%)
- ✿ Zenkutsu Dachi (70% - 30%)
- ✿ Neko Ashi Dachi (cat stand 20% - 80%)
- ✿ Kokutsu Dachi (30% - 70%)

Movement on tatami

- ✿ Tsugi ashi
- ✿ Ayumi ashi
- ✿ Tai sabaki
- ✿ Hara
- ✿ Ebi (move on back, side, back and stomach)

Kicks and Punches

- ✿ Yoko Geri
- ✿ Ushiro Geri
- ✿ Ushiro Mawashi Geri
- ✿ Jun Tsuki
- ✿ Mawashi Tsuki

Blocks

- ✿ Jodan Morote Uke (High double block)
- ✿ Shuto Uke (Middle block)
- ✿ Morote Gedan Barai

Nage Waza (Throws)

- ✿ O- Goshi (big hip throw)
- ✿ Uke Goshi
- ✿ De-Ashi Barai (forward foot sweep)
- ✿ O-Uchi-Gari (Big inside sweep)
- ✿ Ko-Soto-Gake (small outside hook)
- ✿ Seoi Nage (shoulder throw)



Jigo Waza (Defence techniques)

Attacks from

- ☸ Take holds, grappling, seizes
- ☸ Hugs
- ☸ Punches, blows and kicks

Kansetsu Waza

- ☸ Kannuki Gatame (diagonal under joint)
- ☸ Kotegaeshi (wrist lock)
- ☸ Kote Mawashi or Nikyo (wrist spin)
- ☸ Kote Hineri or Sankyo (wrist twist)

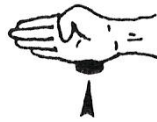
Natural Weapons



nukite



halto



shuto



uraken



haishu



teisho



selken



ude



tettsui



hiraken



ippon-ken



empi



koshi
kakato



sokuto



teisoku



haisoku



hiza



Kihon Kumite (to learn from defences)

- ✿ Escape from holds:
 - ✿ Wrist
 - ✿ Cloth
 - ✿ Throat
 from side, front and backwards from static, pulling and pushing
- ✿ React on holds: middle – and head attacks (from side, front and back)
- ✿ To avoid and block off attempts to get hold, blows, punches and kicks and the application of Atemi's
- ✿ To show insight that blocks and dodging (avoid) are applicable to weapons as well as the application of Atemi's.

Osae Komi Waza (Pinning techniques)

- ✿ Kesa Gatame (scarf hold)
- ✿ Kata Gatame (shoulder hold)
- ✿ Yoko Shiho Gatame (side locking four corner hold)

Introduction in Randori

This implements the training in the insight and the skills of predetermined attacks and defences

Jo syllabus

postures and basic positions

Choku Tsuki
 Kaeshi Tsuki
 Ushiro Tsuki
 Jodan Kamae
 Hasso no kamae

Bokken syllabus:

postures and basic positions

Shomenuchi
 Yokomenuchi
 Tsuki
 Jodan (upper) Kamae
 Hasso no kamae

Basic strikes

Chudan mune tsuki (middle thrust)
 Chudantsuki (straight thrust)
 Gaeshi tsuki (turning thrust)

Bokken dori

Kokyunage
 Iriminage

Jo Dori

Sokumen
 Aihanmi Shihonage

Tanto Dori

Tsuki - Udekimenage
 Tsuki - Iriminage

Hanbo requirements

Techniques against fist attack

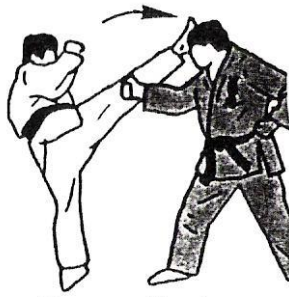
- ✿ Tsuke Iri "Inserting the stick between arm and body"
- ✿ Koshi Ori "Breaking the hip"
- ✿ Ganseki Otoshi "Dropping a big rock"
- ✿ Ganseki Otoshi Makikomi "Dropping a big rock – enfolding techniques"



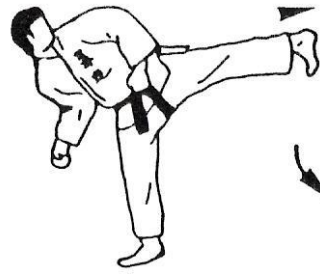
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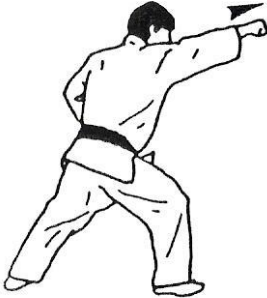
yoko-geri



