

合氣柔術

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Stanford Self-Defense Club

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Practical self-defense methods against single and multiple attackers, restraining arts, striking, and blocking methods. Instruction available through advanced black belt level in Jujitsu.

Organization Zen Budokai of America
Style Aiki Jujitsu

Institution Stanford University
Department Athletics, Physical Education, and Recreation
Class Ath 93: Self Defense
Course Number 091-093-0-01
Credit 1 unit
Hours MWF 7-8:45pm [Friday for upper belts only]
 (Summer hours: 6:30-8:30pm)
Location Wrestling Room in the Arrillaga Sports Center
Fee \$50 per quarter

World Wide Web <http://jujitsu.stanford.edu/>
Email list jujitsu@lists.stanford.edu
 [To subscribe, send email to help@lists.stanford.edu]

Founder Duke Moore 10th degree [*judan*]
Head Instructor Jim Moses 8th degree [*hachidan*]
Senior Instructors Roger Avedon (2nd), Duff Howell (2nd)
Instructors (1st) Debbie Kelly, Ken Mai, Grant McFarland, Matt Pozos

Affiliation

American Teacher's Association of the Martial Arts (ATAMA)

Senior Professors	Duke Moore (10 th), Aiki Jujitsu, Sacramento Ralph Castro (10 th), Kempo Karate, San Francisco Rick Alemany (9 th), Kempo Karate, San Francisco
Professors	Jim Moses (8 th), Aiki Jujitsu, Stanford Tim Delgman (8 th), Aiki Jujitsu, San Francisco Harry Sherman (7 th), Aiki Jujitsu, San Carlos

Black Belt Graduates

8 th Dan	Jim Moses
7 th Dan	Harry Sherman
6 th Dan	David C. Wolfe
4 th Dan	Ricardo González-Méndez
3 rd Dan	Don Geddis, Stephen Hershkowitz, Cindy Hollman, Richard Hollman, Vicki Olivera, Barbara Trowbridge
2 nd Dan	Roger Avedon, Adam Chu, Linda González, Duff Howell, Eric Linder, Rolf Munson, Dane Spearing, Melissa Springberg
1 st Dan	Danny Abramovitch, Susan Alters, David Caditz, George Cole, Ken Cone, Carolyn Fisher, Sam Fisher, Tad Hogg, Debbie Kelly, Joseph Konapelski, Alex de Lozanne, Ken Mai, Grant McFarland, Matt Pozos

Numbers

Ichi 1	San 3	Go 5	Shichi 7	Ku 9
Ni 2	Shi 4	Roku 6	Hachi 8	Ju 10

Belt Ranks

Sankyu 3 rd degree brown	Shodan 1 st degree black
Nikkyu 2 nd degree brown	Nidan 2 nd degree black
Ikkyu 1 st degree brown	Sandan 3 rd degree black

Dr. Duke Moore is a very highly regarded, pioneering martial artist who learned many Asian sport and self-defense martial arts from leading masters in the 1940's and 1950's. Some of his instructors included George Yoshida and Mits Kimura (Judo), Mas Oyama, Hidetaka Nishiyama, and Richard Kim (Karate), Kiyoshi Nakae (Jujitsu), and Ray Law (Jujitsu). His professional career has been varied and has included the role of Founder-Director of the Zen Budokai Martial Arts Academy in San Francisco for 30 years and work as a prison guard at San Quentin Penitentiary in Marin County during the 1950's.

Professor Moore founded the American Judo and JuJitsu Academy in San Francisco at 1819 Market Street in 1944. He graduated over 200 black belts in Judo, Aiki JuJitsu, and Karate through the early 1970's, when he first planned to retire from professional martial arts teaching. Professor Moore is an internationally renowned martial arts practitioner and instructor who has been awarded Teaching Professorships in Judo, Aiki JuJitsu, and several systems of Karate. He recently received an honorary doctoral degree. He is also the founder of the American Teacher's Association of the Martial Arts (ATAMA), which is a nonprofit credentialing and educational organization for the promotion of multidisciplinary teaching and learning among various styles and systems of martial arts. ATAMA currently has an international membership throughout the United States, Canada, Mexico, and Australia.

The Stanford Self-Defense Club was founded in 1975 by Ron Blankenhorn, M.A., a graduate of Stanford University with the rank of 7th Dan in Karate and Aiki Jujitsu. The original purpose of the class was to teach practical self-defense to women. The class was opened to coeducational membership early in its history. Mr. Blankenhorn invited his Aiki JuJitsu instructor, Professor Raymond Duke Moore, 10th Dan, to direct the class in 1976. Professor Moore was the Head Instructor of the club until his final retirement from professional martial arts teaching in 1981.

In 1979 Professor Moore invited Jim Moses, a black belt graduate (7th Dan Aiki Jujitsu, 4th Dan, Karate) of Professor Moore's original Budokai Martial Arts Academy in San Francisco, to join the club as an assistant instructor. When Professor Moore retired he assigned the Head Instructor role of the Stanford Self-Defense Club to Jim Moses, who still holds that position.

The Stanford Self-Defense Club has produced a growing number of advanced black belt graduates who have achieved advanced teaching level rank through their participation in the Club.

Raymond V. “Duke” Moore

6

Duke Moore began his many years of Martial Arts study in 1941 with Raymond Law at *Law's American Judo & Jujutsu School* in Oakland, California.

He also studied Kodokan Jujutsu under Merlin “Bud” Estes at the Chico, CA dojo where Estes Sensei founded the *American Judo And Jujutsu Federation*. Moore Sensei received his Jujutsu Blackbelt in 1944 from Law Sensei. Also in 1944, Moore Sensei received his Blackbelt in Kodokan Judo from Sensei Gerogre Yoshida in New York City, NY. In 1957 he received his Blackbelt in Kyokushin Karate from Master Masutatsu Oyama (10th dan Kyokushin Karate). In 1965 Moore Sensei received the rank of 7th Dan (Shichidan, Prof.) in Aiki-Jujutsu from Master Richard Kim, representative of the Dai Nippon Butokukai of Kyoto, Japan. Master Kim also awarded Moore Sensei 4th Dan (Yodan) in both Kodokan Judo and Karate. In 1975 Duke Moore was awarded the rank of 9th Dan (Kudan, Kyoshi) in Aiki-Jujutsu by the Zen Budo Society. Sensei Moore also studied other aspects of the Martial Arts with Mits Kimura (6th Dan Judo), Walter Todd (4th Dan Karate), Takahashi Sensei (5th Dan Karate, 4th Dan Aikido), and Yosh Ajari (4th Dan Karate). Raymond Moore opened his first dojo in San Francisco, CA in 1944. The school was called the *Wado-Ki Zen Budokai* and eventually established six branches throughout the San Francisco area. In 1955 he was hired by the state of California to set up self-defense training programs for all guards, officers and civilian employees of the eight California prisons. He personally developed and trained the teaching staff. During his 46 years as a teacher of Zen meditation and the martial arts he has graduated over 300 Blackbelt instructors in Jujutsu and Karate. He has taught Jujutsu to dozens of police departments, colleges, Marine, Army and Navy reserve units. Moore Sensei founded the Holistic Meditation Society in 1979 and wrote two books on Zen meditation, *The Fighting Spirit of Zen* and *Holistic Meditation*.

On 25 October 1980, The Zen Budo Society awarded Raymond V. “Duke” Moore the rank of 10th dan. He was given a certificate which reads as follows:

Whereas he has mastered, taught and demonstrated in his life and work the philosophical truths and spiritual forces of Aiki and Budo; and in recognition of his being a Master Sensei and practitioner of over forty-five years experience in the martial art of Aiki Jujutsu, the Zen Budokai hereby awards to its founder Duke Moore the title, rank and honor of hanshi-judan (10th degree).

At the present time, Moore Sensei is chief instructor of the Stanford University Self-Defense Club with a staff of 12 Blackbelt assistants. He is counseling assistant to the chief instructor, Sensei John Pereira, the founder of the San Francisco Karate-Do School of Martial Arts.

Chief instructors under Moore Sensei are at the present: Sensei John Pereira, Sensei Leroy Rodriguez, Sensei James Moses, Sensei Jerome Kunzman, and several others.

Moore Sensei presently lives in Sacramento, California.

General

Kiai on all hard strikes, including blocks and offensive punches and kicks. It is not necessary to kiai on tensho moves (redirecting momentum), but on the other hand it is rarely *wrong* to kiai. In general, for any move requiring sharp focus, a kiai is probably appropriate. (Thus throws do not require kiais, but they would be most welcome.) You should not kiai on moves that extend over time without a single instance of sharp focus, *e.g.* comealongs.

Pay special attention to the blocks of the initial attack. All the fancy followup moves are for naught if you're unable to survive the initial onslaught. This is especially important because blocking is often neglected during practice, where the emphasis is generally on the followup technique.

It is most important to demonstrate practical skill. If a technique is called, but your mind blanks as to what exactly the move might be, this is not a fatal situation. What *is* fatal is reacting as though the situation is a friendly practice in the dojo. These are incorrect:

- Asking uke to wait for a minute, because you'll remember the move pretty soon.
- Doing the initial block, then pausing as you try to recall the technique.

Instead, the appropriate response is to choose some reasonable followup, regardless of whether or not it was the one called. If the followup is indeed reasonable (such as a strike to some vital point), the worst that could happen is that the judges will just call the original technique again. (Of course, if you can't recall *any* technique, that may be cause for more worry...)

Project confidence. Part of not being a victim is not acting like one. Whether you believe you've done the technique successfully or not, it is most important that you *act* as though you've done exactly what you wished. While the judges no doubt know the difference, a street attacker may not, and it is the street attacker you're training for.

Be serious and respectful. Bow to your uke and to the judges before and after the exam. Do not laugh or idly chatter during the exam.

