

# KOBUKAI JUJITSU

## WHITE BELT

### HAZUSHI

WRIST GRAB  
CROSS WRIST GRAB  
2 ON 1 WRIST GRAB  
FRONT CHOKE  
REAR CHOKE  
LAPEL GRAB

### ATEMI WAZA

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

### NAGE WAZA

MOROTE GARI  
OSOTO GARI  
OGOSHI  
KOSOTO GAKE  
URA NAGE  
SUKUI NAGE  
OUCHI GARI  
KUBI NAGE

### JUJUTSU

PUNCH – MOROTE GARI  
PUNCH – OSOTO GARI  
PUNCH – KOSOTO GAKE  
PUNCH – URA NAGE  
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  
2 ON 1 WRIST – IKKAJO  
FRONT CHOKE – NIKAJO  
WRIST GRAB – UDE TORI

### 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