

DAN ZAN RYU JuJitsu

Yawara

1 Katate Hazushi Ichi

Single hand escape one - An escape from an outside wrist grip

2 Katate Hazushi Ni

Single hand escape two - An escape from and inside wrist grip

3 Ryote Hazushi

Double hand escape - An escape from a double wrist grip

4 Morote Hazushi

Two hands on one escape - An escape from two hands on one wrist

5 Yubi Tori Hazushi

Finger hold escape - An escape from a hold on the fingers

6 Momiji hazushi

Red Maple leaf escape - An escape from a front standing choke

7 Ryoeri hazushi

Double lapel escape - An escape from a double-lapel grab

8 Yubi tori

Finger hold - A come-along hold on one finger

9 Moro Yubi Tori

multiple finger hold - A come along hold on the fingers

10 Katate Tori

Single hand hold - lock the wrist with an outward twist

11 Ryote Tori

Double Hand Hold - Lock Both Wrists in Katate tori hold

12 Tekubi Tori Ichi

Wrist hold one - Wrist lock taken from and outside wrist grip

13 Tekubi Tori Ni

Wrist hold two - Thumb and wrist lock take from and inside wrist grip

14 Imon Tori

Lapel Crossing Hold - Break the hand from a chest push

15 Ryoeri Tori

Double Lapel hold - Lock taken from a double-lapel grip

16 Akushu kote tori

hand grip forearm hold - Lock the thumb and wrist from a handshake

17 Akushu Ude Tori

Hand Grip Arm hold - Bar the arm from a handshake

18 Akushu Kotemake Tori

Hand grip forearm winding hold - Lock the wrist from a handshake

19 Kubi Nuki Shime

Neck withdrawal constriction - Escape from a side head-lock and hold with a hammerlock

20 Hagai Shime

Wing pinion constriction - Take a full nelson-like hold from a punch

Nage Te

1 Deashi harai

Advancing foot sweep - Outside foot-sweep throw

2 Sasae Ashi

Propping leg - Shin-stop throw

3 Okuri Harai

Sending sweep - Double foot-sweep throw

4 Soto Gama

Outside sickle - Outside ankle-hook throw

5 Uchi Gama

Inside sickle - Inside ankle-hook throw

6 Soto Momo Harai

Outside Thigh Sweep - Throw across the hip with a thigh sweep

7 Uchi Momo Harai

Inside thigh sweep - Inside thigh sweep throw

8 Ogoshi

Major Hip - Hip Throw

9. Utsuri Goshi

Changing Hip throw

10. Seoi Nage

Carrying throw shoulder or back carrying throw

11. Ushiro Goshi

Rear hip throw – counter to ogoshi or seoi nage

12. Seoi Goshi

Carrying hip throw –

13. Hane Goshi

Springing hip throw – aka table top throw

14. Harai Goshi

Sweeping hip throw –

15. Tsurikomi goshi

Lift pull throw – frankenstein throw

16. Uki Otoshi

Floating Drop

17. Makikomi

winding throw – winding drum throw

18. Kani Sute

Crab sacrifice throw – scissor throw

19. Tomoe Nage

Circle throw – comma throw

20. Yama arashi

Mountain storm – throw from a roundhouse punc

Shime Te

1. Eri Gatame

Lapel fortress – Lapel hold down

2. Kata Gatame

Shoulder fortress – Shoulder hold down

3. Juji Gatame

Crossing fortress – Cross body hold down

4. Shiho Gatame

Four corner fortress – Four corner hold down

5. Sankaku Gatame

Triangle fortress – three corner hold down

6. Ushiro Gatame

rear fortress – rear hold down

7. Namijuji Shime

normal cross choke – thumbs out choke

8. Gyakujuji Shime

reversed cross choke – thumbs in choke

9. Ichimonji Shime

straight line choke – one long one short choke

10. Tsukikiomi Shime

Thrusting in choke – thrusting twisting choke

11. Hadaka Jime Ichi

Naked Choke 1 – Neck break from a punch

12. Hadaka Jime Ni

Naked Choke 2 – Rear choke (or break trachea) from seoi nage

13. Hadaka Jime San

Naked Choke 3 – Rear choke from seoi nage

14. Dakikubi Jime

embrace the neck constriction – Throw and neck break from headlock

15. Osaegami Jime

hair pull constriction – neck break from hair hold

16. Kote Jime

forearm constriction – forearm lock from jujigatame

17. Tenada Jime

arm blade constriction – forearm lock

18. Do Jime

waist constriction – torso constriction

19. Ashikarami Jime

leglock constriction – feet and legs constriction

20. Ashinada Jime

foot blade constriction – calf constriction

21. Ashiyubi Jime

foot digit constriction – toe constriction

22. Momo Jime

thigh constriction – counter do jime

23. Shikano Itsusoku Jime

deer's one leg constriction – ulnar press and leg lock

24. Shidare fuji Jime

Hanging wisteria constriction – Toe to neck
constriction

25. Tatsumake Jime

dragon winding constriction – take down to armbar
with leg.

