

Jitsu Canada
Shorinji Kan Jiu Jitsu

A Guide to the Prescribed *Henka-waza* and *Kaeshi-waza*

This document is intended as a reference guide only, and not as a substitute for instruction by a suitably qualified instructor.

***Henka-waza* (transitions / combinations)**

When learning and practicing transitions it is vital that the spirit of *henka-waza* is maintained. These are not simply an attempt at one technique, followed by an attempt at another technique when the first is blocked/countered. Rather, the true spirit of *henka-waza* is that while *uke* is blocking/countering an attempted technique, this in turn creates a momentary vulnerability to an alternate technique which *tori* can exploit. To facilitate this, the *henka-waza* listed in the syllabus are expected to be practiced in a prescribed manner, much like mini *kata*, with both *uke* and *tori* moving and reacting in a prescribed manner.

Practitioners should note that a meaningful attempt at the first technique should always be made, even if the end goal is a feint to set up a second technique. While *kata* learning is the core method for understanding *henka-waza*, to fully develop an instinctive feel for *henka-waza*, it must also be drilled in a *randori* fashion.

A small number of the prescribed *henka-waza* are, however, designed as follow-on techniques, where following the successful application of one technique, *tori* moves seamlessly into a follow-on technique.

All *henka-waza* should be practiced equally both right and left sided, although in this guide they are described on one side only.

***Kaeshi-waza* (counters / reversals)**

The basis of *kaeshi-waza* is that while *uke* is attempting a technique, this may create a momentary vulnerability which *tori* can exploit. To facilitate understanding of this, the *kaeshi-waza* listed in the syllabus are expected to be practiced in a prescribed manner, much like mini *kata*, with both *uke* and *tori* moving and reacting in a prescribed manner. The *kaeshi-waza* should start from the basic judo grip.

Practitioners should note that a meaningful attempt at the technique being countered should always be made. While *kata* learning is the core method for understanding *kaeshi-waza*, to fully develop an instinctive feel for *kaeshi-waza*, it must also be drilled in a *randori* fashion.

In addition to being a valuable defence tool against throws and locks, study of *kaeshi-waza* helps the practitioner develop better technique through understanding how techniques can be made to fail.

All *kaeshi-waza* should be practiced equally both right and left sided, although in this guide they are described on one side only.

Yellow Belt henka-waza

Arm-lock 1 into wrist-lock 1

Tori attempts the arm-lock on *uke*'s right arm. Before the lock can be fully applied, *uke* counters by twisting their wrist to release the tension, and bending their arm. *Tori* allows *uke*'s wrist to rotate until it is in the appropriate grip for wrist-lock 1. *Tori*'s left arm grips *uke*'s right elbow, pulling down and to the outside for *kuzushi*. *Tori* pivots to apply wrist-lock 1. Through the technique, *tori*'s grip remains right hand on *uke*'s right wrist; left hand on *uke*'s right elbow.

Arm-lock 2 into wrist-lock 1

This can be utilized as a follow-on into a take-down after a successful arm-lock, or as a transition following a failed attempted arm-lock. *Tori* applies arm-lock 2 to *uke*'s right arm. *Tori*'s left arm then grips *uke*'s right elbow, pulling down and to the outside for *kuzushi*. *Tori* pivots to apply wrist-lock 1. Through the technique, *tori*'s grip remains right hand on *uke*'s right wrist; left hand on *uke*'s right elbow.

Mune-gatame into Ude-hishigi-ude-gatame

Uke attempts to counter by pushing on *tori*'s face with their left hand. *Tori* pushes *uke*'s hand onto *tori*'s right shoulder, and sits back while rotating *uke*'s hand thumb down. *Tori* utilizes their head and right shoulder to help trap *uke*'s hand. *Tori* then uses their right arm to apply the lock.

Tate-shiho-gatame into Ude-hishigi-juji-gatame

Uke attempts to counter by pushing on *tori*'s face with their right hand. *Tori* pushes *uke*'s hand past *tori*'s right shoulder, postures up and slides their right leg forward past *uke*'s head, then pivots their left leg across *uke*'s head. *Tori* then lies back while raising their hips to apply the lock.

