

# KOBUKAI JUJUTSU

## BLUE BELT

### ATEMI WAZA

MOUNT/SHOTEI  
MOUNT/HIJI  
GUARD/SHOTEI  
GUARD/HIJI  
MUNE/HIJI  
MUNE/HITTSUI  
MUNE - HITTSUI  
BACK/HIJI  
BACK/FUMI KOMI  
KESA/TSUKI

### NAGE WAZA

HARAI GOSHI  
MAKI GEASHI  
UCHI MATA  
TOMOE NAGE  
SEOI NAGE  
UIKE WAZA

### JUJUTSU

PUNCH - IPPON SEOI NAGE  
PUNCHES - KNEELING KUBI NAGE  
FRONT HUG - HARAI GOSHI  
FRONT HUG - HIZA OSHI  
REAR HUG - IPPON SEOI OTOSHI  
REAR HUG FREE - SOTO MAKIKOMI  
LAPEL GRAB - IPPON SEOI NAGE  
MAE GERI - OUCHI GARI  
FULL NELSON - HIZA GATAME  
REAR CHOKE - TAI OTOSHI

### WEAPON DEFENSE

CLUB - KOTE MAKI TORI  
KNIFE THROAT REAR - IPPON SEOI  
KNIFE STAB - KOTE MAWASHI  
PISTOL REAR - HIJI GATAME  
PISTOL SIDE HEAD - OSOTO GARI  
PISTOL FRONT HEAD - WAKI GATAME

### AIKIJUTSU

DOUBLE WRIST - GYAKU UDE GARAMI  
FRONT CHOKE - NIKAJO / SANKAJO  
CROSS WRIST - UDE TORI / SHIHO NAGE  
PUNCH - IKKAJO / USHIRO OTOSHI  
2 ON 1 REAR WRIST - USHIRO OTOSHI

### NEWAZA

MOUNT/TATSUMAKI  
MOUNT/SANKAKU JIME  
MOUNT/SODE JIME  
MOUNT - HIP PASS  
GUARD/UDE GATAME  
GUARD/SANKAKU GARAMI  
GUARD/KATA JUJI JIME  
GUARD/BUTTERFLY SWEEP  
GUARD - HEAD PULL PASS  
MUNE/ASHIKUBI GATAME  
MUNE/ASHI GARAMI  
MUNE/HIZA GATAME  
MUNE - JIGOKU SHIME  
OPEN GUARD/TOMOE NAGE  
OPEN GUARD/ASHI GARAMI  
HIZA HARA/JUJI GATAME  
HIZA HARA/GYAKU UDE GARAMI  
HIZA HARA - KNEE PUSH PASS  
HIZA HARA - ANKLE HOOK PASS  
KESA/KESA GARAMI  
KESA/UDE GATAME ICHI