Oku No Make

1. Deashi hyanada

forward foot quick blade – deashi harai to an arm break

2. Ogoshi hyanada

Major hip quick blade – Ogoshi to an arm break

3 seoi hyanada

carrying quick blade – seoi nage to an arm break

4 Norimi

Half Body Riding - Counter ogoshi to a sacrifice throw

5. Sumi Gaeshi

corner turning over

6. Mizu Kuguri

diving into water

7. Mae Yama Kage

front mountain shadow

8. Komiiri

entering into

9. Kote gaeshi

Wrist turning over

10. Sakanuki

reverse pull out (draw)

11. Gyakute nage

reverse hand throw

12. Hon tomoe

true circle

13 Katate tomoe

14. Shigarami

entanglement

15. Gyaku shigarami

Reverse entanglement

16. Kote shigarami

forearm capture

17. Koguruma

small wheel - counter to mizu kuguri

18. Tora nage -

tiger throw – three taotoshi

19. Tora katsuge

tiger shouldering

20. Arashi otoshi

storm drop

21. Hiki otoshi

Pulling drop

22. Kine katsugi

mallet shouldering

23. Kin katsugi

groin shouldering

24. Kazaguruma

Winding circle

25. Jigoku Otoshi

Hell Drop

Goshin Jitsu

1. Kata eri hazushi

One lapel hold escape

2. Katate tori ni

One hand hold #2

3. Katate tori san

One hand hold #3

4. Katate tori shi

One hand hold #4

5. Imon tori ni

chest hold #2

6. Kata mune tori

Single chest hold

7. Ude Tori

Arm hold.

8. Genkotsu ude tori

Fist arm hold.

9. Ude Gyaku ichi

10. Ude gyaku ni

11. Ninin yubi tori

Two man finger hold.

12 Kata eri tori

13. Ushiro gyaku

Rear reverse.

14 Kata hagai

Single wing

15 Tekubi shigarami

Wrist entanglement

16 Genkotsu otoshi

Two fist drop

17. Hon gyaku ichi

Basic reverse one

18 Hon gyaku ni

basic reverse 2

19. Ushiro dake nage

rear embracing throw

20. Mae daki nage ichi

chest or front embracing throw.

21 Mae dake nage ni.

Rear embracing throw #2

22. Katagaruma

shoulder wheel.

23 Hiza garami

knee entanglement

24. Mae osegami nage.

Front hair grab throw

25. Ushiro osaegami nage.

Rear hair grab throw.

26 - Kesa nage

Scarf throw

27 - ashi garami

foot entanglement

28 Sanin Nage

YASU NAGE

(LOW IMPACT NAGE)

1. **DEASHI HARAI** "Advanced foot sweep"; Out-side foot-sweep throw
2. **SOTO GAMA** "Outside hook"; Outside ankle-hook throw
3. **UCHI GAMA** "Inside sickle"; In-side ankle-hook throw
4. **USHIRO ASHIKUBI KAKE NAGE** "Rear ankle-hook throw", Parry punch, hook heel with foot, push knee out with leg
5. **MAKI SOKU NAGE** "Rolling up leg throw"; Parry punch, hook around leg with arm, roll up body and strike
6. **SOKU TAMAKI NAGE** "Circling leg throw"; Parry punch, swing around leg, kick face
7. **SHITSUKA GERI NAGE** "Knee cave kick throw"; Parry punch, kick back of knee, strike back of head
8. **USHIRO GOSHI NAGE** "Rear hip throw"; Parry punch, hand on shoulder and hip, throw to rear
9. **USHIRO UKI OTOSHI** "Rear floating drop"; Parry punch, strike chest, push over leg
10. **USHIRO GATA NAGE** "Rear shoulder throw"; Parry punch, hook both shoulders from rear, drop weight

11. HANA APPAKU NAGE "Nose pressure throw"; Parry punch, fingers under nose, kazushi to rear
12. UDE OTOSHI NAGE "Arm drop throw"; Parry and grab wrist, pull down behind opposite heel
13. UDE KOREBI "Arm roll over"; Block Punch, pass through, pivot, drop down to roll
14. KOTE MAWASHI NAGE "Forearm winding throw"; Block punch, pass through, pivot, take down with kote mawashi
15. USHIRO GATA OSHI NAGE "Rear shoulder push throw"; Parry punch, step behind, shoulder in butt, grab ankles, push
16. SHI SOTOGARI "Threading outside hip throw"; Parry punch, arm across body, step behind, roll Uke down leg
17. TESSEN YUBI NAGE "Fanning finger throw", Parry punch, grab wrist, wind down, reverse direction, elbow under chin, palm up, fingers fanned
18. ASHIGE USHIRO SOKU HAKU "Kicking rear leg sweep"; Hook inside leg form kick, grab shoulder, sweep other leg
19. KANISUTE "Crab throw"; Leg-scissors throw
20. YAMA ARASHI "Mountain storm"; Block punch, break collar bone, throw to the rear, apply arm bar and choke