合気柔術
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Dictionary .................................................................................................. 45
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 (10th), Aiki Jujitsu, Sacramento  
Ralph Castro (10th), Kempo Karate, San Francisco  
Rick Alemany (9th), Kempo Karate, San Francisco

Professors  
Jim Moses (8th), Aiki Jujitsu, Stanford  
Tim Delgman (8th), Aiki Jujitsu, San Francisco  
Harry Sherman (7th), Aiki Jujitsu, San Carlos

Black Belt Graduates

8th Dan  Jim Moses
7th Dan  Harry Sherman
6th Dan  David C. Wolfe
4th Dan  Ricardo González-Méndez
3rd Dan  Don Geddis, Stephen Hershkowitz, Cindy Hollman,  
Richard Hollman, Vicki Olivera, Barbara Trowbridge
2nd Dan  Roger Avedon, Adam Chu, Linda González, Duff Howell,  
Eric Linder, Rolf Munson, Dane Spearing, Melissa Springberg
1st 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

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Belt Ranks

- Sankyu  3rd degree brown
- Nikkyu  2nd degree brown
- Ikkyu   1st degree brown

- Shodan  1st degree black
- Nidan   2nd degree black
- Sandan  3rd degree black
Class History

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

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 Kodenkan 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 Geroge 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.

Judging Criteria

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  
ikkyu
Chokes and Strangles  Kempo #3 (16–25)

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

Aiki Jujitsu #1

1. Right & left roundhouses, block
2. Right roundhouse, block
3. Front choke, parry
4. Attempted side headlock, parry
5. Club blow, juji uke
6. Pistol, parry
7. Bent lapel
8. Right roundhouse, block
9. Double wrist grab
10. Side headlock
11. Front headlock (hadake)
12. Front hug (arms pinned)
13. Rear hug (arms pinned)
14. Police hammerlock
15. Right roundhouse, block
16. Mat: Choke/attempted headlock
17. Mat: Choke
18. Mat: Choke
19. Mat: Right & left, (block)
20. Mat: Straddle (arms pinned/free)
21. Knife thrust, parry
22. Knife thrust, parry
23. Two on one wrist grab
24. Side headlock
25. Front choke
26. Double wrist grab
27. Knife thrust, parry
28. Right & left roundhouses, block
29. Right roundhouse, block
30. Right roundhouse, block, pivot

Spin—sakotsu shuto
Ganmen shuto
Haitto—cross shuto
Sakotsu shuto
Armbreak—sakotsu shuto
Flex throw
Flex bow
Ulna press
Ulna press
Hair hammerlock
Haitto (pivot)—kick—sakotsu shuto
Windmill—sakotsu shuto
Double windmill (—sakotsu shuto)
Hiji—arm break—sakotsu shuto
Hiji—sakotsu shuto
Arm parry
Arm thrust—hiji
Leg over—juji gatame
Hammerlock
Stomach bump
Inside armtwist
Flex throw
Ulna press
Hair throw
Winglock
Tekubi tori
Rear hadake jime
Front hadake jime
Stretch bar—twist throw
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

### Aiki Jujitsu #2

1. Boxer’s left
2. Straight right, parry
3. Right & left
4. Right & left
5. Straight right, parry
6. Front flex
7. Judolock
8. Cross twist—yubi tori
9. Pivot yubi tori
10. Ulna press—barflex
11. Right & left
12. Front choke, parry
13. Knife thrust
14. Front choke
15. Right & left
16. Rear hug (free)
17. Two-on-one rear elbow
18. Knife thrust, gedan shuto
19. Straight right, parry
20. Front headlock

| Nelson strangle | Nelson strangle |
| Face-ulna throw—juji gatame | Hammerlock |
| Mawashi geri—inside arm twist | Comealong |
| Comealong | Comealong |
| frem Geri—osoto gari | Yoko geri—inside arm twist |
| Wrist twist—yubi tori | Ude tori |
| Wristlock—hammerlock | Wristlock—hammerlock |
| Ulna press—barflex | Cross twist—flex |
| Ude tori—rear otoishi | Haitto—pivot—front flex |

### Nage

1. Front choke
2. Club blow, age uke
3. Rear hug (free)
4. Full nelson
5. Front choke, parry
6. Attempted side headlock
7. Straight lapel
8. Right & left
9. Double lapel
10. Boxer’s left
11. Front choke
12. Rear hug (pinned)

| Bodyslam | Bodyslam |
| Sukui nage | Sukui nage |
| Kosoto gari | Kosoto gari |
| Arm chop—neck shuto—groin haitto—bodyslam | Ogoshi |
| Headlock throw | Tani otoshi |
| Tsurikomi goshi | 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
3rd kyu (sankyu)

**Kempo Karate #2**

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<th>Double ura tsuki</th>
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<td>Gedan juji</td>
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<td>Knife thrust (or club to legs)</td>
<td>Left gedan barai</td>
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<td>Knife thrust (or club to legs)</td>
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<td>Zen</td>
<td>Right uraken</td>
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<td>Belt grab</td>
<td>Gedan ulna</td>
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<td>Left uraken</td>
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**Gyaku**

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<td>Kosoto gari</td>
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<td>9.</td>
<td>Right &amp; left</td>
<td>Ogoshi</td>
<td>Front kneelingbar</td>
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**Police Comealongs**

