

# KOBUKAI JUJITSU

## BLUE BELT

### NAGE WAZA

KESA NAGE  
HARAI GOSHI  
MAKI GEASHI  
TOMOE NAGE  
TAI OTOSHI  
MAKIKOMI  
HANE GOSHI  
UCHI MATA

### JUJUTSU

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

### AIKIJUTSU

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

### 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

### ATEMI WAZA

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

### 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