Aiki Jujitsu Rank Requirements

Yellow Belt

gokyu

Aiki Jujitsu #1

Sutemis (1–3)

Osoto Gari Defense

Green Belt

yonkyu

Aiki Jujitsu #2

Escape Nage (1–9,12,16,19)

Katame Waza

Sutemis (4–6)

Kempo #1 [Terminology/Basics]

Brown Belt, 3rd degree

sankyu

Kempo #2

Gyaku Chart (1–9)

Police Comealongs

Escape Nage (10)

Brown Belt, 2nd degree

nikkyu

Aiki Jujitsu #3 (1–20)

Sutemis (10–12)

Kempo #3 (1–15)

Escape Nage (11,14–15,17–18,20–23,28–30)

Brown Belt, 1st degree

ikkkyu

Chokes and Strangles

Kempo #3 (16–25)

Gyaku (10–25)

Escape Nage (13,24–27)

Black Belt, 1st degree

shodan

Six months supervised teaching

Sutemis (7–9)

Nage No Kata

Tensho Aiki

Aiki Jujitsu #3 (21–30) [Weapons]

Black Belt, 2nd degree

nidan

One year supervised teaching

Aiki Jujitsu #4

Kempo #4, #5, and #6 [Knife, Club, and Boxer defense]

Yellow Belt Requirements

9

Aiki Jujitsu #1

- | | |
|--------------------------------------|-----------------------------------|
| 1. Right & left roundhouses, block | Spin—sakotsu shuto |
| 2. Right roundhouse, block | Ganmen shuto |
| 3. Front choke, parry | Haitto—cross shuto |
| 4. Attempted side headlock, parry | Sakotsu shuto |
| 5. Club blow, juji uke | Armbreak—sakotsu shuto |
| 6. Pistol, parry | Flex throw |
| 7. Bent lapel | Flex bow |
| 8. Right roundhouse, block | Ulna press |
| 9. Double wrist grab | Ulna press |
| 10. Side headlock | Hair hammerlock |
| 11. Front headlock (hadake) | Haitto (pivot)—kick—sakotsu shuto |
| 12. Front hug (arms pinned) | Windmill—sakotsu shuto |
| 13. Rear hug (arms pinned) | Double windmill (—sakotsu shuto) |
| 14. Police hammerlock | Hiji—arm break—sakotsu shuto |
| 15. Right roundhouse, block | Hiji—sakotsu shuto |
| 16. Mat: Choke/attempted headlock | Arm parry |
| 17. Mat: Choke | Arm thrust—hiji |
| 18. Mat: Choke | Leg over—juji gatame |
| 19. Mat: Right & left, (block) | Hammerlock |
| 20. Mat: Straddle (arms pinned/free) | Stomach bump |
| 21. Knife thrust, parry | Inside armtwist |
| 22. Knife thrust, parry | Flex throw |
| 23. Two on one wrist grab | Ulna press |
| 24. Side headlock | Hair throw |
| 25. Front choke | Winglock |
| 26. Double wrist grab | Tekubi tori |
| 27. Knife thrust, parry | Rear hadake jime |
| 28. Right & left roundhouses, block | Front hadake jime |
| 29. Right roundhouse, block | Stretch bar—twist throw |
| 30. Right roundhouse, block, pivot | Hair hammerlock |

Osoto Gari

1. Front choke
2. Bent lapel
3. Right blow, block
4. Front hug (free)
5. Rear hug (free)
6. Right & left
7. Front hug (pinned)
8. Rear hug (pinned)
9. Rear strangle
10. Full nelson
11. Attempted side headlock
12. Front choke (pushing), parry
13. Front headlock, pivot
14. Right & left, mae geri
15. Straight right, parry, mawashi geri

Sutemi Waza [falling]

1. Simple sit down fall
2. One leg squat
3. Reverse squat

Green Belt Requirements

10

Aiki Jujitsu #2

- | | | |
|-----|---------------------------|------------------------------|
| 1. | Boxer's left | Nelson strangle |
| 2. | Straight right, parry | Nelson strangle |
| 3. | Right & left | Face-ulna throw—juji gatame |
| 4. | Right & left | Hammerlock |
| 5. | Straight right, parry | Mawashi geri—inside armtwist |
| 6. | Front flex | Comealong |
| 7. | Judolock | Comealong |
| 8. | Cross twist—yubi tori | Comealong |
| 9. | Pivot yubi tori | Comealong |
| 10. | Ulna press—barflex | Comealong |
| 11. | Right & left | Mae geri—osoto gari |
| 12. | Front choke, parry | Yoko geri—inside armtwist |
| 13. | Knife thrust | Wrist twist—yubi tori |
| 14. | Front choke | Ude tori |
| 15. | Right & left | Wristlock—hammerlock |
| 16. | Rear hug (free) | Wristlock—hammerlock |
| 17. | Two-on-one rear elbow | Ulna press—barflex |
| 18. | Knife thrust, gedan shuto | Cross twist—flex |
| 19. | Straight right, parry | Ude tori—rear otoshi |
| 20. | Front headlock | Haitto—pivot—front flex |

Nage

- | | | |
|-----|-------------------------|---|
| 1. | Front choke | Bodyslam |
| 2. | Club blow, age uke | Bodyslam |
| 3. | Rear hug (free) | Sukui nage |
| 4. | Full nelson | Sukui nage |
| 5. | Front choke, parry | Kosoto gari |
| 6. | Attempted side headlock | Kosoto gari |
| 7. | Straight lapel | Arm chop—neck shuto—groin haitto—bodyslam |
| 8. | Right & left | Ogoshi |
| 9. | Double lapel | Headlock throw |
| 12. | Boxer's left | Tani otoshi |
| 16. | Front choke | Tsurikomi goshi |
| 19. | Rear hug (pinned) | Ippon seoi |

Katame Waza [*mat work*]

1. Muni (cross body/knee-elbow)
2. Kesa gatame (headlock)
3. Kazuri kesa (modified kesa)
4. Kata gatame (face-arm pin)
5. Reverse kata gatame
6. Yoko shiho (side pin)
7. Kami shiho (rear smother)
8. Nelsons: near/far/reverse
9. Nelson counters

Sutemi Waza [*falling*]

4. Forward sutemi (roll)
5. Forward roll turnabout
6. Barrier sutemi

Kempo #1

- Uke (blocks)
Geri (kicks)
Uchi (strikes)
Dachi (stances)

Brown Belt Requirements

11

3rd kyu (sankyu)

Kempo Karate #2

1.	Club blow (or right blow)	Age uke	Zen	Double ura tsuki
2.	Straight right	Ude uke	Ko	Ganmen shuto
3.	Straight right	Ude uke	Ko	Side uraken
4.	Lapel grab	Ude uke	Necho	Gyaku tsuki
5.	Straight right	Soto ude uke	Kiba	Hiji—kage tsuki
6.	Straight right	Nagashi	Kiba	Yoko shuto—uraken
7.	Straight right	Nagashi	Kiba	Yoko haitto—cross shuto
8.	Right blow	Cross shuto	Ko	Shuto uchi (strike)
9.	Right blow	Cross shuto	Zen	Mawashi—kage—ura tsukis
10.	Side club	Inside uke	Kiba	Rear hiji
11.	Club blow (downward)	Jodan juji	Zen	Tettsui (downward)
12.	Club blow (downward)	Jodan juji	Zen	Ura tsuki
13.	Knife up thrust	Gedan juji		Kage tsuki
14.	Straight right	Soto shuto	Ko	Yoko haitto
15.	Overhead chain	Soto age uke	Ko	Kage tsuki
16.	Knife thrust (or club to legs)	Left gedan barai	Zen	Left uraken
17.	Knife thrust (or club to legs)	Right gedan barai	Zen	Right uraken
18.	Belt grab	Gedan ulna	Necho	Left uraken
19.	Front choke	Kakiwake uke	Zen	Double ura tsuki
20.	Front choke	Kakiwake uke	Zen	Sakotsu—double ura tsuki

Gyaku

1.	Front choke	Osoto gari	Winglock
2.	Side headlock	Tani otoshi	Choke & armbar
3.	Right & left	Inside lift	Legbar
4.	Full nelson	Sukui nage	Hantai gatame
5.	Double lapel	Headlock throw	Shoulder dislocater
6.	Rear hug (pinned)	Ippon seoi nage	Juji gatame
7.	Front choke	Tsurikomi goshi	Dragon choke
8.	Att side headlock	Kosoto gari	Rear kneelingbar
9.	Right & left	Ogoshi	Front kneelingbar

Police Comealongs

1.	Front flex	9.	Reverse hadake
2.	Ulna press	10.	Moro yubi tori
3.	Judolock	11.	Flex crank
4.	Reverse ulna	12.	Straddle (arm through legs)
5.	Barflex (2/1-hand)	13.	Club jitsu (through legs)
6.	Cross twist	14.	Bum's rush—collar drag
7.	Handtwist	15.	Bum's rush—hadake
8.	Pivot yubi tori	Nage	10. Right & left Inside lift

Brown Belt Requirements

12

2nd kyu (nikkyu)

Kempo Karate #3

- | | | |
|-----|---------------------|--|
| 1. | Front choke, parry | Haitto—cross shuto—osoto gari |
| 2. | Right blow, block | Hiji—sakotsu—osoto gari |
| 3. | Right & left, spin | Sakotsu—osoto gari |
| 4. | Club blow, juji uke | Armbreak (side)—sakotsu—osoto gari |
| 5. | Right & left | Lo-hi-lo—double ura tsuki—bodyslam |
| 6. | Rear strangle | Right-left hiji—ippon seoi |
| 7. | Club blow, juji uke | Sakotsu—double ura tsuki—bodyslam |
| 8. | Front hug (pinned) | Windmill—sakotsu—osoto gari |
| 9. | Police hammerlock | Hiji—armbreak (side)—sakotsu—osoto gari |
| 10. | Straight lapel | Arm-neck shutos—ura tsuki—bodyslam |
| 11. | Boxer's left, parry | Left hook—left uraken—standing tani otoshi |
| 12. | Front choke, parry | Right hook—right uraken—inside armtwist |
| 13. | Double lapel | Knee up—ear slap—kidney chops—headlock throw |
| 14. | Rear hug (pinned) | Windmill—sakotsu—osoto gari |
| 15. | Front headlock | Groin haitto (pivot)—mae geri—sakotsu—osoto gari |