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<td>12.</td>
<td>Straddle (arm through legs)</td>
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<td>Club jitsu (through legs)</td>
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<td>Bum’s rush—hadake</td>
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</table>

**Nage**

| 10. | Right & left | Inside lift |
Brown Belt Requirements

2nd kyu (nikkyu)

Kempo Karate #3

1. Front choke, parry
2. Right blow, block
3. Right & left, spin
4. Club blow, juji uke
5. Right & left
6. Rear strangle
7. Club blow, juji uke
8. Front hug (pinned)
9. Police hammerlock
10. Straight lapel
11. Boxer’s left, parry
12. Front choke, parry
13. Double lapel
14. Rear hug (pinned)
15. Front headlock

Aiki Jujitsu #3

1. Double wrist
2. Front headlock
3. Rear hug (free)
4. Straight right, parry
5. Double wrist
6. Front choke
7. Front choke
8. Front choke
9. Right blow, block
10. Front choke
11. Right & left
12. Double wrist
13. Front choke
14. Knife, parry
15. Knife, parry
16. Knife, parry
17. Knife, parry
18. Knife, parry
19. Knife, parry
20. Knife, parry

Haitto—cross shuto—osoto gari
Hiji—sakotsu—osoto gari
Sakotsu—osoto gari
Armbreak (side)—sakotsu—osoto gari
Lo-hi-lo—double ura tsuki—bodyslam
Right-left hiji—ippon seoi
Sakotsu—double ura tsuki—bodyslam
Windmill—sakotsu—osoto gari
Arm-neck shutos—ura tsuki—bodyslam
Left hook—left uraken—standing tani otoshi
Right hook—right uraken—inside armtwist
Knee up—ear slap—kidney chops—headlock throw
Windmill—sakotsu—osoto gari
Groin haitto (pivot)—mae geri—sakotsu—osoto gari

Nage

11. Side headlock
14. Right & left
15. Right & left
17. Front choke
18. Right & left
20. Full nelson
21. Rear strangle
22. Boxer’s left
23. Right & left
24. Front choke
28. Right & left
29. Front choke
30. Full nelson

Side thunderbolt
Ouchi gari
Kouchi gari
Front thunderbolt
Sashi ashi
Maki komi
Uki otoshi
Tackle ouchi
Lightning throw
Uki otoshi
Tomoe nage
Maki komi harai

Sutemi Waza [falling]

10. Front kip
11. Side kip
12. Back roll
Brown Belt Requirements

1st kyu (ikkyu)

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

Gyaku
10. Right & left
11. Side headlock
12. Full nelson
13. Right & left
14. Right blow, block
15. Rear hand choke
16. Right & left
17. Front choke
18. Right & left
19. Boxer’s left
20. Rear hug (free)
21. Right & left
22. Boxer’s left
23. Front choke
24. Front choke
25. Right & left

Osoto gari
Side thunderbolt
Maki komi harai
Yoko wakare
Kata gatame—osoto gari
Winglock—ippon seoi
Lightning throw
Sashi ashi
Uki otoshi
Tackle ouchi gari
Leg pull
Front thunderbolt
Scissor rollup
Tsuri komi goshi
Tomoe nage
Right & left

Kneeling neckbreak
Legscrew
Ude gatame
Straddle neckbreak
Juji gatame—keylock
Hair-hammerlock
Suterni strangle
Lobster choke
Smother gatame
Boston crab
Ashi kubi hishigi
Ashi hishigi
Leglock
Crossbody armbar
Ohten gatame
Straddle hadake

Kempo Karate #3
16. Front choke
17. Straight right, parry
18. Straight right, parry
19. Boxer’s left
20. Front choke, parry
21. Knife thrust, left gedan
22. Right blow, block
23. Front hug (free)
24. Front choke
25. Right & left

Ude uke—mae geri-tate tsuki—bodyslam
Yoko shuto—left uraken—collar dragdown
Yoko haitto—cross shuto—standing tani otoshi
Arm-thigh chops—left shotei—tackle ouchi
Yoko shuto—left uraken—inside armtwist
Elbow break (up)—right mae geri—inside armtwist
Elbow break (side)—left uraken—bodyslam
Knee—ear slap—kidney chops—eyes takedown
Winglock (to side)—double haitto—osoto guruma
Knee-to-face—double uras—lapel guruma

Nage
13. Straight lapel
24. Right & left
25. Side headlock
26. Right & left
27. Front choke, parry

Kane sute
Maki geashi
Yoko guruma
Lapel guruma
Wrist guruma
### Black Belt Requirements

#### 1st dan (shodan)

**Nage No Kata**

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**Aiki Jujitsu #3**

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<td>(Neck) chop—ura tsukis—(arm) chop—lapel guruma</td>
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<td>26.</td>
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<td>Cross twist (to mat)—front flex</td>
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<td>Cross twist (sutemi)—roll (to mat)—reverse twist—front flex</td>
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<td>Reverse armbar (to mat)—barflex—otoshi</td>
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**Tensho aiki**

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

**Sutemi Waza [falling]**

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<td>9.</td>
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</table>
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 press
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
Aiki Jujitsu #2