Osoto-gari into Koshi-guruma

Uke throws a right-handed reverse punch, and *tori* attempts the throw left sided. *Uke* counters by sliding their left leg back. While the leg is sliding, *tori* capitalizes on *uke*'s vulnerability and reacts by drawing *uke*'s balance up and to the front. *Tori* then executes a left sided *koshi-guruma*.

Kosoto-gari into Osoto-gari

Uke throws a right-handed reverse punch, and *tori* attempts the throw left sided. *Uke* counters by sliding their left leg back. While the leg is sliding, *tori* capitalizes on *uke*'s vulnerability and reacts by breaking *uke*'s balance to the right back corner. *Tori* then executes a right sided *osoto-gari*.

Koshi-guruma into Osoto-gari

Uke throws a right-handed hook punch. *Tori* attempts the throw right sided. *Uke* counters by sinking their hips. *Tori* reacts by pivoting 180 degrees on their right foot, while maintaining pressure downward and to the right back corner with their right arm, breaking *uke*'s balance to the right back corner. During this pivot, *uke* should not be allowed to regain an upright posture. *Tori* then executes a right sided *osoto-gari*.

Orange Belt henka-waza

Kesa-gatame into Kata-gatame

With *tori* applying the hold with their right arm around *uke*'s neck, *uke* attempts to counter by freeing their right arm and pushing on *tori*'s face with their right hand. *Tori* pushes *uke*'s arm across *uke*'s face, secures the arm in place using their head, and wraps their left arm behind *uke*'s neck. *Tori* postures up to apply the lock.

Tate-shiho-gatame into Ude-garami

Tori applies the hold with their left arm around *uke*'s neck and right arm under *uke*'s left armpit. *Tori* moves their left arm over *uke*'s head and grabs *uke*'s left arm at the wrist, then slides their right arm to grab their own forearm. *Tori* draws *uke*'s arm close to *uke*'s side, and applies the lock.

Mune-gatame into Gyaku-ude-garami

Tori applies the hold with their left arm around *uke*'s neck and right arm under *uke*'s left armpit. *Tori* releases the hold with their right arm, and grabs *uke*'s left arm at the wrist. *Tori* moves their left arm over *uke*'s head, then under *uke*'s left upper arm, and grabs their own forearm. *Tori* slides their right knee back allowing them to partially turn to their to apply the lock.

De-ashi-harai into Kosoto-gake

With *uke* grabbing and pushing, *tori* attempts a right sided throw, however *uke* manages to plant their right foot to prevent the sweep. *Tori* applies a downward direction to the back corner *kuzushi* while sliding their left foot up *uke*'s left leg to the knee, then executes the throw.

Seoi-nage into Seoi-otoshi

Uke throws a right-handed downward strike. *Tori* blocks to the inside, and attempts the throw right sided. *Uke* counters by sinking their hips. *Tori* reacts by quickly moving their left foot forward and to the left, and their right foot back and to the right (outside *uke*'s foot). *Tori* then executes the throw.

Kouchi-gari into Ouchi-gari

Uke throws a right-handed reverse punch. *Tori* blocks to the inside, stepping inside of *uke*'s left leg, and attempts the throw left sided. *Uke* counters by sliding their left leg back. While the leg is sliding, *tori* capitalizes on *uke*'s vulnerability and reacts by changing *kuzushi* to the right back corner. *Tori* then executes a right sided *ouchi-gari*.

Orange Belt kaeshi-waza

Osoto-gari with Osoto-gaeshi

Uke attempts a right sided throw. As *uke* brings their right leg through to reap, *tori* pivots their left foot around behind their right heel, whilst simultaneously grasping *uke's* right elbow and pulling down while leaning slightly forward. This allows *tori* to recover their balance while unbalancing *uke*. *Tori* then completes the counter throw.

Osoto-gari with Kosoto-gake

Uke attempts a right sided throw. As *uke* brings their right leg through to reap, *tori* steps their right foot back to avoid the reap and recover balance. At the same time, *tori* grasps *uke's* right elbow and pulls *uke* towards them to unbalance *uke*. *Tori* then completes the counter throw.