ushiro-mawashi-geri



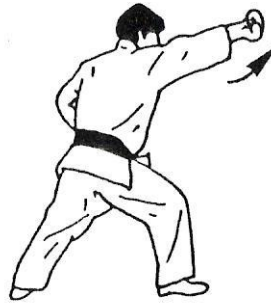
ushiro-geri



jun-tsuki



otoshi-empi-uchi



mawashi-tsuki



jodan-morote-uke



shuto-uke



morote-gedan-barai



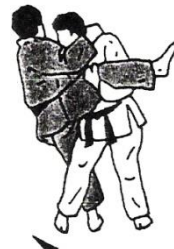
ko-soto-gake



o-goshi



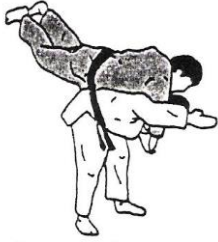
uki-goshi



o-uchi-gari



柔術



ippon-seoi-nage



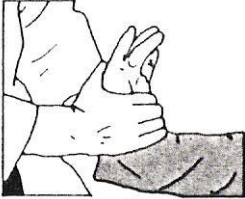
soto-kannuki-gatame



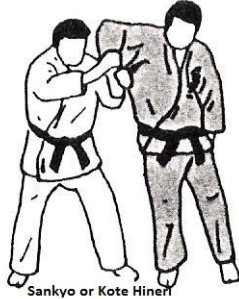
uchi-kannuki-gatame



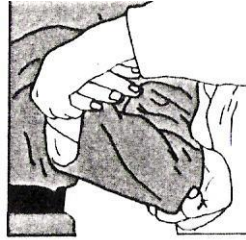
nikyo



kote gaeshi



Sankyo or Kote Hineri



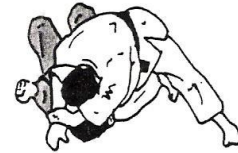
nikyo



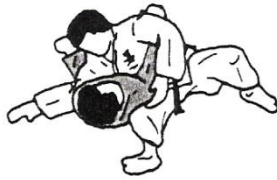
Kata gatame



kata-gatame



kesa-gatame



Yoko shiho gatame



Kyu requirements 4th Kyu Orange belt

40 Hours of training.

Attendance of at least 3 Master Classes including weapons seminar

Pre requisites: see 5th Kyu.

Break Falls

Movements and stances

- ✿ Tai Sabaki: double step turn to 180 degrees with and without partner
- ✿ Moving on Tatami: Ebi without and with partner (standing and kneeled)

Atemi

Art of hitting vital points: Shuto, Teisho, Mae Geri, Kin Geri, , Hiza Geri, Empi (see 5th Kyu)

- ✿ Uraiken: backside fist
- ✿ Morote-Uke-Chudan and Gedan; double middle zone block

Kicks and Punches

- ✿ Kakato Geri
- ✿ Hiza Geri
- ✿ Tobi Hiza Geri
- ✿ Uraiken
- ✿ Ura Tsuki
- ✿ Teisho Uchi

Blocks

- ✿ Age, Soto and Uchi Uke, Gedan Barai, (see 5th Kyu)
- ✿ Juji-Uke-Jodan and Gedan: double block crossed

Nage Waza

- ✿ Morote Seoi Nage (two hand shoulder throw)
- ✿ O-Guruma (big swirl)
- ✿ Seoi Otoshi (Shoulder body drop)
- ✿ Harai Koshi (Hip sweep)

Sutemi Waza

- ✿ Tomoe Nage (round throw/foot in stomach throw)
- ✿ Kani Basami (flying scissors)
- ✿ Sumi Gaeshi (corner reversal)

Kansetsu Waza

- ✿ Kata-Mune-Hara-Hiji-Gatame: shoulder, neck, chest and elbow control
- ✿ Hiji Gatame (elbow lock)
- ✿ Ude Hishigi Juji Gatame (crossed arm crush)
- ✿ Ashi Ude Hishigi Juji Gatame (arm crush through crossed legs)

Osae Komi Waza

- ✿ Tate Shiho Gatame (Straight locking four corner hold)
- ✿ Kami Shiho Gatame Top four corner hold)



Jime Waza

- ✿ Hadaka Jime (naked choke)
- ✿ Gyaku Juji Jime (reverse cross lock)
- ✿ Kata Juji Jime (single wing lock)

Randori

This implements the training in the insight and the skills of predetermined attacks and defences

Ne Waza: (ground attacks).

Free yourself from attempts and grappling from front, side and behind, on the stomach and on the back.

Kihon Kumite (to learn from defences)

Training in a multiplication of controlling finishing techniques. Apply above techniques from different attacks. Atemi is a condition for Kuzushi (breaking the balance).

Try to apply all controlling techniques on all grips and look for variations in grips, i.e. wrist on one arm, two arms, from behind. Try to make a useful combination of the learned techniques, like: set yourself free (escape), move yourself, lock, throw, Atemi.

There is a lot of improvisation you can use:

Tori defences with controlling technique Waki Gatame from various grips, or an improvisation to Mune-, Hara-, Hiji Gatame.

Same scenario with grips, but now with Seoi nage and Morote or kata Seoi Nage.