1. Boxer’s left
2. Straight right, parry
3. Right & left
4. Right & left
5. Straight right, parry
6. Front flex
7. Judolock
8. Cross twist—yubi tori
9. Pivot yubi tori
10. Ulna press—barflex
11. Right & left
12. Front choke, parry
13. Knife thrust
14. Front choke
15. Right & left
16. Rear hug (free)
17. Two-on-one rear elbow
18. Knife thrust, gedan shuto
19. Straight right, parry
20. Front headlock

Nelson strangle
Nelson strangle
Face-ulna throw—juji gatame
Hammerlock
Mawashi geri—inside armtwist
Comealong
Comealong
Comealong
Comealong
Mae geri—osoto gari
Yoko geri—inside armtwist
Wrist twist—yubi tori
Ude tori
Wristlock—hammerlock
Wristlock—hammerlock
Ulna press—barflex
Cross twist—flex
Ude tori—rear otoshi
Haitto—pivot—front flex

Sutemi Waza [falling]

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

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

Kicks [Geri]
- Mae geri
- Rear mae geri
- Yoko geri
- Mawashi geri
- Mikazuki geri
- Soto mikazuki geri
- Ushiro geri
- Fumikomi geri
- Hittsui geri

Stances [Dachi]
- Zenkutzo/Zen (front)
- Kokutzo/Ko (back)
- Necho ashi/Necho (cat)
- Kiba (horse)
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<td>12.</td>
<td>Jodan juji</td>
<td>Zen</td>
<td>Ura tsuki</td>
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<td>13.</td>
<td>Gedan juji</td>
<td>Zen</td>
<td>Kage tsuki</td>
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<td>14.</td>
<td>Soto shuto</td>
<td>Ko</td>
<td>Yoko haitto</td>
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<td>15.</td>
<td>Soto age uke</td>
<td>Ko</td>
<td>Kage tsuki</td>
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<td>16.</td>
<td>Left gedan barai</td>
<td>Zen</td>
<td>Left uraken</td>
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<td>17.</td>
<td>Right gedan barai</td>
<td>Zen</td>
<td>Right uraken</td>
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<td>18.</td>
<td>Gedan ulna</td>
<td>Necho</td>
<td>Left uraken</td>
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<td>19.</td>
<td>Kakiwake uke</td>
<td>Zen</td>
<td>Double ura tsuki</td>
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<td>20.</td>
<td>Kakiwake uke</td>
<td>Zen</td>
<td>Sakotsu—double ura tsuki</td>
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</tbody>
</table>
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—body slam
6. Rear strangle  Right-left hiji—ippon seoi
7. Club blow, juji uke  Sakotsu—double ura tsuki—body slam
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—body slam
11. Boxer’s left, parry  Left hook—left uraken—standing tani otoshi
12. Front choke, parry  Right hook—right uraken—inside arm twist
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—body slam
17. Straight right, parry  Yoko shuto—left uraken—collar drag down
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 arm twist
21. Knife thrust, left gedan  Elbow break (up)—right mae geri—inside arm twist
22. Right blow, block  Elbow break (side)—left uraken—body slam
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

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 otosshi (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
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 comealong
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
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<th>Description</th>
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<tr>
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<td>Blow, jodan juji uke R tettsui—L gedan ulna—R ura tsuki—inside armtwist</td>
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<tr>
<td>4.</td>
<td>Blow, age uke Mae geri—tettsui—osoto gari—winglock</td>
</tr>
<tr>
<td>5.</td>
<td>Straight thrust Soto ude uke—elbow break—R shotei—osoto guruma</td>
</tr>
<tr>
<td>6.</td>
<td>Blow, age uke Sakotsu—hittsu—osoto gari</td>
</tr>
<tr>
<td>7.</td>
<td>Thrust, parry Right yoko haitto—cross shuto—ulna press—barflex—rear otoshi—yubi tori</td>
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<tr>
<td>8.</td>
<td>Thrust, parry Armbreak—right kage—left kidney chop—kosoto gari—rear kneelingbar—barflex</td>
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<tr>
<td>9.</td>
<td>Thrust, parry Yoko shuto—kage tsuki (to face)—inside armtwist</td>
</tr>
<tr>
<td>10.</td>
<td>Thrust, parry Yoko haitto—ude tori—barflex—rear otoshi</td>
</tr>
<tr>
<td>11.</td>
<td>Thrust, parry Right haitto—right gohon nukite—rear hadake</td>
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<tr>
<td>12.</td>
<td>Thrust, parry Yoko shuto—right kage—osoto gari—winglock</td>
</tr>
<tr>
<td>13.</td>
<td>Attack legs L gedan barai—up elbow break—L gohon—R ganmen shuto</td>
</tr>
<tr>
<td>14.</td>
<td>Attack legs L gedan barai—elbow break—left gohon—R gedan haitto—chicken head strike (under chin)—left, right gohon—kouchi gari</td>
</tr>
<tr>
<td>15.</td>
<td>Attack legs L gedan barai—R arm sakotsu—R yoko geri—L ushiro geri</td>
</tr>
<tr>
<td>17.</td>
<td>Blow, age uke R hiji—ippon seoi—fumi komi—club yawara</td>
</tr>
<tr>
<td>20.</td>
<td>Blow, jodan juji uke Tettsui—gohon—uras—hittsu—osoto gari</td>
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</table>
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
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
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<tr>
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<td>1.</td>
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<td>2.</td>
<td>Club blow, age uke</td>
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<tr>
<td>3.</td>
<td>Rear hug (free)</td>
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<td>4.</td>
<td>Full nelson</td>
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<td>5.</td>
<td>Front choke, parry</td>
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<tr>
<td>6.</td>
<td>Attempted side headlock</td>
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<td>7.</td>
<td>Straight lapel</td>
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<td>8.</td>
<td>Right &amp; left</td>
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<tr>
<td>9.</td>
<td>Double lapel</td>
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<td>10.</td>
<td>Right &amp; left</td>
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<tr>
<td>11.</td>
<td>Side headlock</td>
</tr>
<tr>
<td>12.</td>
<td>Boxer’s left</td>
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<td>13.</td>
<td>Straight lapel</td>
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<td>Right &amp; left</td>
</tr>
<tr>
<td>15.</td>
<td>Right &amp; left</td>
</tr>
<tr>
<td>16.</td>
<td>Front choke</td>
</tr>
<tr>
<td>17.</td>
<td>Front choke</td>
</tr>
<tr>
<td>18.</td>
<td>Right &amp; left</td>
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<tr>
<td>19.</td>
<td>Rear hug (pinned)</td>
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<td>20.</td>
<td>Full nelson</td>
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<tr>
<td>21.</td>
<td>Rear strangle</td>
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<tr>
<td>22.</td>
<td>Boxer’s left</td>
</tr>
<tr>
<td>23.</td>
<td>Right &amp; left</td>
</tr>
<tr>
<td>24.</td>
<td>Right &amp; left</td>
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<tr>
<td>25.</td>
<td>Side headlock</td>
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<tr>
<td>26.</td>
<td>Right &amp; left</td>
</tr>
<tr>
<td>27.</td>
<td>Front choke, parry</td>
</tr>
<tr>
<td>28.</td>
<td>Right &amp; left</td>
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<td>29.</td>
<td>Front choke</td>
</tr>
<tr>
<td>30.</td>
<td>Full nelson</td>
</tr>
</tbody>
</table>
# Nage No Kata