Kosoto-gari with O-goshi

Uke attempts a right sided throw. Before *uke* can reap, *tori* steps their right foot towards *uke's* right foot to recover balance, whilst elbow-striking *uke* with their right arm. *Tori* then slips their right arm behind *uke* to unbalance *uke*, slides their left foot in, and completes the counter throw.

Koshi-guruma with Ushiro-goshi

As *uke* pivots in for a right sided throw, *tori* recovers balance by bending their knees. At the same time, *tori* hugs *uke* to them to achieve hip-to-hip contact. *Tori* then completes the counter throw.

Green Belt henka-waza

Wrist-lock 2 into wrist-lock 5

Tori applies the lock to *uke's* right wrist, with both thumbs on the back of *uke's* hand. *Tori* rotates their right hand outward 90°, then grasps *uke's* elbow with their left hand. *Tori* bends *uke's* arm and traps *uke's* elbow against their chest to apply #5 wristlock.

Wrist-lock 6 into arm-lock 6

Tori applies the lock to *uke's* right wrist, then grasps *uke's* elbow with their left hand. *Tori* pushes down on *uke's* elbow whilst stepping in front of and facing *uke* to apply #6 armlock.

Arm-lock 4 into Harai-goshi

Tori attempts to apply the lock to *uke's* right arm. *Uke* counters by twisting their arm to grab the back of *tori's* collar. *Tori* reacts by stepping their right leg across in front of *uke's* while pushing on *uke's* side with their left arm, to break *uke's* balance to the front left corner. *Tori* then brings their left leg through, and sweeps to complete the throw.

Uki-goshi into Yoko-otoshi

From a right handed hook punch, *tori* attempts a left handed throw. *Uke* counters by unbalancing *tori* to the back left corner and attempting *kosoto-gari*. *Tori* reacts by grabbing *uke's* left arm, falling back and twisting to their right side to unbalance *uke* and execute the left sided sacrifice throw.

O-goshi into Kibisu-gaeshi

Uke throws a right-handed hook punch. *Tori* blocks to the inside, and attempts the throw right sided. *Uke* counters by sinking their hips. *Tori* reacts by pivoting 180 degrees on their right foot, while maintaining pressure downward and to the right back corner with their left arm, breaking *uke's* balance to the right back corner. During this pivot, *uke* should not be allowed to regain an upright posture. *Tori* then drops their right knee and executes a right sided throw.

Ouchi-gari into Kuchiki-taoshi

Uke throws a right-handed reverse punch. *Tori* blocks to the inside, stepping inside of *uke's* left leg, and attempts the throw left sided. *Uke* counters by sliding their left leg back. While the leg is sliding, *tori* capitalizes on *uke's* vulnerability and reacts by changing *kuzushi* to the right back corner. *Tori* then grabs behind *uke's* right knee and executes a right sided throw.

Kami-shiho-gatame into Gyaku-kesa-gatame

Tori releases the grip with their right hand, then slides their right arm under and around the back of *uke's* neck. *Tori* releases the grip with their left hand, then wraps their left arm over and around *uke's* left arm. *Tori* rotates onto their right side while repositioning themselves to *uke's* left to fully apply the hold.

Green Belt kaeshi-waza

Uki-goshi with Kosoto-gari

Uke attempts a right sided throw. *Tori* counters by taking a small step out with their right foot, drawing *uke* with them to unbalance *uke* to the back right corner. *Tori* then completes the counter throw.

Sankaku-jime with Daki-age

As *uke* attempts the technique, *tori* tucks their chin down and raises their shoulders, while placing their arms/hands on *uke*'s stomach. *Tori* then springs both feet up to *uke*'s hips simultaneously, and lifts *uke* for the counter throw.

Koshi-quruma with Harai-goshi

Uke attempts a right sided throw. *Tori* counters by swinging their legs around to avoid the full throw, landing on their feet facing *uke*'s right side. *Tori* then steps their right foot across *uke*'s front, breaking *uke*'s balance to the front left corner. *Tori* then brings their left leg through to sweep, completing a left sided counter throw.