Aiki Jujitsu #3

- | | | |
|-----|-----------------------|---|
| 1. | Double wrist | Judolock |
| 2. | Front headlock | Yubi tori |
| 3. | Rear hug (free) | Flex comealong |
| 4. | Straight right, parry | Forearm otoshi |
| 5. | Double wrist | Shiho nage—moro yubi tori |
| 6. | Front choke | Cross twist—front flex |
| 7. | Front choke | Cross twist—yubi tori |
| 8. | Front choke | Cross twist—flex-hammerlock |
| 9. | Right blow, block | Ulna press—barflex—otoshi—yubi tori |
| 10. | Front choke | Reverse armbar—barflex |
| 11. | Right & left | Shiho nage—moro yubi tori |
| 12. | Double wrist | Ulna press—kosoto gari—rear kneeling bar—barflex—otoshi—yubi tori |
| 13. | Front choke | Ude tori—reverse hadake |
| 14. | Knife, parry | Hadake jime |
| 15. | Knife, parry | Wrist twist—front flex |
| 16. | Knife, parry | Nelson strangle |
| 17. | Knife, parry | Twist (to mat)—yubi tori |
| 18. | Knife, parry | Mawashi geri—rear strangle |
| 19. | Knife, parry | Mawashi geri—inside armtwist |
| 20. | Knife, parry | Ude tori—otoshi—yubi tori |

Nage

- | | | |
|-----|---------------|-------------------|
| 11. | Side headlock | Side thunderbolt |
| 14. | Right & left | Ouchi gari |
| 15. | Right & left | Kouchi gari |
| 17. | Front choke | Front thunderbolt |
| 18. | Right & left | Sashi ashi |
| 20. | Full nelson | Maki komi |
| 21. | Rear strangle | Uki otoshi |
| 22. | Boxer's left | Tackle ouchi |
| 23. | Right & left | Lightning throw |
| 28. | Right & left | Uki otoshi |
| 29. | Front choke | Tomoe nage |
| 30. | Full nelson | Maki komi harai |

Sutemi Waza [falling]

- | | |
|-----|-----------|
| 10. | Front kip |
| 11. | Side kip |
| 12. | Back roll |

Brown Belt Requirements

13

1st kyu (ikkyu)

Chokes and Strangles

- | | | |
|---------------------------|----------------------------------|-------------------------|
| 1. Cross lapel | 6. Naked sliding choke (fr/rear) | 11. Leg-over choke |
| 2. Long and short | 7. Sutemi strangle | 12. Knee pressure choke |
| 3. Nelson strangle | 8. Lobster choke (far) | 13. Guillotine choke |
| 4. Reverse long and short | 9. Lobster choke (near) | 14. Sacrifice choke |
| 5. Scissors strangle | 10. Pancake | 15. Koshi jime |

Gyaku

- | | | |
|-----------------------|------------------------|---------------------|
| 10. Right & left | Osoto gari | Kneeling neckbreak |
| 11. Side headlock | Side thunderbolt | Legscrew |
| 12. Full nelson | Maki komi harai | Ude gatame |
| 13. Right & left | Yoko wakare | Straddle neckbreak |
| 14. Right blow, block | Kata gatame—osoto gari | Juji gatame—keylock |
| 15. Rear hand choke | Winglock—ippon seoi | Hair-hammerlock |
| 16. Right & left | Lightning throw | Sutemi strangle |
| 17. Front choke | Sashi ashi | Lobster choke |
| 18. Right & left | Uki otoshi | Smother gatame |
| 19. Boxer's left | Tackle ouchi gari | Boston crab |
| 20. Rear hug (free) | Leg pull | Ashi kubi hishigi |
| 21. Right & left | Front thunderbolt | Ashi hishigi |
| 22. Boxer's left | Scissor rollup | Leglock |
| 23. Front choke | Tsurikomi goshi | Crossbody armbar |
| 24. Front choke | Tomoe nage | Ohten gatame |
| 25. Right & left | Sumea geashi | Straddle hadake |

Kempo Karate #3

- | | |
|------------------------------|---|
| 16. Front choke | Ude uke—mae geri-tate tsuki—bodyslam |
| 17. Straight right, parry | Yoko shuto—left uraken—collar dragdown |
| 18. Straight right, parry | Yoko haitto—cross shuto—standing tani otoshi |
| 19. Boxer's left | Arm-thigh chops—left shotei—tackle ouchi |
| 20. Front choke, parry | Yoko shuto—left uraken—inside armtwist |
| 21. Knife thrust, left gedan | Elbow break (up)—right mae geri—inside armtwist |
| 22. Right blow, block | Elbow break (side)—left uraken—bodyslam |
| 23. Front hug (free) | Knee—ear slap—kidney chops—eyes takedown |
| 24. Front choke | Winglock (to side)—double haitto—osoto guruma |
| 25. Right & left | Knee-to-face—double uras—lapel guruma |

Nage

- | | |
|------------------------|--------------|
| 13. Straight lapel | Kane sute |
| 24. Right & left | Maki geashi |
| 25. Side headlock | Yoko guruma |
| 26. Right & left | Lapel guruma |
| 27. Front choke, parry | Wrist guruma |

Black Belt Requirements

14

1st dan (shodan)

Nage No Kata

- | | | |
|-----|----------------------|---------------------|
| 1. | Ogoshi | Right & left |
| 2. | Ippon seoi | Club blow |
| 3. | Sode tsurikomi goshi | Front choke |
| 4. | Okuri harai | Front hug (pinned) |
| 5. | Uchi mata | Right & left |
| 6. | Harai goshi | Front choke |
| 7. | Utsuri goshi | Right & left |
| 8. | Maki komi harai | Full nelson |
| 9. | Hane goshi | Front hug (pinned) |
| 10. | Uki otoshi | Rear strangle |
| 11. | Drop sashi ashi | Front choke |
| 12. | Tomoe nage | Front choke |
| 13. | Ushiro goshi | Side headlock |
| 14. | Lapel guruma | Right & left |
| 15. | Yoko guruma | Side headlock |
| 16. | Arm guruma | Club blow, juji uke |
| 17. | Kata guruma | Right blow, block |
| 18. | Kane sute | Straight lapel |

Aiki Jujitsu #3

- | | | |
|-----|---------------------|---|
| 21. | Club blow, juji uke | Ulna press—barflex—otoshi—yubi tori |
| 22. | Club blow, age uke | Ippon seoi—club yawara |
| 23. | Club blow, age uke | Shoulder crank—club choke |
| 24. | Club blow, age uke | Bodyslam—ashi hishigi |
| 25. | Club blow, juji uke | (Neck) chop—ura tsukis—(arm) chop—lapel guruma |
| 26. | Knife, left gedan | Cross twist (to mat)—front flex |
| 27. | Knife (up thrust) | Cross twist (sutemi)—roll (to mat)—reverse twist—front flex |
| 28. | Knife (up thrust) | Reverse armbar (to mat)—barflex—otoshi |
| 29. | Knife (cross slash) | Choke and armbar |
| 30. | Knife, parry | Reverse ulna—arm guruma |

Tensho aiki

Right roundhouse
Right, left, spin
2-on-1 wrist
2-on-1 elbow
Crosstwist
Kneeling lapel

Sutemi Waza [falling]

- | | |
|----|------------------|
| 7. | Handstand sutemi |
| 8. | Bayonet sutemi |
| 9. | Lapel okuri |

Aiki Jujitsu #1

15

- | | |
|--------------------------------------|-----------------------------------|
| 1. Right & left roundhouses, block | Spin—sakotsu shuto |
| 2. Right roundhouse, block | Ganmen shuto |
| 3. Front choke, parry | Haitto—cross shuto |
| 4. Attempted side headlock, parry | Sakotsu shuto |
| 5. Club blow, juji uke | Armbreak—sakotsu shuto |
| 6. Pistol, parry | Flex throw |
| 7. Bent lapel | Flex bow |
| 8. Right roundhouse, block | Ulna press |
| 9. Double wrist grab | Ulna press |
| 10. Side headlock | Hair hammerlock |
| 11. Front headlock (hadake) | Haitto (pivot)—kick—sakotsu shuto |
| 12. Front hug (arms pinned) | Windmill—sakotsu shuto |
| 13. Rear hug (arms pinned) | Double windmill (—sakotsu shuto) |
| 14. Police hammerlock | Hiji—arm break—sakotsu shuto |
| 15. Right roundhouse, block | Hiji—sakotsu shuto |
| 16. Mat: Choke/attempted headlock | Arm parry |
| 17. Mat: Choke | Arm thrust—hiji |
| 18. Mat: Choke | Leg over—juji gatame |
| 19. Mat: Right & left, block | Hammerlock |
| 20. Mat: Straddle (arms pinned/free) | Stomach bump |
| 21. Knife thrust, parry | Inside armtwist |
| 22. Knife thrust, parry | Flex throw |
| 23. Two on one wrist grab | Ulna press |
| 24. Side headlock | Hair throw |
| 25. Front choke | Winglock |
| 26. Double wrist grab | Tekubi tori |
| 27. Knife thrust, parry | Rear hadake jime |
| 28. Right & left roundhouses, block | Front hadake jime |
| 29. Right roundhouse, block | Stretch bar—twist throw |
| 30. Right roundhouse, block, pivot | Hair hammerlock |
| 31. Tai Chi Defense | #1–#5 Sequence: Two person attack |
| 32. Osoto Gari Defense | #1–#10 of Osoto series |
| 33. Nerve Touch Defense | Eyes—Neck—Temples—Ribs—Hand—Calf |