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

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

**Green**
- Nage 2 Age uke Bodyslam

**Brown 3**
- Kempo 2 1 Age uke (zen) Double ura tsuki
- Kempo 2 11 Jodan juji (zen) Tettsu
- Kempo 2 12 Jodan juji (zen) 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

### 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
## Front choke

### Yellow

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<thead>
<tr>
<th>Technique</th>
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<tbody>
<tr>
<td>Aiki 1 Parry</td>
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<tr>
<td>Aiki 1 Winglock</td>
<td>25</td>
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<tr>
<td>Osoto Osoto gari</td>
<td>1</td>
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<tr>
<td>Osoto Parry Osoto gari</td>
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### Green

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<tr>
<td>Aiki 2 Parry</td>
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<tr>
<td>Nage Body slam</td>
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<tr>
<td>Nage Parry Kosoto gari</td>
<td>5</td>
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<td>Nage Tsurikomi goshi</td>
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### Brown 3

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<tr>
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<tr>
<td>Gyaku Osoto gari—winglock</td>
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<tr>
<td>Gyaku Tsurikomi goshi—dragon choke</td>
<td>7</td>
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<tr>
<td>Kempo 2 Kakiwake uke (zen) Double ura tsuki</td>
<td>19</td>
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<td>Kempo 2 Kakiwake uke (zen) Sakotsu—double ura tsuki</td>
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### Brown 2

<table>
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<td>Aiki 3 Cross twist—front flex</td>
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<tr>
<td>Aiki 3 Cross twist—yubi tori</td>
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<tr>
<td>Aiki 3 Cross twist—flex-hammerlock</td>
<td>8</td>
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<tr>
<td>Aiki 3 Reverse armbar—barflex</td>
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<tr>
<td>Aiki 3 Ude tori—reverse hadake</td>
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</tr>
<tr>
<td>Kempo 3 Parry Haitto—cross shuto—osoto gari</td>
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</tr>
<tr>
<td>Kempo 3 Parry Right hook—right uraken—inside armtwist</td>
<td>12</td>
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<tr>
<td>Nage Parry Front thunderbolt</td>
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<tr>
<td>Nage Tomoe nage</td>
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### Brown 1

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<tr>
<td>Gyaku Sashi ashi—lobster choke</td>
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<tr>
<td>Gyaku Tsurikomi goshi—crossbody armbar</td>
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<tr>
<td>Gyaku Tomoe nage—ohten gatame</td>
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<tr>
<td>Kempo 3 Ude uke Mae geri-tate tsuki—bodyslam</td>
<td>16</td>
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<tr>
<td>Kempo 3 Parry Yoko shuto—left uraken—inside armtwist</td>
<td>20</td>
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<tr>
<td>Kempo 3 Parry Winglock (to side)—double haitto—osoto guruma</td>
<td>24</td>
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<tr>
<td>Nage Parry Wrist guruma</td>
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### Black 1

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<td>NNK Sode tsurikomi goshi</td>
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<td>NNK Harai goshi</td>
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<td>NNK Drop sashi ashi</td>
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<td>NNK Tomoe nage</td>
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### Black 2

<table>
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<tr>
<th>Technique</th>
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<tbody>
<tr>
<td>Aiki 4 Sutemi legover juji gatame</td>
<td>14</td>
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<tr>
<td>Aiki 4 Tomoe nage jime</td>
<td>16</td>
</tr>
</tbody>
</table>
## Front headlock