Purple Belt henka-waza

Sukui-nage into Tani-otoshi

Uke attempts a side headlock using their left arm. *Tori* attempts to throw by stepping their right leg behind *uke*, and scooping *uke*'s knees. *Uke* counters by stepping their right leg wider and dropping their weight. *Tori* reacts by bringing their right arm behind *uke*, grasping the back of *uke*'s collar, and pulling down and back. Simultaneously *tori* slides their right leg fully behind *uke* while bending their left leg and pushing through *uke* to *uke*'s right back corner, to complete the throw.

Kosoto-gari into Yoko-quruma

From a right handed lunge punch, *tori* attempts the right sided throw. *Uke* counters by attempting a right sided *uki-goshi*. *Tori* reacts by jumping their legs around to *uke*'s front, and dropping to execute the throw right sided.

Sukui-nage into Yoko-shiho-gatame

From a right handed hook punch, *tori* steps to the inside with their right leg and cross blocks with their right hand. *Tori* advances their left leg so that they are standing beside *uke*, whilst sweeping their left arm over *uke*'s right arm to grasp the back of *uke*'s collar (elbow down). *Tori* reaches their right arm between *uke*'s legs to scoop *uke*'s hips forward for the throw. As the throw is performed, *tori* drops to their knees while releasing *uke*'s collar and sliding their left arm to grasp around *uke*'s neck. *Tori* then pushes their right arm to grasp *uke*'s left arm or side to apply the hold.

Arm-lock #8 into Tai-otoshi

From a right handed hook punch, *tori* steps to the inside with their right leg and applies the armlock. Using the armlock to maintain control of *uke* and *kuzushi*, *tori* pivots on their right foot to execute the throw right sided.

Purple Belt kaeshi-waza

Hane-goshi with Hane-goshi-gaeshi (2 versions)

Uke attempts a right sided throw. *Tori* counters by taking a small step forward with their right foot, bending their knees, and hugging *uke* to them to unbalance *uke* to the front left corner. *Tori* then sweeps *uke*'s left leg with their right foot.

Uke attempts a right sided throw. *Tori* counters by taking a small step forward with their left foot, bending their knees, and hugging *uke* to them to unbalance *uke* to the back right corner. *Tori* then sweeps *uke*'s left leg with their left foot.

Harai-goshi with Harai-goshi-gaeshi

Uke attempts a right sided throw. *Tori* counters by taking a small step forward with their right foot, bending their knees, and capturing *uke*'s right thigh with their right arm. *Tori* unbalances *uke* to the back left corner, then sweeps *uke*'s left leg with their left foot.

Tsuri-goshi with Sukui-nage

Tori throws a right handed lunge punch. *Uke* blocks to the outside, then steps in with their left leg to attempt the throw left sided. *Tori* counters by taking a small step forward with their left foot, bending their knees, and grasping behind *uke*'s knees with both hands. *Tori* slides their right foot slightly to the right, unbalancing *uke* to the right side. *Tori* then scoops *uke*'s legs to complete the counter throw.

Morote-gari with Hikkomi-gaeshi

Uke attempts a right sided throw. *Tori* counters by sliding their right leg back and attempting to sprawl. *Uke* pushes forward unbalancing *tori* to the rear. *Tori* drops their right upper arm over the back of *uke*'s neck, to cradle the head for safety while training, and to control *uke*'s balance. *Tori* slides their left leg back to attempt to recover balance, transfers weight to the left foot, then collapses back completing the throw using their right foot against *uke*'s right shin.

Tai-otoshi with Yoko-guruma

Uke attempts a right sided throw. *Tori* reacts by jumping their legs around to *uke*'s front, and dropping to execute the throw right sided.

Koshi-guruma with Tani-otoshi

Uke attempts a right sided throw. *Tori* counters by taking a small step to the right with their right foot, bending their knees, and grabbing the back of *uke*'s collar with their left hand. *Tori* unbalances *uke* to the back left corner by sliding their left leg behind and out to the side of *uke*, then bends their right knee to sink and complete the counter throw.