Buki Waza

- ✿ 13 step Jo Kata (Flame kata) (left and right)
- ✿ Bokken Happa Giri (eight direction bokken kata)
- ✿ Kumijo no 1 + 2
- ✿ Use of Tanjo
- ✿ Use of Tanjo against Bokken

Bokken Disarming

Udekimenage
Hijikimeosae

Jo disarming

Gyaku ikkyo
Hijikimeosae

Knife disarming

Tsuki - Hijikimeosae
Yokomenuchi – Gokyo

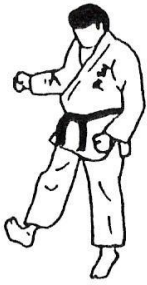
Hanbo

Techniques against fist attack

- ✿ Oni Kudaki “Crushing the devil”
- ✿ Oni Kudaki Variation 1
- ✿ Oni Kudaki Variation 2
- ✿ Oni Kudaki Variation 3



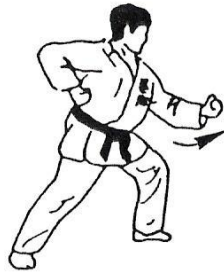
柔術



kakato-geri



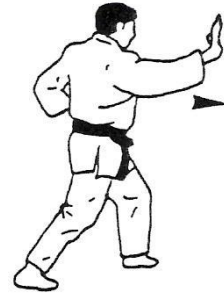
hiza-geri



ura-tsuki



uraken-uchi



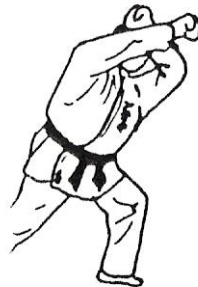
teisho-uchi



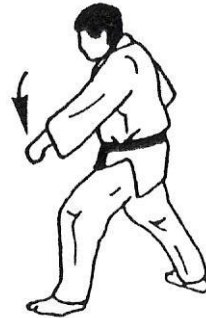
morote-uchi-uke



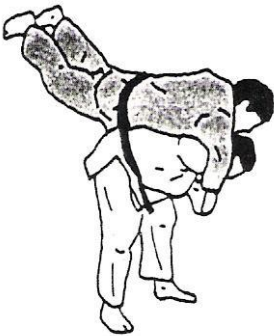
gedan-juji-uke



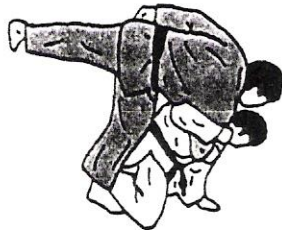
jodan-juji-uke



gedan-barai



morote-seoi-nage



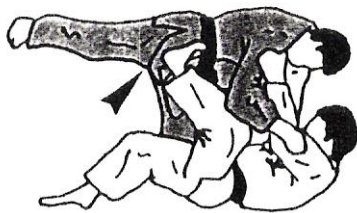
seoi-otoshi



harai-goshi



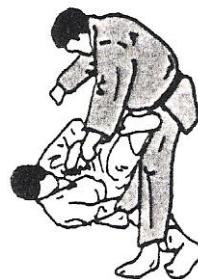
O Guruma



tomoe-nage



sumi-gaeshi



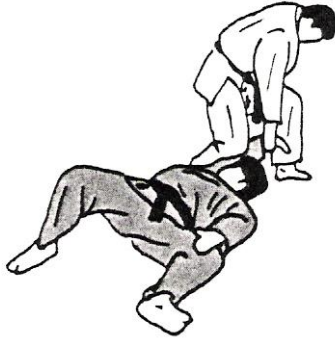
kani-basami



柔術



hiji-gatame



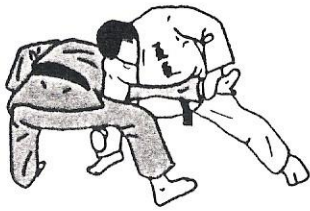
hiji-gatame



kata-gatame



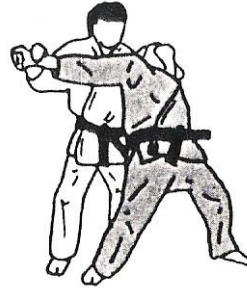
kata-gatame



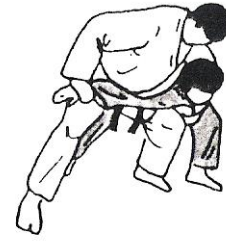
gyaku-hara-gatame



hiza-gatame



mune-gatame



hara-gatame



uchi-kannuki-gatame



soto-kanuki-gatame



tate-ude-hishigi-juji-gatame



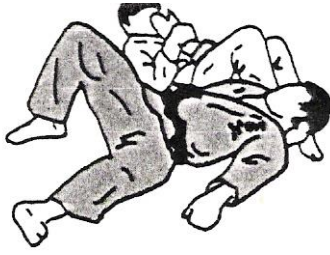
ashi-ude-hishigi-juji-gatame



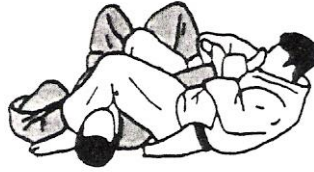
hiji-gatame



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kuzure-ude-hishigi-juji-gatame



ude-hishigi-juji-gatame



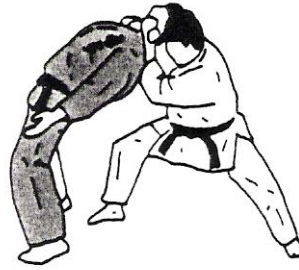
Kata juji iime



Gyaku juji



Gyaku jujijime



hadake-jime



gyaku jujijime



Kata jujijime



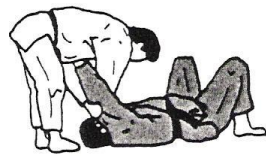
kami shiho gatame



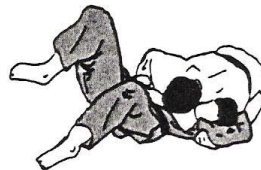
Tate shiho gatame



Kuzure tate shiho gatame



kami shiho gatame



kami-shiho-gatame



Kyu requirements 3rd Kyu Green belt

Minimum of 40 hours of training.