**Yellow**
- Aiki 1 11 (Block)  \( \text{Haitto}\rightarrow\text{pivot}\rightarrow\text{kick}\rightarrow\text{sakotsu shuto} \\ Osoto 13 (Block)  \( \text{Pivot}\rightarrow\text{osoto gari} \\

**Green**
- Aiki 2 20 (Block)  \( \text{Haitto}\rightarrow\text{pivot}\rightarrow\text{front flex} \\

**Brown 2**
- Kempo 3 15 (Block)  \( \text{Groin haitto}\rightarrow\text{pivot}\rightarrow\text{mae geri}\rightarrow\text{sakotsu}\rightarrow\text{osoto gari} \\ Aiki 3 2  \( \text{Yubi tori} \\

**Black 2**
- Aiki 4 3  \( \text{Osoto gari sutemi} \\ Aiki 4 4  \( \text{Sit-sutemi}\rightarrow\text{hammerlock} \\ Aiki 4 5  \( \text{(Osoto gari\rightarrow) cross-over face hold} \\

## Front hug (free)

**Yellow**
- Osoto 4  \( \text{Osoto gari} \\

**Brown 1**
- Kempo 3 23  \( \text{Knee\rightarrow ear slap\rightarrow kidney chops\rightarrow eyes takedown} \\

## Front hug (pinned)

**Yellow**
- Aiki 1 12  \( \text{Windmill} \rightarrow\text{sakotsu shuto} \\
- Osoto 7  \( \text{Osoto gari} \\

**Brown 2**
- Kempo 3 8  \( \text{Windmill}\rightarrow\text{sakotsu}\rightarrow\text{osoto gari} \\

**Black 1**
- NNK 4  \( \text{Okuri harai} \\
- NNK 9  \( \text{Hane goshi} \\

**Black 2**
- Aiki 4 12  \( \text{Osoto guruma}\rightarrow\text{carotid jime}
## Full nelson

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<thead>
<tr>
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<th>Technique</th>
<th>Points</th>
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<td>Osoto</td>
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<tr>
<td></td>
<td>Osoto gari</td>
<td></td>
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<tr>
<td>Green</td>
<td>Nage</td>
<td>4</td>
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<tr>
<td></td>
<td>Sukui nage</td>
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<td>Brown 3</td>
<td>Gyaku</td>
<td>4</td>
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<tr>
<td></td>
<td>Sukui nage—hantai gatame</td>
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<tr>
<td>Brown 2</td>
<td>Nage</td>
<td>20</td>
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<tr>
<td></td>
<td>Maki komi</td>
<td></td>
</tr>
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<td></td>
<td>Nage</td>
<td>30</td>
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<td></td>
<td>Maki komi harai</td>
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<tr>
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<td>Gyaku</td>
<td>12</td>
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<tr>
<td></td>
<td>Maki komi harai—ude gatame</td>
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<tr>
<td>Black 1</td>
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<td>8</td>
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<tr>
<td></td>
<td>Maki komi harai</td>
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</table>

## Knife (cross slash)

<table>
<thead>
<tr>
<th>Belt Color</th>
<th>Technique</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black 1</td>
<td>Aiki 3</td>
<td>29</td>
</tr>
<tr>
<td></td>
<td>Choke and armbar</td>
<td></td>
</tr>
</tbody>
</table>
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 (zen)  Left uraken
Kempo 2  17  R. gedan barai (zen)  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

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 otooshi

Knife (threat)

Black 2
Aiki 4  9  Mikazuki-ushiro geri
Knife (up thrust)

**Brown 3**
Kempo 2 13 Gedan juji Kage tsuki

**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 *(necho)* Gyaku tsuki
Gyaku 5 Koshi guruma—shoulder dislocator

Nelson (ground)

**Green**
Katame 9 Nelson counters
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 Burn’s rush collar drag
Comealong 15 Burn’s rush, hadake

Continued
**No attack (standing) 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 korni 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—parry—full nelson—counter—leg pull—ashi kubi hishigi

### Overhead chain

### Brown 3

| Kempo | 2   | 15  | Soto age uke (ko) | Kage tsuki

### Pistol

### Yellow

| Aiki  | 1   | 6   | Parry | Flex throw
Police hammerlock

**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

Yellow
Osoto  9  Osoto gari

Brown 2
Kempo 3  6  Right-left hiji—ippon seoi
Nage  21  Uki otoshi

Black 1
NNK  10  Uki otoshi

Right and left

Yellow
Aiki 1  1  Block  Spin—sakotsu shuto
Aiki 1  28  Block  Front hadake
Osoto  6  Block  Osoto gari
Osoto  14  Block  Mae geri—osoto gari

Green
Aiki 2  3  Block  Face ulna throw—juji gatame
Aiki 2  4  Block  Hammerlock
Aiki 2  15  Block  Wristlock—hammerlock
Nage  8  

Brown 3
Gyaku  3  Inside lift—legbar
Gyaku  9  Ogoshi—front kneeling bar

Brown 2
Aiki 3  11  Shiho nage—moro yubi tori
Kempo 2  3  Spin—sakotsu—osoto gari
Kempo 2  5  Lo-hi-ho—double ura tsuki—bodyslam
Nage  14  Ouchi gari
Nage  15  Kouchi gari
Nage  17  Sashi ashi
Nage  23  Lightning throw
Nage  28  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—another 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