Light Blue Belt kaeshi-waza

Ouchi-gari with Ouchi-gaeshi (3 versions)

Uke attempts a right sided throw (attacking *tori*'s right leg with their left). *Tori* counters by stepping their right foot up and back to avoid the reap and recover balance. Capitalizing on *uke*'s vulnerability as they are attempting the reap, *tori* grabs *uke*'s right arm with their left hand and pulls, unbalancing *uke* to the front right corner. *Tori* completes the counter throw by continuing to pull *uke*'s arm, and sliding their left leg back slightly.

Uke attempts a right sided throw (attacking *tori*'s right leg with their left). *Tori* counters by taking a big step up and back with their right foot to avoid the reap, while pivoting on their left foot to unbalance *uke* to the front left corner to complete the counter throw (which should be reminiscent of *kokyu-nage*).

Uke attempts a right sided throw (attacking *tori*'s right leg with their left). *Tori* counters by stepping their left foot back to recover balance. Capitalizing on *uke*'s vulnerability as they are attempting the reap, *tori* grabs *uke*'s left arm with their right hand and pulls, unbalancing *uke* to the back left corner. *Tori* completes the counter throw by sweeping *uke*'s left leg with their right foot, in a manner similar to *kosoto-gari*.

Kouchi-gari with Kouchi-gaeshi (2 versions)

Uke attempts a right sided throw (attacking *tori*'s right leg with their right). *Tori* counters by stepping their left foot back to recover balance. Capitalizing on *uke*'s vulnerability as they are attempting the reap, *tori* grabs *uke*'s right arm with their left hand and pulls, unbalancing *uke* to the back right corner. *Tori* completes the counter throw by continuing to pull *uke*'s arm, and twisting to their left.

Uke attempts a right sided throw (attacking *tori*'s right leg with their right). *Tori* counters by stepping their left foot back to avoid the reap and recover balance. Capitalizing on *uke*'s vulnerability as they are attempting the reap, *tori* grabs *uke*'s left arm with their right hand and pulls, unbalancing *uke* to the front left corner. *Tori* completes the counter throw by continuing to pull *uke*'s arm, and twisting to their right. (Again, the counter throw should be reminiscent of *kokyu-nage*).

Osoto-guruma with Osoto-otoshi

Uke attempts a right sided throw. *Tori* counters by sliding their right foot back, leaning forward, and bending their left knee to drop to the floor and complete the counter throw.

O-guruma with Kouchi-gari

Uke attempts a right sided throw. *Tori* counters by taking a small step forward with their right foot, bending their knees, and capturing *uke*'s right thigh with their right arm. *Tori* unbalances *uke* to the back right corner, then sweeps *uke*'s left leg with their left foot.

Dark Blue Belt kaeshi-waza

Osoto-gari with Yoko-wakare

Uke performs a right sided throw. As *tori* is being thrown, they counter by grabbing *uke*'s right arm with their left hand, and *uke*'s body with their right hand, to unbalance *uke* to the front. *Tori* twists to their left side to complete the counter throw.

Kosoto-gari with Uchi-mata

Uke attempts a right sided throw. *Tori* counters by taking a small step forward and across *uke*'s front with their left foot, and unbalancing *uke* up and to the front right corner. *Tori* then sweeps *uke*'s left inner thigh with their right leg to complete the counter throw.

Tani-otoshi with Kouchi-gari

Uke attempts a right sided throw. *Tori* counters by pivoting to the right to face *uke* and recover balance. *Tori* then unbalances *uke* to the back right corner, and reaps *uke*'s right leg with their right foot to complete the counter throw.

Brown Belt kaeshi-waza

Uchi-mata with Uchi-mata-sukashi

Uke attempts a right sided throw. *Tori* counters by side-stepping to the right with their right foot followed by their left foot, avoiding the sweep. *Tori* then places their left leg in front of *uke*'s legs and unbalances *uke* to the front, and completes the counter throw (which should be similar to a left sided *tai-otoshi*).

Uchi-mata with Uchi-mata-gaeshi

Uke attempts a right sided throw. *Tori* counters by stepping their right foot back and bending their knees to recover balance. *Tori* hugs *uke* to them, and unbalances *uke* to the back, and completes the counter throw by sweeping *uke*'s left foot with their left foot.