Aiki Jujitsu #2

16

1.	Boxer's left	Nelson strangle
2.	Straight right, parry	Nelson strangle
3.	Right & left	Face-ulna throw—juji gatame
4.	Right & left	Hammerlock
5.	Straight right, parry	Mawashi geri—inside armtwist
6.	Front flex	Comealong
7.	Judolock	Comealong
8.	Cross twist—yubi tori	Comealong
9.	Pivot yubi tori	Comealong
10.	Ulna press—barflex	Comealong
11.	Right & left	Mae geri—osoto gari
12.	Front choke, parry	Yoko geri—inside armtwist
13.	Knife thrust	Wrist twist—yubi tori
14.	Front choke	Ude tori
15.	Right & left	Wristlock—hammerlock
16.	Rear hug (free)	Wristlock—hammerlock
17.	Two-on-one rear elbow	Ulna press—barflex
18.	Knife thrust, gedan shuto	Cross twist—flex
19.	Straight right, parry	Ude tori—rear otoshi
20.	Front headlock	Haitto—pivot—front flex

Sutemi Waza [falling]

1.	Simple sit down fall	7.	Handstand sutemi
2.	One leg squat	8.	Bayonet sutemi
3.	Reverse squat	9.	Lapel okuri
4.	Forward sutemi (roll)	10.	Front kip
5.	Forward roll turnabout	11.	Side kip
6.	Barrier sutemi	12.	Back roll

Aiki Jujitsu #3

17

- | | |
|--------------------------|---|
| 1. Double wrist | Judolock |
| 2. Front headlock | Yubi tori |
| 3. Rear hug (free) | Flex comealong |
| 4. Straight right, parry | Forearm otoshi |
| 5. Double wrist | Shiho nage—moro yubi tori |
| 6. Front choke | Cross twist—front flex |
| 7. Front choke | Cross twist—yubi tori |
| 8. Front choke | Cross twist—flex-hammerlock |
| 9. Right blow, block | Ulna press—barflex—otoshi—yubi tori |
| 10. Front choke | Reverse armbar—barflex |
| 11. Right & left | Shiho nage—moro yubi tori |
| 12. Double wrist | Ulna press—kosoto gari—rear kneeling bar—
barflex—otoshi—yubi tori |
| 13. Front choke | Ude tori—reverse hadake |
| 14. Knife, parry | Hadake jime |
| 15. Knife, parry | Wrist twist—front flex |
| 16. Knife, parry | Nelson strangle |
| 17. Knife, parry | Twist (to mat)—yubi tori |
| 18. Knife, parry | Mawashi geri—rear strangle |
| 19. Knife, parry | Mawashi geri—inside armtwist |
| 20. Knife, parry | Ude tori—otoshi—yubi tori |
| 21. Club blow, juji uke | Ulna press—barflex—otoshi—yubi tori |
| 22. Club blow, age uke | Ippon seoi—club yawara |
| 23. Club blow, age uke | Shoulder crank—club choke |
| 24. Club blow, age uke | Bodyslam—ashi hishigi |
| 25. Club blow, juji uke | (Neck) chop—ura tsukis—(arm) chop—lapel guruma |
| 26. Knife, left gedan | Cross twist (to mat)—front flex |
| 27. Knife (up thrust) | Cross twist (sutemi)—roll (to mat)—
reverse twist—front flex |
| 28. Knife (up thrust) | Reverse armbar (to mat)—barflex—otoshi |
| 29. Knife (cross slash) | Choke and armbar |
| 30. Knife, parry | Reverse ulna—arm guruma |

Aiki Jujitsu #4

18

- | | | |
|-----|-----------------------|--|
| 1. | Police hammerlock | Alligator roll |
| 2. | Right & left | Sutemi winglock |
| 3. | Front headlock | Osoto gari sutemi |
| 4. | Front headlock | Sit-sutemi—hammerlock |
| 5. | Front headlock | Cross-over face hold |
| 6. | Right blow | Kneeling ippon seoi |
| 7. | Collar hold | In-and-out kneeling throw |
| 8. | Knife, parry | Mawashi geri (from mat)—
fumi komi (to mat) |
| 9. | Knife threat | Mikazuki-ushiro geri |
| 10. | Knife, parry | Reverse hadake gatame |
| 11. | Straight right, parry | (Full nelson) counter—leg pull—
ashi kubi hishigi |
| 12. | Front hug (pinned) | Osoto guruma—carotid jime |
| 13. | Right blow, block | Kata guruma—morote gatame |
| 14. | Front choke | Sutemi legover juji gatame |
| 15. | Right blow, block | Sake nuke—smother gatame |
| 16. | Front choke | Tomoe nage jime |
| 17. | Right & left | Front hadake—tora nage |
| 18. | Right & left | Wristlock uke waza—keylock |
| 19. | Right & left | Seoi goshi—bear claw |
| 20. | Collar hold | Yoko wakari |
| 21. | Right & left | Airplane spin—ashi hishigi |
| 22. | Knife, parry | Belt choke otoshi |

1.	Front choke	Osoto gari	Winglock
2.	Side headlock	Tani otoshi	Choke & armbar
3.	Right & left	Inside lift	Legbar
4.	Full nelson	Sukui nage	Hantai gatame
5.	Double lapel	Headlock throw	Shoulder dislocater
6.	Rear hug (pinned)	Ippon seoi nage	Juji gatame
7.	Front choke	Tsurikomi goshi	Dragon choke
8.	Att side headlock	Kosoto gari	Rear kneelingbar
9.	Right & left	Ogoshi	Front kneelingbar
10.	Right & left	Osoto gari	Kneeling neckbreak
11.	Side headlock	Side thunderbolt	Legscrew
12.	Full nelson	Maki komi harai	Ude gatame
13.	Right & left	Yoko wakare	Straddle neckbreak
14.	Right blow, block	Kata gatame—osoto gari	Juji gatame—keylock
15.	Rear hand choke	Winglock—ippon seoi	Hair-hammerlock
16.	Right & left	Lightning throw	Sutemi strangle
17.	Front choke	Sashi ashi	Lobster choke
18.	Right & left	Uki otoshi	Smother gatame
19.	Boxer's left	Tackle ouchi gari	Boston crab
20.	Rear hug (free)	Leg pull	Ashi kubi hishigi
21.	Right & left	Front thunderbolt	Ashi hishigi
22.	Boxer's left	Scissor rollup	Leglock
23.	Front choke	Tsurikomi goshi	Crossbody armbar
24.	Front choke	Tomoe nage	Ohten gatame
25.	Right & left	Sumea geashi	Straddle hadake

Kempo #1

Basics

20

Blocks [*Uke*]

Age uke
Ude uke
Soto ude uke
Nagashi uke
Jodan juji uke
Gedan juji uke
Soto age uke
Gedan ulna uke
Gedan barai uke
Kakiwake uke
Mikazuki geri uke

Kicks [*Geri*]

Mae geri
Rear mae geri
Yoko geri
Mawashi geri
Mikazuki geri
Soto mikazuki geri
Ushiro geri
Fumikomi geri
Hittsui geri

Strikes [*Uchi*]

Cross shuto
Yoko shuto
Sakotsu shuto
Ganmen shuto
Nukite (pure form)
Gohon nukite
Ura tsuki
Kage tsuki
Uraken (downward/side)
Mawashi tsuki
Tate tsuki
Oi tsuki
Gyaku tsuki
Hiji (forward/rear/side/up)
Shotei
Haitto
Morote tsuki
Tettsui

Stances [*Dachi*]

Zenkutzo/Zen (front)
Kokutzo/Ko (back)
Necho ashi/Necho (cat)
Kiba (horse)

Kempo Karate #2

1. Age uke	Zen	Double ura tsuki
2. Ude uke	Ko	Ganmen shuto
3. Ude uke	Ko	Side uraken
4. Ude uke	Necho	Gyaku tsuki
5. Soto ude uke	Kiba	Hiji—kage tsuki
6. Nagashi	Kiba	Yoko shuto—uraken
7. Nagashi	Kiba	Yoko haitto—cross shuto
8. Cross shuto	Ko	Shuto uchi (strike)
9. Cross shuto	Zen	Mawashi—kage—ura tsukis
10. Inside uke	Kiba	Rear hiji
11. Jodan juji	Zen	Tettsui (downward)
12. Jodan juji	Zen	Ura tsuki
13. Gedan juji		Kage tsuki
14. Soto shuto	Ko	Yoko haitto
15. Soto age uke	Ko	Kage tsuki
16. Left gedan barai	Zen	Left uraken
17. Right gedan barai	Zen	Right uraken
18. Gedan ulna	Necho	Left uraken
19. Kakiwake uke	Zen	Double ura tsuki
20. Kakiwake uke	Zen	Sakotsu—double ura tsuki

Kempo Karate #3

22

- | | |
|------------------------------|--|
| 1. Front choke, parry | Haitto—cross shuto—osoto gari |
| 2. Right blow, block | Hiji—sakotsu—osoto gari |
| 3. Right & left, spin | Sakotsu—osoto gari |
| 4. Club blow, juji uke | Armbreak (side)—sakotsu—osoto gari |
| 5. Right & left | Lo-hi-lo—double ura tsuki—bodyslam |
| 6. Rear strangle | Right-left hiji—ippon seoi |
| 7. Club blow, juji uke | Sakotsu—double ura tsuki—bodyslam |
| 8. Front hug (pinned) | Windmill—sakotsu—osoto gari |
| 9. Police hammerlock | Hiji—armbreak (side)—sakotsu—osoto gari |
| 10. Straight lapel | Arm-neck shutos—ura tsuki—bodyslam |
| 11. Boxer's left, parry | Left hook—left uraken—standing tani otoshi |
| 12. Front choke, parry | Right hook—right uraken—inside armtwist |
| 13. Double lapel | Knee up—ear slap—kidney chops—headlock throw |
| 14. Rear hug (pinned) | Windmill—sakotsu—osoto gari |
| 15. Front headlock | Groin haitto (pivot)—mae geri—sakotsu—osoto gari |
| 16. Front choke | Ude uke—mae geri-tate tsuki—bodyslam |
| 17. Straight right, parry | Yoko shuto—left uraken—collar dragdown |
| 18. Straight right, parry | Yoko haitto—cross shuto—standing tani otoshi |
| 19. Boxer's left | Arm-thigh chops—left shotei—tackle ouchi |
| 20. Front choke, parry | Yoko shuto—left uraken—inside armtwist |
| 21. Knife thrust, left gedan | Elbow break (up)—right mae geri—inside armtwist |
| 22. Right blow, block | Elbow break (side)—left uraken—bodyslam |
| 23. Front hug (free) | Knee—ear slap—kidney chops—eyes takedown |
| 24. Front choke | Winglock (to side)—double haitto—osoto guruma |
| 25. Right & left | Knee-to-face—double uras—lapel guruma |