### Yellow

<table>
<thead>
<tr>
<th>Aiki</th>
<th>2</th>
<th>Block</th>
<th>Gaumen shuto</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aiki 1</td>
<td>8</td>
<td>Block</td>
<td>Ulna press</td>
</tr>
<tr>
<td>Aiki 1</td>
<td>15</td>
<td>Block</td>
<td>Hiji—sakotsu</td>
</tr>
<tr>
<td>Aiki 1</td>
<td>29</td>
<td>Block</td>
<td>Stretch bar—twist throw</td>
</tr>
<tr>
<td>Aiki 1</td>
<td>30</td>
<td>Block</td>
<td>Pivot—hair hammerlock</td>
</tr>
<tr>
<td>Osoto</td>
<td>3</td>
<td>Block</td>
<td>Osoto gari</td>
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</tbody>
</table>

### Brown 3

<table>
<thead>
<tr>
<th>Kempo 2</th>
<th>8</th>
<th>Cross shuto (ko)</th>
<th>Shuto uchi</th>
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</thead>
<tbody>
<tr>
<td>Kempo 2</td>
<td>9</td>
<td>Cross shuto (zen)</td>
<td>Mawashi—kage—ura tsuki’s</td>
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</tbody>
</table>

### Brown 2

<table>
<thead>
<tr>
<th>Aiki 3</th>
<th>9</th>
<th>Block</th>
<th>Ulna press—barflex—otoshi—yubi tori</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kempo 3</td>
<td>2</td>
<td>Block</td>
<td>Hiji—sakotsu—osoto gari</td>
</tr>
</tbody>
</table>

### Brown 1

<table>
<thead>
<tr>
<th>Gyaku</th>
<th>14</th>
<th>Block</th>
<th>Kata gatame—osoto gari—juji gatame—keylock</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kempo 3</td>
<td>22</td>
<td>Block</td>
<td>Elbow break (side)—left uraken—bodyslam</td>
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</tbody>
</table>

### Black 1

<table>
<thead>
<tr>
<th>NNK</th>
<th>17</th>
<th>Kata guruma</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tensho</td>
<td>1</td>
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</table>

### Black 2

<table>
<thead>
<tr>
<th>Aiki 4</th>
<th>6</th>
<th>Kneeling ippon seoi</th>
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</thead>
<tbody>
<tr>
<td>Aiki 4</td>
<td>13</td>
<td>Kata guruma—morote gatame</td>
</tr>
<tr>
<td>Aiki 4</td>
<td>15</td>
<td>Sake nuke—smother gatame</td>
</tr>
</tbody>
</table>

## Side club blow

### Brown 3

<table>
<thead>
<tr>
<th>Kempo 2</th>
<th>10</th>
<th>Inside uke (kiba)</th>
<th>Rear hiji</th>
</tr>
</thead>
</table>
## Side headlock

**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

**Brown 3**
- Gyaku 2 Tani otoshi—choke and armbar
- Gyaku 8 Parry Kosoto gari—rear kneeling bar

**Brown 2**
- Nage 11 Side thunderbolt

**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 shotas—ura tsuki—bodyslam

**Brown 1**
- Nage 13 Kane sute

**Black 1**
- NNK 18 Kane sute

**Black 2**
- Aiki 4 7 In-and-out kneeling throw
- Aiki 4 20 Yoko wakare
## Straight right

**Yellow**

<table>
<thead>
<tr>
<th>Technique</th>
<th>Score</th>
<th>Type</th>
<th>Movement/Technique</th>
</tr>
</thead>
<tbody>
<tr>
<td>Osoto</td>
<td>15</td>
<td>Parry</td>
<td>Mawashi geri—osoto gari</td>
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</tbody>
</table>

**Green**

<table>
<thead>
<tr>
<th>Technique</th>
<th>Score</th>
<th>Type</th>
<th>Movement/Technique</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aiki 2</td>
<td>2</td>
<td>Parry</td>
<td>Nelson strangle</td>
</tr>
<tr>
<td>Aiki 2</td>
<td>5</td>
<td>Parry</td>
<td>Mawashi geri—inside arm twist</td>
</tr>
<tr>
<td>Aiki 2</td>
<td>19</td>
<td>Parry</td>
<td>Ude tori—rear otoshi</td>
</tr>
</tbody>
</table>

**Brown 3**

<table>
<thead>
<tr>
<th>Technique</th>
<th>Score</th>
<th>Type</th>
<th>Movement/Technique</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kempo 2</td>
<td>2</td>
<td>Ude uke (ko)</td>
<td>Ganmen shuto</td>
</tr>
<tr>
<td>Kempo 2</td>
<td>3</td>
<td>Ude uke (ko)</td>
<td>Side uraken</td>
</tr>
<tr>
<td>Kempo 2</td>
<td>6</td>
<td>Nagashi (kiba)</td>
<td>Hiji—kage tsuki</td>
</tr>
<tr>
<td>Kempo 2</td>
<td>7</td>
<td>Nagashi (kiba)</td>
<td>Yoko haitto—cross shuto</td>
</tr>
<tr>
<td>Kempo 2</td>
<td>14</td>
<td>Soto shuto (ko)</td>
<td>Yoko haitto</td>
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**Brown 2**