Attendance of at least 3 Master Classes including weapons seminar

Pre requisites: see previous grades.

Moving on tatami: see previous grades

- ✿ Ready to scissor and avoid
- ✿ Transition standing to ground
- ✿ Transition ground to standing

Atemi

- ✿ See previous grades
- ✿ Nukite: fingers
- ✿ Kakato Geri: heel kick
- ✿ Atama: head

Blocks See previous grades

- ✿ Osae Uke: pushing block
- ✿ Nagashi Uke: compliant hand wipe

Nage Waza

- ✿ See previous grades
- ✿ Tai Otoshi (body drop)
- ✿ Kiri Otoshi
- ✿ Kubi Nage (neck/hip throw)
- ✿ Tsuru komi Koshi
- ✿ Koshi guruma (big hip throw)

Kansetsu Waza (Joint lock techniques)

- ✿ See previous grades
- ✿ Kubi/neck: Atama/Ago Gaeshi – head/hair chin turn
- ✿ Kanuki-Atama-Ago-Gaeshi: diagonal head-jaw turn (lock)
- ✿ Ude Garami: bend/turn of the arm
- ✿ Kote Kuzure: bokspot or broken wrist

Jime Waza (strangle and choke techniques)

- ✿ See previous grades
- ✿ Nami-Juji-Jime: normal cross strangle (back of hand upwards)
- ✿ Gyaku-Juji-Jime: reverse cross strangle (back of hand downwards)
- ✿ Ashi-Gatame-Jime/Sankaku-Jime: strangle with leg control/triangular strangle

Osae Komi Waza (Pinning techniques)

- ✿ Kuzure Kami Shiho Gatame (variation top four corner hold)
- ✿ Ushiro Kesa Gatame (reverse scarf hold)
- ✿ Kuzure Kesa Gatame (variation of scarf hold)
- ✿ Kuzure Tate Shiho Gatame (variation straight four corner)



Sutemi Waza

- ❁ Yoko Wakare (side split)
- ❁ Yoko Guruma (side whirl)
- ❁ Soto Maki Komi (outside wrap around throw)
- ❁ Ko Uchi Maki Komi (small inside wrap around throw)
- ❁ Yoko Tomoe Nage (round throw / foot in stomach throw)

Kihon (exercise with partner)

Kick (Mae geri) followed up with right straight punch.

Tori applies Tai Sabaki plus a block with right forearm. Also, in the second attack avoiding is a prerequisite.

Tori throws Uke with a left kick in hollow of the knee, followed with a Kakato (heel kick) to eliminate Uke.

These exercise with partner must be well trained due to the diversity of the movements.

Ne Waza: (ground attacks with attacker standing).

Attempt to grap, strike, kick from front, side, behind and above.

Move with Ebi forms, block, Atemi, knee kicks, scissors, Hiza-Kani-Hishigi

Attacker (kneeled) applies the already acquired techniques like: Waki Gatame (lock via arm pit), Atama-Ago-Gaeshi (Hair-chin-turn/lock), Ude-Garami (bend arm lock)

Bukiwaza

- ❁ 16 step Jo Kata (left and right)
- ❁ Eight direction Bokken kata
- ❁ Use of Tanjo
- ❁ Kumi JO 1-4

Bokken Disarming

Kote Hineri

Yonkyo

Jo disarming

Aihanmi Tenchinage

Gyaku Kotegaeshi

Knife disarming

Yokomenuchi - Kotezume

Yokomenuchi - Kote Hineri

Hanbo requirements

Techniques against foot attacks

- ❁ Ashi Garami “Entangling the leg”
- ❁ Ashi Dori “Seizing the leg”
- ❁ Ashi Gatame “Pressing on the leg”