Kempo Karate #4

23

Knife Defense

1. R gedan barai Side armbreak—R yoko tettsui—L shotei
2. R gedan barai Elbow break—R shotei—kosoto—rear kneelingbar—barflex
3. R gedan barai Elbow break—R, L shotei—reverse hadake—tettsui smash
4. Left gedan barai Up elbow break—mae geri—tettsui
5. Left gedan barai R arm sakotsu—L gohon—L mae geri—L sakotsu (high)
6. Left gedan barai R armchop—L gohon—R cross shuto—hittsui
7. Soto ude uke (dbl) Elbow break (R under)—R mawashi geri—osoto—fumi komi (ribs)
8. Soto ude uke Elbow break—R kage (face)—L kidney shuto—kosoto
9. Soto ude uke L armbreak—R shotei—L kage (ribs)—osoto
10. Gedan juji (upthrust) R mae geri—R tettsui—cross twist otoshi (mat)
11. Gedan juji (upthrust) R mae geri—R collarbone sakotsu—reverse armbar
12. Cross slash-tensho grab (double soto ude uke)
Armbreak (submit)—kosoto—rear kneelingbar
13. Jodan juji (down) Jodan tettsui—elbow break—hiji-body slam
14. Dbl inside uke Rear R hiji—ippon seoi—fumi komi (axilla)
15. Draws pocket knife L gedan barai—up armbreak—L face shotei
16. Straight thrust R yoko geri—wrist twist—fumi komi (ribs)—yubi tori
17. Left gedan shuto R sakotsu (arm)—crosstwist—mae geri—sakotsu—flex come along
18. Straight thrust R yoko haitto (face)—hadake jime
19. Straight thrust R sakotsu (arm)—Nelson strangle
20. Straight thrust R yoko haitto (face)—hittsui—inside armtwist
21. Straight thrust R yoko haitto (face)—ude tori—otoshi—fumi komi (ribs)—yubi tori

Kempo Karate #5

24

Club Defense

1. Blow, jodan juji uke R sakotsu—elbow break—L hiji—R hittsui—
osoto gari
2. Blow, jodan juji uke R tettsui—L gedan ulna—R ura tsuki—inside armtwist
3. Blow, age uke Mae geri—sakotsu—ulna press—barflex
4. Blow, age uke Mae geri—tettsui—osoto gari—winglock
5. Straight thrust Soto ude uke—elbow break—R shotei—osoto guruma
6. Blow, age uke Sakotsu—hittsui—osoto gari
7. Thrust, parry Right yoko haitto—cross shuto—ulna press—
barflex—rear otoshi—yubi tori
8. Thrust, parry Armbreak—right kage—left kidney chop—
kosoto gari—rear kneelingbar—barflex
9. Thrust, parry Yoko shuto—kage tsuki (to face)—inside armtwist
10. Thrust, parry Yoko haitto—ude tori—barflex—rear otoshi
11. Thrust, parry Right haitto—right gohon nukite—rear hadake
12. Thrust, parry Yoko shuto—right kage—osoto gari—winglock
13. Attack legs L gedan barai—up elbow break—L gohon—
R ganmen shuto
14. Attack legs L gedan barai—elbow break—left gohon—
R gedan haitto—chicken head strike (under chin)—
left, right gohon—kouchi gari
15. Attack legs L gedan barai—R arm sakotsu—R yoko geri—
L ushiro geri
16. Blow, jodan juji uke Tettsui—double uras—ulna press—one-hand barflex—
otoshi—fumi komi—yubi tori
17. Blow, age uke R hiji—ippon seoi—fumi komi—club yawara
18. Blow, age uke R tettsui—uras—hiji—bodyslam—ashi hishigi
19. Blow, jodan juji uke Sakotsu—uras—gohon—lapel guruma—
rolling heel kick
20. Blow, jodan juji uke Tettsui—gohon—uras—hittsui—osoto gari

Kempo Karate #6

Boxer Defense

- | | | |
|-----|-------------------|--|
| 1. | Nagashi uke | Left yoko haitto—left rear hiji (kidney) |
| 2. | Nagashi uke | Left-right kage tsuki |
| 3. | Left cross shuto | Right thigh shuto—left hiji—right kage |
| 4. | Left cross shuto | Right-left hiji—right uraken |
| 5. | Left cross shuto | Left yoko haitto—elbow break—right yoko shuto |
| 6. | Nagashi uke | Left kage tsuki—left downward uraken |
| 7. | Nagashi uke | Left hittsui geri—left fumi komi—uraken |
| 8. | Nagashi uke | Left yoko haitto—right gohon—right kosoto |
| 9. | Nagashi uke | Left hiji—left osoto gari |
| 10. | Nagashi uke | Left yoko geri—right yoko geri |
| 11. | Nagashi uke | Left mawashi geri—right ushiro geri |
| 12. | Nagashi uke, spin | Right soto mikazuki geri |
| 13. | Nagashi uke, spin | Right soto mikazuki geri—right yoko shuto—
left cross shuto |
| 14. | Nagashi uke | Left mawashi geri—right soto mikazuki geri |
| 15. | Nagashi uke, back | Right mawashi geri—left mae geri |
| 16. | Nagashi uke, spin | Soto ushiro geri |
| 17. | Nagashi uke, spin | Right ushiro geri—left yoko geri |
| 18. | Nagashi uke | Half-step shuffle—left-right yoko geri |
| 19. | Nagashi uke | Right mikazuki geri (kidney)—left fumi komi |
| 20. | Nagashi uke | Left mawashi geri (mat)—left fumi komi—sakotsu |
| 21. | Nagashi uke | Right ushiro geri—left yoko geri—right yoko shuto |

Nage

Self Defense

1.	Front choke	Bodyslam
2.	Club blow, age uke	Bodyslam
3.	Rear hug (free)	Sukui nage
4.	Full nelson	Sukui nage
5.	Front choke, parry	Kosoto gari
6.	Attempted side headlock	Kosoto gari
7.	Straight lapel	Arm chop—neck shuto— groin haitto—bodyslam
8.	Right & left	Ogoshi
9.	Double lapel	Headlock throw
10.	Right & left	Inside lift
11.	Side headlock	Side thunderbolt
12.	Boxer's left	Tani otoshi
13.	Straight lapel	Kane sute
14.	Right & left	Ouchi gari
15.	Right & left	Kouchi gari
16.	Front choke	Tsurikomi goshi
17.	Front choke	Front thunderbolt
18.	Right & left	Sashi ashi
19.	Rear hug (pinned)	Ippon seoi
20.	Full nelson	Maki komi
21.	Rear strangle	Uki otoshi
22.	Boxer's left	Tackle ouchi
23.	Right & left	Lightning throw
24.	Right & left	Maki geashi
25.	Side headlock	Yoko guruma
26.	Right & left	Lapel guruma
27.	Front choke, parry	Wrist guruma
28.	Right & left	Uki otoshi
29.	Front choke	Tomoe nage
30.	Full nelson	Maki komi harai

Nage No Kata

27

Three step

1.	Ogoshi	Right & left
2.	Ippon seoi	Club blow
3.	Sode tsurikomi goshi	Front choke
4.	Okuri harai	Front hug (pinned)
5.	Uchi mata	Right & left
6.	Harai goshi	Front choke
7.	Utsuri goshi	Right & left
8.	Maki komi harai	Full nelson
9.	Hane goshi	Front hug (pinned)
10.	Uki otoshi	Rear strangle
11.	Drop sashi ashi	Front choke
12.	Tomoe nage	Front choke
13.	Ushiro goshi	Side headlock
14.	Lapel guruma	Right & left
15.	Yoko guruma	Side headlock
16.	Arm guruma	Club blow, juji uke
17.	Kata guruma	Right blow, block
18.	Kane sute	Straight lapel

Chokes and Strangles

- | | | |
|---------------------------|------------------------------|-------------------------|
| 1. Cross lapel | 6. Naked sliding choke (A/B) | 11. Leg-over choke |
| 2. Long and short | 7. Sutemi strangle | 12. Knee pressure choke |
| 3. Nelson strangle | 8. Lobster choke (far) | 13. Guillotine choke |
| 4. Reverse long and short | 9. Lobster choke (near) | 14. Sacrifice choke |
| 5. Scissors strangle | 10. Pancake | 15. Koshi jime |

Osoto Gari

1. Front choke
2. Bent lapel
3. Right blow, block
4. Front hug (free)
5. Rear hug (free)
6. Right & left
7. Front hug (pinned)
8. Rear hug (pinned)
9. Rear strangle
10. Full nelson
11. Attempted side headlock
12. Front choke (pushing), parry
13. Front headlock, pivot
14. Right & left, mae geri
15. Str right, parry, mawashi geri

Police Comealongs

1. Front flex
2. Ulna press
3. Judolock
4. Reverse ulna
5. Barflex (2/1-hand)
6. Cross twist
7. Handtwist
8. Pivot yubi tori
9. Reverse hadake
10. Moro yubi tori
11. Flex crank
12. Straddle (arm through legs)
13. Club jitsu (through legs)
14. Bum's rush—collar drag
15. Bum's rush—hadake

Tensho aiki

Right roundhouse
 Right, left, spin
 2-on-1 wrist
 2-on-1 elbow
 Crosstwist
 Kneeling lapel