<table>
<thead>
<tr>
<th>Technique</th>
<th>Score</th>
<th>Type</th>
<th>Movement/Technique</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aiki 3</td>
<td>4</td>
<td>Parry</td>
<td>Forearm otoshi</td>
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**Brown 1**

<table>
<thead>
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<th>Technique</th>
<th>Score</th>
<th>Type</th>
<th>Movement/Technique</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kempo 3</td>
<td>17</td>
<td>Parry</td>
<td>Yoko shuto—left uraken—collar drag down</td>
</tr>
<tr>
<td>Kempo 3</td>
<td>18</td>
<td>Parry</td>
<td>Yoko haitto—cross shuto—standing tani otoshi</td>
</tr>
</tbody>
</table>

## Two on one rear elbow grab

**Green**

<table>
<thead>
<tr>
<th>Technique</th>
<th>Score</th>
<th>Type</th>
<th>Movement/Technique</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aiki 2</td>
<td>17</td>
<td></td>
<td>Ulna press—bar flex</td>
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</table>

**Black 1**

<table>
<thead>
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<th>Score</th>
<th>Type</th>
<th>Movement/Technique</th>
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</thead>
<tbody>
<tr>
<td>Tensho</td>
<td>4</td>
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<td>Tensho aiki</td>
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</table>

## Two on one wrist grab

**Yellow**

<table>
<thead>
<tr>
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<th>Score</th>
<th>Type</th>
<th>Movement/Technique</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aiki 1</td>
<td>23</td>
<td></td>
<td>Ulna press</td>
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**Black 1**

<table>
<thead>
<tr>
<th>Technique</th>
<th>Score</th>
<th>Type</th>
<th>Movement/Technique</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tensho</td>
<td>3</td>
<td></td>
<td>Tensho aiki</td>
</tr>
</tbody>
</table>
Martial Arts Dictionary

A

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

B

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

C

Choku tsuki
Chudan
Straight punch.
Middle (of body: i.e., torso).

D

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

E

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

F

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

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

### H

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

### I

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ichi</td>
<td>One.</td>
</tr>
<tr>
<td>Ippon</td>
<td>Full point in a contest.</td>
</tr>
<tr>
<td>Ippon ken (tsuki)</td>
<td>One knuckle fist.</td>
</tr>
<tr>
<td>Ippon Seoi Nage</td>
<td>One-armed shoulder throw.</td>
</tr>
</tbody>
</table>

