

# KOBUKAI JUJUTSU YELLOW BELT

## ATEMI WAZA

REAR STRANGLE - HIJI  
ARM GRAB - YOKO GERI  
FRONT HEADLOCK - HAITO  
FRONT CHOKE - NUKITE  
FRONT CHOKE - HIJI  
DOUBLE LAPEL - HITTUJI

## NAGE WAZA

SUMI GEASHI  
IPPON SEOI NAGE  
KUBI NAGE OTOSHI  
KATA GURUMA  
SUKUI NAGE

## JUJUTSU

FRONT CHOKE - KUBI NAGE OTOSHI  
FRONT CHOKE - SODE TSURIKOMI GOSHI  
LAPEL GRAB - OSOTO GARI  
PUNCH - KATA GATAME  
FRONT CHOKE - WAKI GATAME  
DOUBLE LAPEL - JUJI GATAME  
GUILLOTINE - GYAKU SUTEMI  
TACKLE - SUMI GEASHI  
MAE GERI - KOSOTO GARI  
SIDE HEADLOCK - TANI OTOSHI  
REAR STRANGLE - IPPON SEOI  
REAR HUG FREE - HIZA GATAME  
FULL NELSON - SUKUI NAGE

## WEAPON DEFENSE

CLUB - IKKAJO  
CLUB - IPPON SEOI  
KNIFE STAB - SHIHO NAGE  
KNIFE STAB - KOTE GEASHI  
KNIFE OVERHEAD - IKKAJO  
PISTOL FRONT - WAKI GATAME  
PISTOL REAR - OGOSHI

## AIKIJUTSU

LAPEL GRAB - YOKO TEKUBI  
DOUBLE WRIST - TEKUBI TORI  
DOUBLE WRIST - SHIHO NAGE  
HANDSHAKE - SANKAJO

## NEWAZA

MOUNT/UDE KUBI GATAME  
MOUNT/KATA JUJI JIME  
MOUNT/KATA HAJIME  
MOUNT - LEG PUSH PASS  
GUARD/YOKO JUJI GATAME  
GUARD/SANKAKU JIME  
GUARD - ASHI GATAME  
GUARD/SCISSOR SWEEP  
GUARD/MAKIKOMI SWEEP  
GUARD - ARM UNDER PASS  
MUNE/HIJI GATAME  
MUNE/KATA GATAME  
MUNE/JUJI GATAME  
BACK/KATA HAJIME  
BACK/OKURI ERI JIME  
BACK/JUJI GATAME  
OPEN GUARD/ASHI GATAME  
OPEN GUARD/JUJI GATAME  
KAMISHIHO/JUJI GATAME  
KAMISHIHO/GYAKU UDE GARAMI  
KESA/UDE HIZA GATAME  
KESA - LEG OVER PASS  
KESA - ROLL OVER PASS