Katame Waza [*mat work*]

1. Muni (cross body/knee-elbow)
2. Kesa gatame (headlock)
3. Kazuri kesa (modified kesa)
4. Kata gatame (face-arm pin)
5. Reverse kata gatame
6. Yoko shiho (side pin)
7. Kami shiho (rear smother)
8. Nelsons: near/far/reverse
9. Nelson counters

Situation-Based Defenses

29

Through Shodan, plus Aiki 4

Belt grab, Boxer's left, Club blow, Double lapel, Double wrist grab, Front choke, Front headlock, Front hug (free), Front hug (pinned), Full nelson, Knife (cross slash), Knife (threat), Knife (straight thrust), Knife (up thrust), Lapel grab, Nelson (ground), No attack (ground), No attack (standing), Overhead chain, Pistol, Police hammerlock, Rear hand choke, Rear hug (free), Rear hug (pinned), Rear strangle, Right and left, Right roundhouse, Side club blow, Side headlock, Straight lapel, Straight right, Two on one rear elbow grab, Two on one wrist grab

Belt grab

Brown 3

Kempo 2 18 Gedan ulna (*necho*) Left uraken

Boxer's left

Green

Aiki 2	1	Parry	Nelson strangle
Nage	12		Tani otoshi

Brown 2

Kempo 3	11	Parry	Left hook—left uraken—standing tani otoshi
Nage	22		Tackle ouchi

Brown 1

Gyaku	19		Tackle ouchi gari—boston crab
Gyaku	22		Scissor rollup—leglock
Kempo 3	19		Arm-thigh chops—left shotei—tackle ouchi

Club blow

Yellow

Aiki 1	5	Juji uke	Armbreak—sakotsu shuto
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Green

Nage	2	Age uke	Bodyslam
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Brown 3

Kempo 2	1	Age uke (<i>zen</i>)	Double ura tsuki
Kempo 2	11	Jodan juji (<i>zen</i>)	Tettsui
Kempo 2	12	Jodan juji (<i>zen</i>)	Ura tsuki

Brown 2

Kempo 3	4	Juji uke	Armbreak (side)—sakotsu—osoto gari
Kempo 3	7	Juji uke	Sakotsu—double ura tsuki—bodyslam

Black 1

Aiki 3	21	Juji uke	Ulna press—barflex—otoshi—yubi tori
Aiki 3	22	Age uke	Ippon seoi—club yawara
Aiki 3	23	Age uke	Shoulder crank—club choke
Aiki 3	24	Age uke	Bodyslam—ashi hishigi
Aiki 3	25	Juji uke	(Neck) Chop—ura tsukis—(arm) chop—lapel guruma
NNK	2		Ippon seoi
NNK	16	Juji uke	Arm guruma

Double lapel

Brown 2

Kempo 3	13		Knee up—ear slap—kidney chops—headlock throw
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Double wrist grab

Yellow

Aiki 1	9		Ulna press
Aiki 1	26		Tekubi tori

Brown 2

Aiki 3	1		Judolock
Aiki 3	5		Shiho nage—moro yubi tori
Aiki 3	12		Ulna press—kosoto gari—rear kneeling bar—barflex—otoshi—yubi tori

Yellow

Aiki 1	3	Parry	Haitto—cross shuto
Aiki 1	25		Winglock
Osoto	1		Osoto gari
Osoto	12	Parry	Osoto gari

Green

Aiki 2	12	Parry	Yoko geri—inside armtwist
Nage	1		Body slam
Nage	5	Parry	Kosoto gari
Nage	16		Tsurikomi goshi

Brown 3

Gyaku	1		Osoto gari—winglock
Gyaku	7		Tsurikomi goshi—dragon choke
Kempo 2	19	Kakiwake uke (<i>zen</i>)	Double ura tsuki
Kempo 2	20	Kakiwake uke (<i>zen</i>)	Sakotsu—double ura tsuki

Brown 2

Aiki 3	6		Cross twist—front flex
Aiki 3	7		Cross twist—yubi tori
Aiki 3	8		Cross twist—flex-hammerlock
Aiki 3	10		Reverse armbar—barflex
Aiki 3	13		Ude tori—reverse hadake
Kempo 3	1	Parry	Haitto—cross shuto—osoto gari
Kempo 3	12	Parry	Right hook—right uraken—inside armtwist
Nage	17		Front thunderbolt
Nage	29		Tomoe nage

Brown 1

Gyaku	17		Sashi ashi—lobster choke
Gyaku	23		Tsurikomi goshi—crossbody armbar
Gyaku	24		Tomoe nage—ohten gatame
Kempo 3	16	Ude uke	Mae geri-tate tsuki—bodyslam
Kempo 3	20	Parry	Yoko shuto—left uraken—inside armtwist
Kempo 3	24		Winglock (to side)—double haitto—osoto guruma
Nage	27	Parry	Wrist guruma

Black 1

NNK	3		Sode tsurikomi goshi
NNK	6		Harai goshi
NNK	11		Drop sashi ashi
NNK	12		Tomoe nage

Black 2

Aiki 4	14		Sutemi legover juji gatame
Aiki 4	16		Tomoe nage jime

Front headlock

Yellow

Aiki 1	11	(Block)	Haitto—pivot—kick—sakotsu shuto
Osoto	13	(Block)	Pivot—osoto gari

Green

Aiki 2	20	(Block)	Haitto—pivot—front flex
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Brown 2

Kempo 3	15	(Block)	Groin haitto—pivot—mae geri—sakotsu—osoto gari
Aiki 3	2		Yubi tori

Black 2

Aiki 4	3		Osoto gari sutemi
Aiki 4	4		Sit-sutemi—hammerlock
Aiki 4	5		(Osoto gari—) cross-over face hold

Front hug (free)

Yellow

Osoto	4		Osoto gari
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Brown 1

Kempo 3	23		Knee—ear slap—kidney chops—eyes takedown
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Front hug (pinned)

Yellow

Aiki 1	12	Windmill	Sakotsu shuto
Osoto	7		Osoto gari

Brown 2

Kempo 3	8		Windmill—sakotsu—osoto gari
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Black 1

NNK	4		Okuri harai
NNK	9		Hane goshi

Black 2

Aiki 4	12		Osoto guruma—carotid jime
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Full nelson

33

Yellow

Osoto	10	Osoto gari
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Green

Nage	4	Sukui nage
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Brown 3

Gyaku	4	Sukui nage—hantai gatame
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Brown 2

Nage	20	Maki komi
Nage	30	Maki komi harai

Brown 1

Gyaku	12	Maki komi harai—ude gatame
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Black 1

NNK	8	Maki komi harai
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Knife (cross slash)

Black 1

Aiki 3	29	Choke and armbar
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Knife (straight thrust)

Yellow

Aiki 1	21	Parry	Inside armtwist
Aiki 1	22	Parry	Flex throw
Aiki 1	27	Parry	Rear hadake jime

Green

Aiki 2	13	Parry	Wrist twist—yubi tori
Aiki 2	18	Gedan shuto	Cross twist—flex

Brown 3

Kempo 2	16	L. gedan barai (<i>zen</i>)	Left uraken
Kempo 2	17	R. gedan barai (<i>zen</i>)	Right uraken

Brown 2

Aiki 3	14	Parry	Hadake jime
Aiki 3	15	Parry	Wrist twist—front flex
Aiki 3	16	Parry	Nelson strangle
Aiki 3	17	Parry	Twist (to mat)—yubi tori
Aiki 3	18	Parry	Mawashi geri—rear strangle
Aiki 3	19	Parry	Mawashi geri—inside armtwist
Aiki 3	20	Parry	Ude tori—otoshi—yubi tori

Brown 1

Kempo 3	21	Left gedan	Elbow break (up)—right mae geri—inside armtwist
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Black 1

Aiki 3	26	Left gedan	Cross twist (to mat)—front flex
Aiki 3	30	Parry	Reverse ulna—arm guruma

Black 2

Aiki 4	8	Parry	Mawashi geri (from mat)—fumi komi (to mat)
Aiki 4	10	Parry	Reverse hadake gatame
Aiki 4	22	(Belt) parry	Belt choke otoshi

Knife (threat)

Black 2

Aiki 4	9		Mikazuki-ushiro geri
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Knife (up thrust)

35

Brown 3

Kempo 2	13	Gedan juji	Kage tsuki
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Black 1

Aiki 3	27	(Gedan juji)	Cross twist (sutemi)—roll (to mat)—reverse twist—front flex
Aiki 3	28	(Gedan juji)	Reverse armbar (to mat)—barflex—otoshi

Lapel grab

Yellow

Aiki 1	7		Flex Bow
Osoto	2		Osoto gari

Green

Nage	7	Arm chop	Neck shuto—groin haitto—bodyslam
Nage	9		Koshi guruma

Brown 3

Kempo 2	4	Ude uke (<i>necho</i>)	Gyaku tsuki
Gyaku	5		Koshi guruma—shoulder dislocator

Nelson (ground)

Green

Katame	9		Nelson counters
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No attack (ground)

Green

Katame	1	Muni
Katame	2	Kesa gatame
Katame	3	Kazuri kesa
Katame	4	Kata gatame
Katame	5	Reverse kata gatame
Katame	6	Yoko shiho
Katame	7	Kami shiho
Katame	8	Nelsons: near/far/reverse

Brown 1

Choke	5	Scissors strangle
Choke	7	Sutemi strangle
Choke	8	Lobster choke (far)
Choke	9	Lobster choke (near)
Choke	10	Pancake
Choke	12	Knee pressure choke
Choke	13	Guillotine choke
Choke	14	Sacrifice choke
Choke	15	Koshi jimi

No attack (standing)

Green

Aiki 2	6	Front flex
Aiki 2	7	Judolock
Aiki 2	8	Crosstwist—yubi tori
Aiki 2	9	Pivot yubi tori
Aiki 2	10	Ulna press—barflex