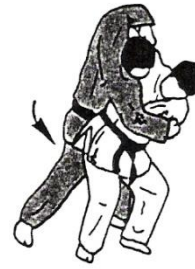
柔術



tai-otoshi



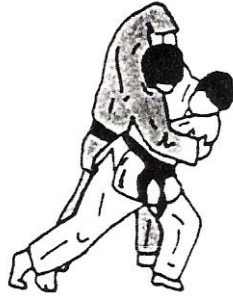
Ushiro kiri otoshi



tsuri-komi-goshi



kubi-nage



koshi-guruma



kubi-gatame



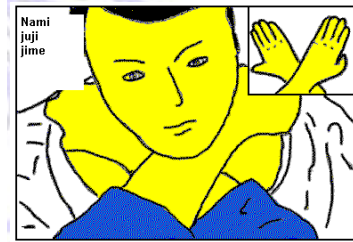
kuzure-kote-gaeshi



kubi-kansetsu



kanuki-atama- ago-gaeshi



Nami
juji
jime



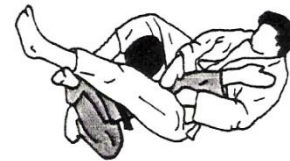
Nami juji jime



Gyaku jujijime



ashi-gatame



sankaku-jime



kuzure kesa gatame



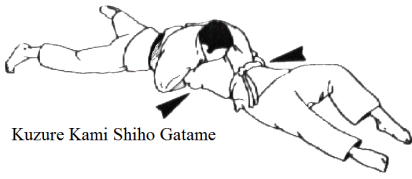
Ushiro kesa gatame



Kuzure tate shiho gatame



柔術



Kuzure Kami Shiho Gatame



Kuzure Kami Shiho Gatame



yoko-wakare



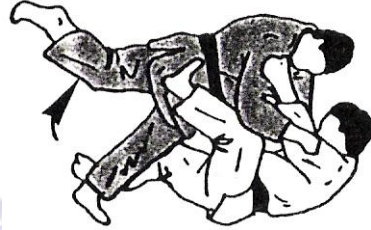
yoko-guruma



soto-maki-komi



ko-uchi-maki-komi



yoko-tomoe





Kyu requirements 2nd Kyu Blue belt

Minimum of 50 hours of training

Attendance of at least 4 Master Classes including weapons seminar

Pre requisites: see previous grades.

Moving on tatami: see previous grades

Break Falls

- ✿ See previous grades
- ✿ Free fall

Atemi

- ✿ See previous grades
- ✿ Haito (thumb-index finger side)
- ✿ Empi (elbow)
- ✿ Haishu (back of hand)
- ✿ Haisoku (instep/top of foot)

Blocks See previous grades

- ✿ Uchi Harai (inward downward)
- ✿ Soto Harai (outside downward)

Nage Waza: throwing techniques

- ✿ See previous grades
- ✿ Hane Koshi (hip spring),
- ✿ Hiji Otoshi (throwing via elbow)
- ✿ Ushiro Goshi (rear hip throw)
- ✿ Uchi Mata (inner thigh reaping throw)
- ✿ Shihonage (four corner throw)
- ✿ Obi Otoshi
- ✿ Obi Goshi
- ✿ Harai Tsumikomi Ashi (pulling – lift leg sweep)
- ✿ Hane Makikomi (springing wrap around throw)

Kansetsu Waza (Joint lock techniques)

- ✿ See previous grades
- ✿ Ude Hishigi Juji Gatame (via inner thigh)
- ✿ Ude Hishigi (pressure with hands to break/crush/dislocate arm))
- ✿ Gyaku Waki Gatame (reverse armpit lock)
- ✿ Kata-Ashi-Hishigi (Kanuki Gatame on calf)
- ✿ Hiza Garami (Knee twist)
- ✿ Hiza Hishigi (over stretch of knee)
- ✿ Ashi Garami (bend of leg)
- ✿ Ashi Hishigi (over stretch of foot)
- ✿ Ashi Gaeshi (foot/ankle turn (*Kote Gaeshi on foot/ankle*))



Jime Waza (strangle and choke techniques)

- ✿ See previous grades
- ✿ Kuzure-Hadaka (from above and from side)
- ✿ Ebi Jime
- ✿ Kataha Jime (via shoulder)

Osaie Komi Waza (Pinning techniques)

- ✿ Escape from holds on ground

Renraku Waza (Combination techniques)

- ✿ O Uchi Gari + Tai Otoshi
- ✿ O Uchi Gari + Harai Goshi
- ✿ Tai Otoshi + O Uchi gari
- ✿ Ko Uchi Gari + Ippon Seoi nage
- ✿ Ko Uchi gari + O Uchi gari

Kaeshi Waza (counter techniques)

- ✿ Uchi Mata + Uki Otoshi
- ✿ O Uchi Gari + Uki waza
- ✿ Ippon Seoi Nage + Hadaka Jime
- ✿ Morote Jime + Tomoe Nage

Buki Waza

22 step Jo Kata (Left and right)

Defences against Bokken with Hanbo and Tanjo

Nine Cut Bokken Kata

Bokken Disarming

Gokyo

Kote Mawashi or Nikyo

Jo disarming

Gokyo

Yonkyo

Knife disarming

Yokomenuchi - Shihonage

Yokomenuchi – Uchikaitensankyo

Hanbo requirements

Techniques against wrist grabs

- ✿ Ude Garami omote “Entangling the arm – outside”
- ✿ Kyojitsu “Feinting” (A deceptive action calculated to divert attention from one's real purpose)
- ✿ Ude Gaeshi “Turning the arm over”
- ✿ Take Ori “Breaking Bamboo”



