

KOBUKAI JUJUTSU

WHITE BELT

HAZUSHI

WRIST GRAB
CROSS WRIST GRAB
2 ON 1 WRIST GRAB
FRONT CHOKE
REAR CHOKE
SIDE HEADLOCK
SIDE ARM GRAB

ATEMI WAZA

DOUBLE WRIST - MAE GERI
PUNCH - HIJI
FRONT HUG - HITSUI
FRONT HUG FREE - EARS/EYES
REAR HUG - TETSUI
REAR HUG FREE - DOUBLE HIJI

NAGE WAZA

DOUBLE LEG
KOSOTO GAKE
URA NAGE
OSOTO GARI
OUCHI GARI
OGOSHI

JUJUTSU

PUNCH - DOUBLE LEG
PUNCH - KOSOTO GAKE
PUNCH - URA NAGE
PUNCH - OSOTO GARI
FRONT HUG - OGOSHI
REAR HUG - SUKUI NAGE
TACKLE - KUBI SHIME
GUILLOTINE - KUBI OTOSHI
MAWASHI GERI - OUCHI GARI
FRONT CHOKE - OSOTO GARI
REAR CHOKE - OGOSHI
SIDE HEADLOCK - URA NAGE
REAR STRANGLE - OSOTO GARI

WEAPON DEFENSE

CLUB - OSOTO GARI
CLUB - OGOSHI
KNIFE STAB - GYAKUTE
KNIFE THROAT REAR - UDE GARAMI
PISTOL FRONT - KOTE GEASHI
PISTOL REAR - OSOTO GARI

AIKIJUTSU

CROSS WRIST - KOTE GEASHI
FRONT CHOKE - KOTE MAWASHI
WRIST GRAB - UDE TORI
2 ON 1 WRIST - IKKAJO

NEWAZA

MOUNT/UDE GARAMI
MOUNT/JUJI GATAME
MOUNT/KATA GATAME
MOUNT - BRIDGE PASS
GUARD/JUJI GATAME
GUARD/GYAKU UDE GARAMI
GUARD/KATA GATAME
GUARD/KNEE PUSH SWEEP
GUARD/ELEVATOR SWEEP
GUARD - ELBOW PASS
MUNE/UDE GARAMI
MUNE/GYAKU UDE GARAMI
MUNE - SHRIMP PASS
BACK/HADAKE JIME
BACK - ARM OVER PASS
OPEN GUARD/ANKLE PULL
OPEN GUARD/KNEE PUSH