Brown 3

Comealong	2	Ulna press
Comealong	4	Reverse ulna
Comealong	5	Barflex (2/1-hand)
Comealong	6	Crosstwist
Comealong	7	Handtwist
Comealong	9	Reverse hadake
Comealong	10	Moro yubi tori
Comealong	11	Flex Crank
Comealong	12	Straddle (arm thru legs)
Comealong	13	Club jitsu (thru legs)
Comealong	14	Bum's rush collar drag
Comealong	15	Bum's rush, hadake

Continued

Brown 1

Choke	1	Cross lapel
Choke	2	Long and short
Choke	3	Nelson strangle
Choke	4	Reverse long and short
Choke	6	Naked sliding choke (fr/rear)
Choke	11	Leg-over choke

Black 1

NNK	1	Ogoshi
NNK	2	Ippon seoi
NNK	3	Sode tsurikomi goshi
NNK	4	Okuri harai
NNK	5	Uchi mata
NNK	6	Harai goshi
NNK	7	Utsuri goshi
NNK	8	Maki komi harai
NNK	9	Hane goshi
NNK	10	Uki otoshi
NNK	11	Drop sashi ashi
NNK	12	Tomoe nage
NNK	13	Ushiro goshi
NNK	14	Lapel guruma
NNK	15	Yoko guruma
NNK	16	Arm guruma
NNK	17	Kata guruma
NNK	18	Kane sute
Tensho	4	Crosstwist tensho aiki
Tensho	5	Kneeling lapel tensho aiki

Black 2

Aiki 4	11	Straight right— <i>parry</i> — <i>full nelson</i> —counter—leg pull— ashi kubi hishigi
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Overhead chain

Brown 3

Kempo 2	15	Soto age uke (<i>ko</i>)	Kage tsuki
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Pistol

Yellow

Aiki 1	6	Parry	Flex throw
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Police hammerlock

38

Yellow

Aiki 1 14

Hiji—armbreak—sakotsu shuto

Brown 2

Kempo 3 9

Hiji—armbreak (side)—sakotsu—osoto gari

Black 2

Aiki 4 1

(Hiji—armbreak—) alligator roll

Rear hand choke

Brown 1

Gyaku 15

Winglock—ippon seoi—hair-hammerlock

Rear hug (free)

Yellow

Osoto 5

Osoto gari

Green

Aiki 2 16

Wristlock—hammerlock

Nage 3

Sukui nage

Brown 2

Aiki 3 3

Flex comealong

Brown 1

Gyaku 20

Leg pull—ashi kubi hishigi

Rear hug (pinned)

Yellow

Aiki 1 13

Double windmill (—sakotsu shuto)

Osoto 8

Osoto gari

Green

Nage 19

Ippon seoi

Brown 3

Gyaku 6

Ippon seoi—juji gatame

Brown 2

Kempo 3 14

Windmill—sakotsu—osoto gari

Rear strangle

39

Yellow

Osoto 9

Osoto gari

Brown 2

Kempo 3 6

Nage 21

Right-left hiji—ippon seoi

Uki otoshi

Black 1

NNK 10

Uki otoshi

Right and left

Yellow

Aiki 1 1 Block

Aiki 1 28 Block

Osoto 6 Block

Osoto 14 Block

Spin—sakotsu shuto

Front hadake

Osoto gari

Mae geri—osoto gari

Green

Aiki 2 3 Block

Aiki 2 4 Block

Aiki 2 15 Block

Nage 8

Face ulna throw—juji gatame

Hammerlock

Wristlock—hammerlock

Ogoshi

Brown 3

Gyaku 3

Gyaku 9

Inside lift—legbar

Ogoshi—front kneeling bar

Brown 2

Aiki 3 11

Kempo 2 3

Kempo 2 5

Nage 14

Nage 15

Nage 17

Nage 23

Nage 28

Shiho nage—moro yubi tori

Spin—sakotsu—osoto gari

Lo-hi-ho—double ura tsuki—bodyslam

Ouchi gari

Kouchi gari

Sashi ashi

Lightning throw

Uki otoshi

Continued

Brown 1

Gyaku	1		Osoto gari—kneeling neckbreak
Gyaku	13		Yoko wakare—straddle neckbreak
Gyaku	16		Lightning throw—sutemi strangle
Gyaku	18		Uki otoshi—smother gatame
Gyaku	21		Front thunderbolt—ashi hishigi
Gyaku	25		Sumea geashi—straddle hadake
Kempo 3	25		Knee-to-face—double uras—lapel guruma
Nage	24		Maki geashi
Nage	26		Lapel guruma

Black 1

NNK	1	(Block)	Ogoshi
NNK	5	(Block)	Uchi mata
NNK	7	(Block)	Utsuri goshi
NNK	14	(Block)	Lapel guruma
Tensho	2		Spin—tensho aiki

Black 2

Aiki 4	2	(Block)	Sutemi winglock
Aiki 4	17	(Block)	Front hadake—tora nage
Aiki 4	18	(Block)	Wristlock uke waza—keylock
Aiki 4	19	(Block)	Seoi goshi—bear claw
Aiki 4	21	(Block)	Airplane spin—ashi hishigi

Right roundhouse

41

Yellow

Aiki 1	2	Block	Ganmen shuto
Aiki 1	8	Block	Ulna press
Aiki 1	15	Block	Hiji—sakotsu
Aiki 1	29	Block	Stretch bar—twist throw
Aiki 1	30	Block	Pivot—hair hammerlock
Osoto	3	Block	Osoto gari

Brown 3

Kempo 2	8	Cross shuto (<i>ko</i>)	Shuto uchi
Kempo 2	9	Cross shuto (<i>zen</i>)	Mawashi—kage—ura tsuki's

Brown 2

Aiki 3	9	Block	Ulna press—barflex—otoshi—yubi tori
Kempo 3	2	Block	Hiji—sakotsu—osoto gari

Brown 1

Gyaku	14	Block	Kata gatame—osoto gari—juji gatame—keylock
Kempo 3	22	Block	Elbow break (side)—left uraken—bodyslam

Black 1

NNK	17		Kata guruma
Tensho	1		Tensho aiki

Black 2

Aiki 4	6		Kneeling ippon seoi
Aiki 4	13	Block	Kata guruma—morote gatame
Aiki 4	15	Block	Sake nuke—smother gatame

Side club blow

Brown 3

Kempo 2	10	Inside uke (<i>kiba</i>)	Rear hiji
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Side headlock

42

Yellow

Aiki 1	4	Parry	Sakotsu shuto
Aiki 1	10		Hair hammerlock
Aiki 1	24		Hair throw
Osoto	11	Parry	Osoto gari

Green

Nage	6	Parry	Kosoto gari
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Brown 3

Gyaku	2		Tani otoshi—choke and armbar
Gyaku	8	Parry	Kosoto gari—rear kneeling bar

Brown 2

Nage	11		Side thunderbolt
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Brown 1

Gyaku	11		Side thunderbolt—legscrew
Nage	25		Yoko guruma

Black 1

NNK	13		Ushiro goshi
NNK	15		Yoko guruma

Straight lapel / collar hold

Brown 2

Kempo 3	10		Arm-neck shutos—ura tsuki—bodyslam
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Brown 1

Nage	13		Kane sute
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Black 1

NNK	18		Kane sute
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Black 2

Aiki 4	7		In-and-out kneeling throw
Aiki 4	20		Yoko wakare

Straight right

43

Yellow

Osoto	15	Parry	Mawashi geri—osoto gari
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Green

Aiki 2	2	Parry	Nelson strangle
Aiki 2	5	Parry	Mawashi geri—inside armtwist
Aiki 2	19	Parry	Ude tori—rear otoshi

Brown 3

Kempo 2	2	Ude uke (<i>ko</i>)	Ganmen shuto
Kempo 2	3	Ude uke (<i>ko</i>)	Side uraken
Kempo 2	5	Soto ude uke (<i>kiba</i>)	Hiji—kage tsuki
Kempo 2	6	Nagashi (<i>kiba</i>)	Yoko shuto—uraken
Kempo 2	7	Nagashi (<i>kiba</i>)	Yoko haitto—cross shuto
Kempo 2	14	Soto shuto (<i>ko</i>)	Yoko haitto

Brown 2

Aiki 3	4	Parry	Forearm otoshi
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Brown 1

Kempo 3	17	Parry	Yoko shuto—left uraken—collar dragdown
Kempo 3	18	Parry	Yoko haitto—cross shuto—standing tani otoshi

Two on one rear elbow grab

Green

Aiki 2	17		Ulna press—barflex
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Black 1

Tensho	4		Tensho aiki
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Two on one wrist grab

Yellow

Aiki 1	23		Ulna press
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Black 1

Tensho	3		Tensho aiki
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A

Age	Rising.
Age tsuki	Rising punch.
Age uke	Rising block.
Ai	Harmony.
Ashi	Foot/leg.
Ashi guruma	Leg wheel (a throw).
Ashi waza	Foot techniques.
Atemi	Striking.
Atemi waza	Striking techniques.

B

Bo	Staff (long).
Bojitsu	Staff techniques (long).
Bushi	Warrior class of Japan.
Bushido	Way of the warrior.
Bujutsu	Fighting arts of the warrior class of Japan.

C

Choku tsuki	Straight punch.
Chudan	Middle (of body, <i>i.e.</i> torso).

D

Dachi	Stance.
Dan	Rank of black belt; 1 st dan is the lowest, 10 th the highest.
De ashi harai	Forward foot sweep (a throw).
Denzook	No count.
Do	The way.
Dojo	Exercise hall, the place where one practices the martial arts.

E

Empi	1. Elbow. 2. Name of a kata.
Empi uchi	Elbow strike.

F

Fudo dachi	Rooted stance.
Fumikomi	Stamping kick.
Funakoshi, Gichin	Father of Japanese Karate.