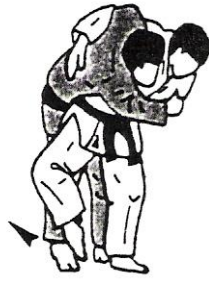
柔術



ushiro-goshi



uchi-mata



hane-goshi



Shihonage



Fig. 97

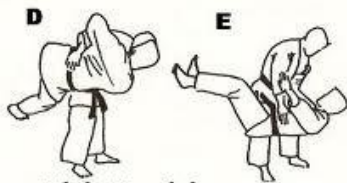
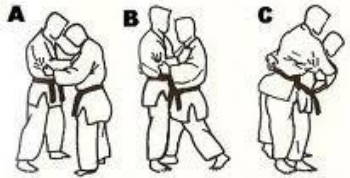
Hiji otoshi



Fig. 98

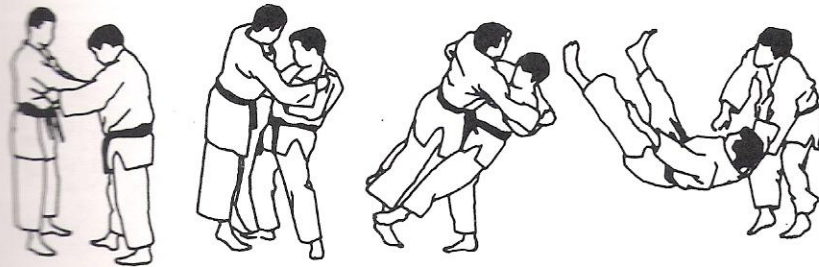
Obi otoshi

Fig. 100

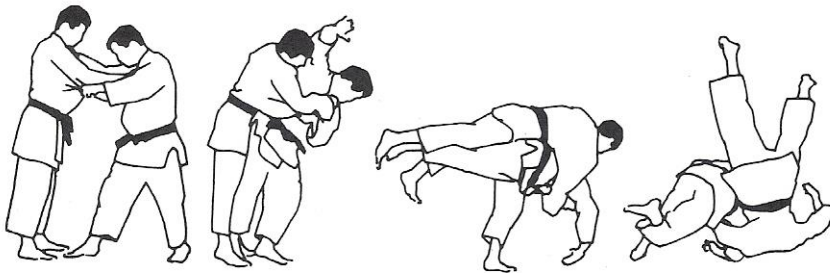


Obi Goshi

HARAI-TSURI-KOMI-ASHI

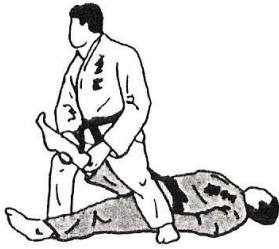


HANE-MAKI-KOMI





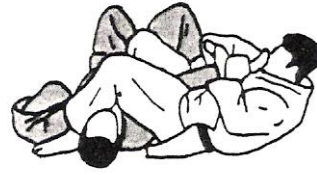
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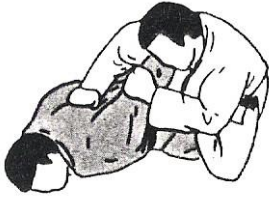
hiza-hishigi



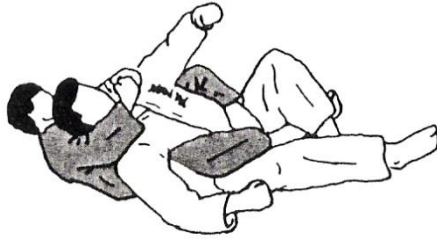
ude-hishigi



ude-hishigi-juji-gatame



ude-hishigi



ashi-hishigi



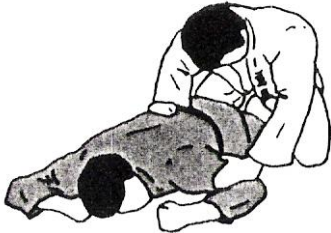
hiza-gatame



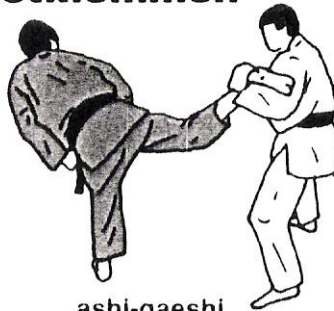
Gyaku Waki Gatame



ashi gaeshi



ashi-garami

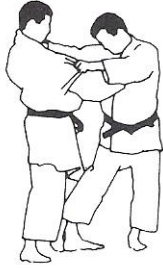


ashi-gaeshi

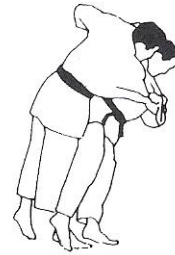
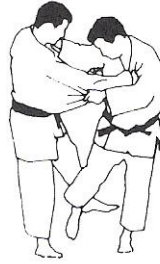


Renraku Waza

O-UCHI-GARI + TAI-OTOSHI



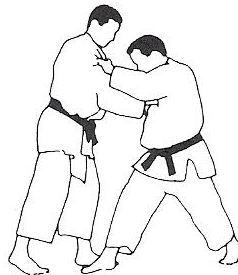
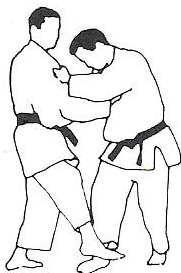
O-UCHI-GARI + HARAI-GOSHI



