

## Yawara

- 1     Kata Te Hazushi Ichi  
      “Single Hand Escape 1” – escape from outside hand grab
- 2     Kata Te Hazushi Ni  
      “Single Hand Escape 2” – escape from an inside hand grab
- 3     Ryo Te Hazushi  
      “Both Hand Escape” – escape from a double wrist grab
- 4     Moro Te Hazushi  
      “Many Hands Escape” – escape from two hands grabbing one
- 5     Yubi Tori Hazushi  
      “Finger Hold Escape” – escape from a finger hold/grab
- 6     Momiji Hazushi  
      “Red Maple Leaf Escape” – escape from a front choke
- 7     Ryo Eri Hazushi  
      “Both Lapel Escape” – escape from a double lapel grab
- 8     Yubi Tori  
      “Finger Hold” – finger lock on the sensitive third finger
- 9     Moro Yubi Tori  
      “Many Fingers Hold” – come-along all fingers
- 10    Kata Te Tori  
      “Single Hand Hold” – one hand wrist lock
- 11    Ryo Te Tori  
      “Both Hand Hold” – double wrist lock
- 12    Tekubi Tori Ichi  
      “Wrist Hold 1” – wrist lock from an outside hand grab

- 13 Tekubi Tori Ni  
“Wrist Hold 2” – wrist lock from an inside hand grab
- 14 Emon Tori  
“Insignia Hold” – break hand from a chest push
- 15 Ryo Eri Tori  
“Both Hand Lapel Hold” – break and wrist lock from a two-handed lapel grab
- 16 Akushu Kote Tori  
“Handshake Forearm Hold” – wrist lock from a handshake
- 17 Akushu Ude Tori  
“Handshake Arm Hold” – arm bar from a handshake
- 18 Akushu Kotemaki Tori  
“Handshake Forearm Roll Hold” – arm bar and wrist lock from a handshake
- 19 Kubi Nuki Shime  
“Neck Pull Out Constriction” – escape from a side headlock
- 20 Hagai Shime  
“Wing Constriction” – full nelson