G

Gatame	Arm bar.
Gedan	Lower, waist or below.
Gedan barai	Low block.
Gedan juji uke	Lower X-block.
Geri	Kick.
Gi	Uniform for practicing martial arts.
Go	Five.
Gohon	Five-finger strike.
Guruma	Wheel-like throw.
Gyaku tsuki	Reverse punch (opposite hand and leg).
Gyaky juji jime	Reverse cross choke.

H

Hachi	Eight.
Hachiji dachi	Open leg stance.
Hadake jime	Naked choke.
Hadari	Left.
Hae makikomi	Springing winding throw.
Haishu	Back of the hand.
Haishu uchi	Back hand strike.
Haisoku	Instep.
Haisoku geri	Instep kick.
Haitto	Ridge hand (first knuckle of thumb and side of hand).
Haitto uchi	Ridge hand strike.
Hajimae	Begin.
Hane goshi	Hip spring (a throw).
Hara	The body's "center".
Hara tsurikomi ashi	Lift-pull foot sweep.
Harai goshi	Hip sweep.
Hidari	Left (side).
Hiji	Elbow strike (upward, downward, forward, rear).
Hittsui	Knee.
Hittsui geri	Knee strike (upward, side).
Hiza guruma	Knee wheel.
Hon	Fingers. <i>Gohon</i> .
Honbu	Headquarters.

I

Ichi	One.
Ippon	Full point in a contest.
Ippon ken (tsuki)	One knuckle fist.
Ippon Seoi Nage	One-armed shoulder throw.

J

Jime	Choke/strangle.
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Jiyu kumite	Free sparring.
Jiyu waza	Freestyle techniques/practice.
Jo	Short staff.
Jodan	Upper, shoulders or above.
Jodan juji uke	High X-block.
Jo-jitsu	Short staff techniques.
Ju	Ten.
Judo	A martial arts style featuring throwing. Literally, “gentle way”, referring to giving way in order to gain victory.
Judoka	Practitioner of Judo.
Ju-ichi	Eleven.
Juji	Cross. <i>Juji gatame</i> , <i>juji uke</i> .
Juji gatame	Cross-body arm bar through legs and across hips.
Juji uke	X-block.

K

Kagi tsuki	Hook punch.
Kakato	Heel.
Kakato uke	Bent wrist block.
Kake	Application of the technique.
Kamae	Posture.
Kami shio gatame	Upper four-corner hold.
Kano, Jigoro	Founder of Judo.
Kansetsu	Joint lock.
Kansetsu waza	Joint locking techniques.
Kara	Empty.
Karate	A martial arts style featuring strikes. Literally, “empty hand”.
Kata	1. Stylized form, pre-arranged techniques. <i>Nage no kata</i> . 2. Shoulder. <i>Kata guruma</i> .
Kata gatame	Shoulder hold.
Kata guruma	Shoulder wheel throw.
Kata ha jime	Single wing choke.
Kata juji jime	Half cross choke.
Katame	Grappling.
Katame waza	Grappling and ground-fighting techniques. Also known as Ne-waza.
Katana	Long sword.
Katate	One hand.
Katate dori	One-hand grasp.
Katsu	Revival techniques.
Kempo	Fist way.
Kendo	Japanese sword fighting.
Keri waza	Kicking techniques.
Kesa gatame	Scarf hold.
Ki	Vital energy.
Kiai	Shout or yell with vital energy (<i>ki</i>).
Kiba dachi	Horse stance.
Kime	Focus.
Kitskay	Attention.
Kokutsu dachi	Back stance.

Koshi	1. Hip.
Koshi guruma	2. Ball of the foot.
Koshi waza	Hip wheel throw.
Kosoto gakae	Hip techniques.
Kosoto gari	Minor outer hook.
Kotegaeshi	Minor outer reaping throw.
Kouchi gari	Reverse hand throw.
Ku	Minor inner reaping throw.
Kubi	Nine.
Kumikata	Neck.
Kumite	Methods of holding.
Kusho	Sparring.
Kuzushi	Vital points of the body.
Kyu	Unbalancing (eight directions).
Kyusho	Grade under black belt; 10 th kyu is the lowest and 1 st the highest.
	Vital point.

M

Ma-ai	Appropriate distance; literally, “harmony of space”.
Mae	Front.
Mae geri	Front kick.
Mae geri keage	Front snap kick.
Mae geri kekomi	Front thrust kick.
Matae	Stop.
Mawashi geri	Roundhouse kick.
Mawashi tsuki	Roundhouse punch.
Migi	Right (side).
Mikazuki	Crescent.
Mikazuki geri	Crescent kick.
Mikazuki geri uke	Crescent kick block.
Moro	Augmented. <i>Morote tsuki</i> .
Morote dori	Two-hand grasp.
Morote seoi nage	Two arm shoulder throw.
Morote tsuki	Double forward fist strike.
Morote uke	Double forearm block.
Mudansha	Non black belt holder.
Mushin	Beginner’s mind, open to new ideas; literally, “mind of no mind”.

N

Nage	Throwing.
Nage waza	Throwing techniques.
Nage no kata	Formalized throws.
Nami juji jime	Normal cross choke.
Necho	Cat.
Necho ashi dachi	Cat stance.
Ne-waza	Ground fighting techniques, also known as katame waza.
Ni	Two.
Nidan geri	Double jump kick.

Nihon nukite	Two finger spear hand. <i>Gohon nukite, nukite.</i>
Ni-ju	Twenty.
Ni-ju-ichi	Twenty one.
Nukite	Spear hand.
Nunchaku	Flail-like weapon of two rods joined by rope or chain.

O

Obi	Belt.
O goshi	Major hip throw.
O guruma	Major wheel throw.
Oi tsuki	Forward lunge punch (same side hand and leg).
Okuri ashi harai	Foot sweep.
Okuri eri jime	Sliding collar choke.
Osae komi	Hold-down.
Osae komi waza	Hold-down techniques.
O'Sensei	Honorary title given to Morihei Ueshiba, founder of Aikido.
Osoto gari	Major outer reaping throw.
Osoto guruma	Major outer wheel throw.
Ouchi gari	Major inner reaping throw.

R

Randori	Free practice (judo sparring).
Rei	Bow.
Roku	Six.
Ryote	Both hands.
Ryote dori	Both hands grasp.
Ryu	Style of school or martial art.
Ryukyu	Okinawa.

S

Sai	Three-pronged metal weapon.
San	Three.
San-ju	Thirty.
Sasae tsurikomi ashi	Propping ankle throw.
Seiza	Sitting position.
Sempai	Senior.
Sensei	Teacher.
Shi	Four.
Shiai	Contest.
Shichi	Seven.
Shihan	Master instructor, a teacher of teachers. Sometimes 4 th —5 th Dan, often 8 th Dan and up.
Shiho nage	All-direction throw.
Shime	Choke.
Shime waza	Choking techniques.
Shodan	1 st degree black belt.
Shomen	Front.

Shomen uchi	Front strike, <i>e.g.</i> a club blow.
Shotei	Palm heel strike (also may use as block).
Shuto	Knife-edge hand (little-finger side of palm).
Shuto uchi	Knife hand strike.
Shuto uke	Knife hand block.
Soto	Outside (of opponent's stance).
Soto makikomi	Outer winding throw.
Soto shuto	Outside knife-hand block.
Sukui nage	Scooping throw.
Sumi gaeshi	Corner throw.
Sumi otoshi	Corner drop.
Sutemi	Sacrifice.
Sutemi-waza	Sacrifice techniques.

T

Tachi-waza	Standing throwing techniques.
Tai otoshi	Body drop (a throw).
Tanden	Point just below the navel.
Tani otoshi	Valley drop (a throw).
Tate tsuki	Vertical punch (boxer's jab).
Te	Hand. <i>Karate</i> .
Teisho	Palm heel.
Teisho tsuki	Palm heel punch.
Teisho uchi	Palm heel strike.
Teisho uke	Palm heel block.
Teiji dachi	T-stance.
Tekubi	Wrist.
Tettsui	Hammer fist; downward strike with closed fist, little finger side as the striking surface.
Te-waza	Hand techniques.
Tomoe nage	Stomach throw.
Tori	Defender, demonstrator of technique.
Tsuki	Punch; knuckle strike with first two knuckles only.
Tsuki waza	Punching techniques.
Tsukuri	Stepping into the throw.
Tsuri goshi	Lifting hip throw.
Tsurikomi goshi	Lifting-pulling hip throw.
Tuite	Grappling techniques.

U

Uchi	Strike.
Uchideshi	Special disciple.
Uchikomi	Repeated practice of throwing techniques.
Uchi mata	Inner thigh throw.
Uchi waza	Striking techniques.
Ude	Forearm.
Ude uke	Forearm block.
Uke	Block. <i>Age uke</i> .

Uke	Receiver of techniques (typically, the aggressive attacker).
Ukemi	Falling and rolling exercises, or breakfall.
Uki goshi	Floating hip throw.
Uki otoshi	Floating drop (a throw).
Uki waza	Floating throw.
Ulna	(English) Bone on little-finger side of wrist.
Ulna press	Straight arm bar with wrist on opponent's elbow.
Uraken uchi	Back fist strike.
Ura nage	Back throw.
Ushiro	Rear.
Ushiro geri	Back kick.
Ushiro goshi	Back hip throw.

W

Waza	Technique.
Katame waza	Mat work.

Y

Yama tsuki	U-punch.
Yame	Stop.
Yoi	Ready.
Yoko	Side.
Yoko gake	Side body drop (a throw).
Yoko geri	Side kick.
Yoko guruma	Side wheel.
Yoko kekome	Side thrust kick.
Yokomenuchi	Side strike, as in right punch.
Yoko otoshi	Side drop.
Yoko shio gatame	Side four corner hold.
Yoko wakare	Side separation.
Yubi	Finger lock.
Yubi tori	Finger control.
Yudansha	One who is a black belt.

Z

Zanshin	Remaining aware at all times, undistracted by events; literally, "clear mind".
Zazen	Sitting meditation.
Zen	1. Buddhist sect. 2. Religious meditation.
Zenkatsu dachi	Forward stance.