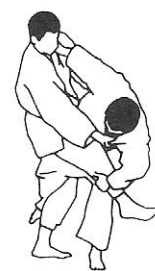
TAI-OTOSHI + O-UCHI-GARI



KO-UCHI-GARI + IPPON-SEOI-NAGE



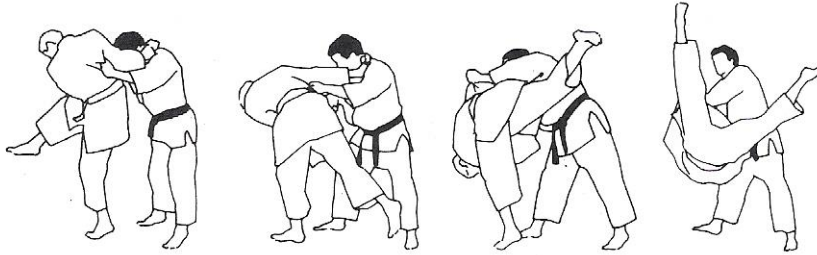
KO-UCHI-GARI + O-UCHI-GARI





Kaeshi Waza

UCHI-MATA + UKI-OTOSHI



O-UCHI-GARI + UKI-WAZA



IPPON-SEOI-NAGE + HADAKA-JIME



MOROTE-JIME + TOMOE-NAGE





Kyu requirements 1st Kyu Brown belt

Minimum of 60 Hours of training

Attendance of at least 4 Master Classes including weapons seminar

During grading techniques of previous grades will be asked to be demonstrated

Ukemi Waza

Moving on tatami: see previous grades

Atemi

- ☸ Name and demonstrate the use of all natural weapons

Blocks See previous grades

- ☸ Demonstrate the use of blocks in different attacks

Nage Waza: throwing techniques

- ☸ Sukui Nage (spoon throw)
- ☸ Tani Otoshi (valley drop)
- ☸ Kani Basami (scissors throw)
- ☸ Uki Otoshi (floating drop)
- ☸ Yama Arashi
- ☸ Kata guruma (shoulder wheel)
- ☸ Sumi Otoshi
- ☸ Ashi Guruma (leg wheel)
- ☸ Ko Soto gari (small outside reap)
- ☸ O Soto Guruma (big outside wheel throw)

Kansetsu Waza (Joint lock techniques)

- ☸ Demonstrate the various joint locks from different attacks
- ☸ Demonstrate at least 30 finger, wrist and arm locks

Renraku Waza (Combinations)

- ☸ Hiza Guruma + O Soto gari
- ☸ Ko Uchi gari + Hane Goshi
- ☸ Ippon Seoi Nage + Ko uchi Gari
- ☸ Hane Goshi + O Uchi Gari
- ☸ O uchi Gari + Ko Uchi Gari

Kaeshi Waza (counter techniques)

- ☸ Ko Soto Gake + Uchi Mata
- ☸ Hiza Guruma + O Uchi Gari
- ☸ Uchi Mata + Sukui Nage
- ☸ O Uchi Gari + Uki Waza
- ☸ Morotejime + Tomoenage
- ☸ Ude Gatame + O Uchi Gari
- ☸ Katatejime + Waki Gatame



Jime Waza (strangle techniques)

- ✿ Nami Juji Jime + variations
- ✿ Katate Jime
- ✿ Okuri Eri Jime

Escapes from Jime waza

Randori

Escape from holds and attempts to holds using the tanjo

Taninzudori

Defence against 4 or more attackers

Bukiwaza

All previous requirements

Use of credit card, Kubotan, Umbrella, walking stick, magazine etc

Kumijo 1 – 8

Bokken syllabus

Bokken kata

10 defences against Bokken

Defence against Bokken with Tanjo

Jo syllabus

Jo Kata's 50 step and 70 step kata

10 defences against Jo

6 techniques Jo Waza

Tanto

Variety of Attacks 10+ techniques

From static knife threat against neck

Ikkyo/Ippondori

Kotezume

Kote Hineri

Yonkyo

Gokyo

Defence against knife attacks from Ushiro

Defence with Jo against Bokken

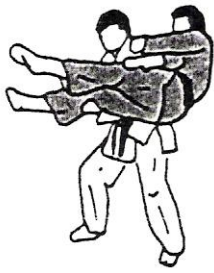
Hanbo requirements

Techniques against wrist grabs

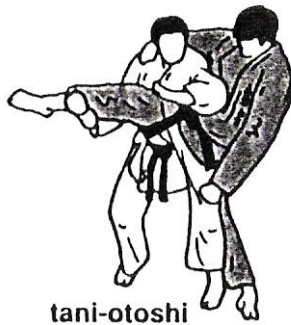
- ✿ Ryōtedori “Seizing both hands”
- ✿ Hon-Gyaku Dori “Main reverse constriction”
- ✿ Katate Jime “Constricting one hand”
- ✿ Ude Kujiki “Wrenching the arm”
- ✿ Katame Kujiki “Pressing and wrenching”