### J

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jime</td>
<td>Choke/strangle.</td>
</tr>
<tr>
<td>Term</td>
<td>Description</td>
</tr>
<tr>
<td>--------------------------</td>
<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Jiyu kumite</td>
<td>Free sparring.</td>
</tr>
<tr>
<td>Jiyu waza</td>
<td>Freestyle techniques/practice.</td>
</tr>
<tr>
<td>Jo</td>
<td>Short staff.</td>
</tr>
<tr>
<td>Joden</td>
<td>Upper, shoulders or above.</td>
</tr>
<tr>
<td>Joden juji uke</td>
<td>High X-block.</td>
</tr>
<tr>
<td>Jo-jitsu</td>
<td>Short staff techniques.</td>
</tr>
<tr>
<td>Ju</td>
<td>Ten.</td>
</tr>
<tr>
<td>Judo</td>
<td>A martial arts style featuring throwing. Literally, “gentle way”, referring to giving way in order to gain victory.</td>
</tr>
<tr>
<td>Judoka</td>
<td>Practitioner of Judo.</td>
</tr>
<tr>
<td>Ju-ichi</td>
<td>Eleven.</td>
</tr>
<tr>
<td>Juji gatame</td>
<td>Cross-body arm bar through legs and across hips.</td>
</tr>
<tr>
<td>Juji uke</td>
<td>X-block.</td>
</tr>
<tr>
<td>Kagi tsuki</td>
<td>Hook punch.</td>
</tr>
<tr>
<td>Kakato</td>
<td>Heel.</td>
</tr>
<tr>
<td>Kakato uke</td>
<td>Bent wrist block.</td>
</tr>
<tr>
<td>Kake</td>
<td>Application of the technique.</td>
</tr>
<tr>
<td>Kamae</td>
<td>Posture.</td>
</tr>
<tr>
<td>Kami shio gatame</td>
<td>Upper four-corner hold.</td>
</tr>
<tr>
<td>Kano, Jigoro</td>
<td>Founder of Judo.</td>
</tr>
<tr>
<td>Kansetsu</td>
<td>Joint lock.</td>
</tr>
<tr>
<td>Kansetsu waza</td>
<td>Joint locking techniques.</td>
</tr>
<tr>
<td>Kara</td>
<td>Empty.</td>
</tr>
<tr>
<td>Karate</td>
<td>A martial arts style featuring strikes. Literally, “empty hand”.</td>
</tr>
<tr>
<td>Kata</td>
<td>1. Stylized form, pre-arranged techniques. <em>Nage no kata</em>.</td>
</tr>
<tr>
<td></td>
<td>2. Shoulder. <em>Kata guruma</em>.</td>
</tr>
<tr>
<td>Kata gatame</td>
<td>Shoulder hold.</td>
</tr>
<tr>
<td>Kata guruma</td>
<td>Shoulder wheel throw.</td>
</tr>
<tr>
<td>Kata ha jime</td>
<td>Single wing choke.</td>
</tr>
<tr>
<td>Kata juji jime</td>
<td>Half cross choke.</td>
</tr>
<tr>
<td>Katame</td>
<td>Grappling.</td>
</tr>
<tr>
<td>Katame waza</td>
<td>Grappling and ground-fighting techniques. Also known as Ne-waza.</td>
</tr>
<tr>
<td>Katana</td>
<td>Long sword.</td>
</tr>
<tr>
<td>Katate</td>
<td>One hand.</td>
</tr>
<tr>
<td>Katate dori</td>
<td>One-hand grasp.</td>
</tr>
<tr>
<td>Katsu</td>
<td>Revival techniques.</td>
</tr>
<tr>
<td>Kempo</td>
<td>Fist way.</td>
</tr>
<tr>
<td>Kendo</td>
<td>Japanese sword fighting.</td>
</tr>
<tr>
<td>Keri waza</td>
<td>Kicking techniques.</td>
</tr>
<tr>
<td>Kesa gatame</td>
<td>Scarf hold.</td>
</tr>
<tr>
<td>Ki</td>
<td>Vital energy.</td>
</tr>
<tr>
<td>Kiai</td>
<td>Shout or yell with vital energy (<em>ki</em>).</td>
</tr>
<tr>
<td>Kiba dachi</td>
<td>Horse stance.</td>
</tr>
<tr>
<td>Kime</td>
<td>Focus.</td>
</tr>
<tr>
<td>Kitskay</td>
<td>Attention.</td>
</tr>
<tr>
<td>Kokutsu dachi</td>
<td>Back stance.</td>
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<td>-------</td>
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<tr>
<td>Koshi guruma</td>
<td>Hip wheel throw.</td>
</tr>
<tr>
<td>Koshi waza</td>
<td>Hip techniques.</td>
</tr>
<tr>
<td>Kosoto gake</td>
<td>Minor outer hook.</td>
</tr>
<tr>
<td>Kosoto gari</td>
<td>Minor outer reaping throw.</td>
</tr>
<tr>
<td>Kotegaeshi</td>
<td>Reverse hand throw.</td>
</tr>
<tr>
<td>Kouchi gari</td>
<td>Minor inner reaping throw.</td>
</tr>
<tr>
<td>Ku</td>
<td>Nine.</td>
</tr>
<tr>
<td>Kubi</td>
<td>Neck.</td>
</tr>
<tr>
<td>Kumikata</td>
<td>Methods of holding.</td>
</tr>
<tr>
<td>Kumite</td>
<td>Sparring.</td>
</tr>
<tr>
<td>Kusho</td>
<td>Vital points of the body.</td>
</tr>
<tr>
<td>Kussho</td>
<td>Unbalancing (eight directions).</td>
</tr>
<tr>
<td>Kyu</td>
<td>Grade under black belt; 10th kyu is the lowest and 1st the highest.</td>
</tr>
<tr>
<td>Kyusho</td>
<td>Vital point.</td>
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</tbody>
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<table>
<thead>
<tr>
<th>M</th>
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<tbody>
<tr>
<td>Ma-ai</td>
</tr>
<tr>
<td>Mae</td>
</tr>
<tr>
<td>Mae geri</td>
</tr>
<tr>
<td>Mae geri keage</td>
</tr>
<tr>
<td>Mae geri kekomi</td>
</tr>
<tr>
<td>Matae</td>
</tr>
<tr>
<td>Mawashi geri</td>
</tr>
<tr>
<td>Mawashi tsuki</td>
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<tr>
<td>Migi</td>
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<tr>
<td>Mikazuki</td>
</tr>
<tr>
<td>Mikazuki geri</td>
</tr>
<tr>
<td>Mikazuki geri uke</td>
</tr>
<tr>
<td>Moro</td>
</tr>
<tr>
<td>Morote dori</td>
</tr>
<tr>
<td>Morote seoi nage</td>
</tr>
<tr>
<td>Morote tsuki</td>
</tr>
<tr>
<td>Morote uke</td>
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<tr>
<td>Mudansha</td>
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<tr>
<td>Mushin</td>
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</tbody>
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<thead>
<tr>
<th>N</th>
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<tbody>
<tr>
<td>Nage</td>
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<tr>
<td>Nage waza</td>
</tr>
<tr>
<td>Nage no kata</td>
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<tr>
<td>Nami juji jime</td>
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<tr>
<td>Necho</td>
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<tr>
<td>Necho ashidachi</td>
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<tr>
<td>Ne-waza</td>
</tr>
<tr>
<td>Ni</td>
</tr>
<tr>
<td>Nidan geri</td>
</tr>
</tbody>
</table>
Nihon nukite  Two finger spear hand. *Gohon nukite, nukite.*
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 gu ruma  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 Morio Ueshiba, founder of Aikido.
Osoto gari  Major outer reaping throw.
Osoto gu ruma  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 4th–5th Dan, often 8th Dan and up.
Shiho nage  All-direction throw.
Shime  Choke.
Shime waza  Choking techniques.
Shodan  1st degree black belt.
Shomen  Front.
Shomen uchi Front strike. *e.g.* 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. *Karate*.
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.
Tormoe 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.
Tsuriri 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. *Age uke*. 
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.
Ulnea  (English) Bone on little-finger side of wrist.
Ulnea 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.
2. Religious meditation.
Zenkatsu dachi  Forward stance.