

KOBUKAI JUJITSU

YELLOW BELT

HAZUSHI

SIDE HEADLOCK
REAR HUG FREE
REAR HUG
REAR STRANGLE

ATEMI WAZA

REAR STRANGLE – HIJI
ARM GRAB – YOKO GERI
FRONT HEADLOCK – HAITO
FRONT CHOKE – NUKITE
FRONT CHOKE – HIJI
DOUBLE LAPEL – HITSUI

NAGE WAZA

SASAE ASHI
KUBI NAGE OTOSHI
IPPON SEOI NAGE
SUMI GEASHI
YOKO GURUMA
KATA GURUMA
SEOI NAGE

JUJUTSU

FRONT CHOKE – KUBI NAGE OTOSHI
LAPEL GRAB – OSOTO GARI
PUNCH – KATA GATAME
DOUBLE LAPEL – JUJI GATAME
GUILLOTINE – GYAKU SUTEMI
LAPEL GRAB – IPPON SEOI NAGE
TACKLE – SUMI GEASHI
MAE GERI – KOSOTO GARI
SIDE HEADLOCK – YOKO GURUMA
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
FRONT CHOKE – WAKI GATAME

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