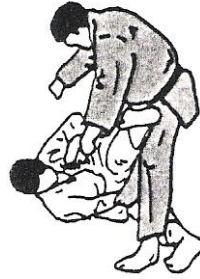
柔術



sukui-nage



tani-otoshi

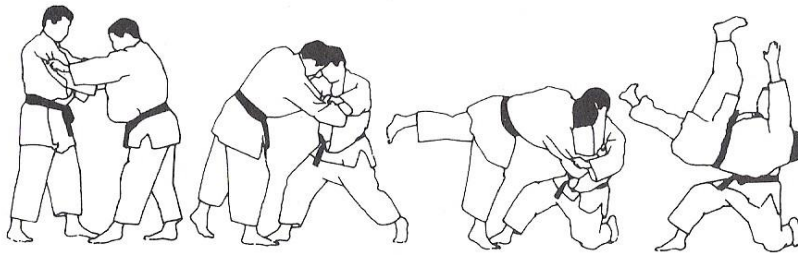


kani-basami

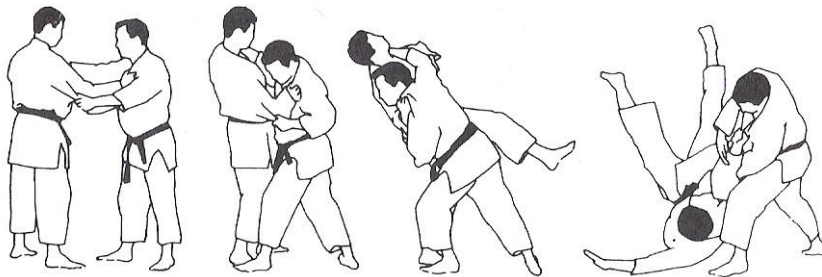


kata-guruma

UKI-OTOSHI



SUMI-OTOSHI

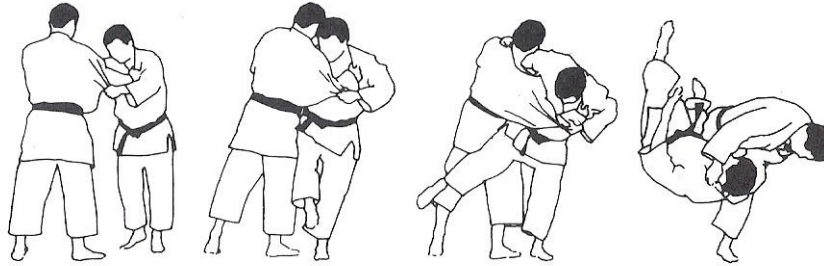




ASHI-GURUMA



O-SOTO-GURUMA



Renraku Waza

HIZA-GURUMA + O-SOTO-GARI

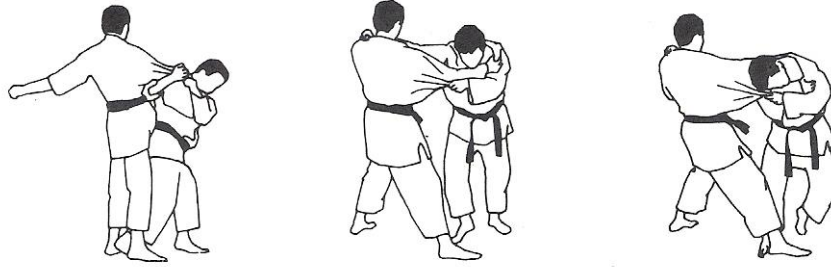


KO-UCHI-GARI + HANE-GOSHI





IPPON-SEOI-NAGE + KO-UCHI-GARI



HANE-GOSHI + O-UCHI-GARI



O-UCHI-GARI + KO-UCHI-GARI





Kaeshi Waza

KO-SOTO-GAKE + UCHI-MATA



UCHI-MATA + SUKUI-NAGE



HIZA-GURUMA + O-UCHI-GARI



O-UCHI-GARI + UKI-WAZA



MOROTE-JIME + TOMOE-NAGE



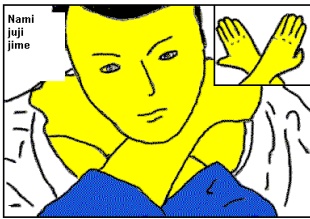


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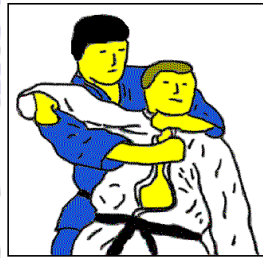
UDE-GATAME + O-UCHI-GARI



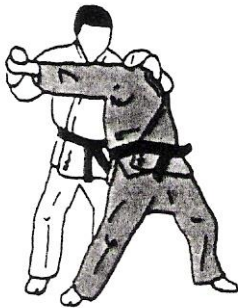
KATATE-JIME + WAKI-GATAME



Nami juji jime



Okuri eri jime



kata-te-jime



okuri-eri-jime

