

日本柔術 稽古課程

白帯

拳打

(前手) 刻み突き (Kizami-zuki)

(後手) 逆突き (Gyaku Tsuki)

(前手) 鉤突き (Kagi Tsuki)

(後手) 鉤突き (Kagi Tsuki)

(前手) 鉄槌打ち (Tetsui Uchi)

(後手) 鉄槌打ち (Tetsui Uchi)

(前手) 下突き (Shita Tsuki)

(後手) 下突き (Shita Tsuki)

開いた手での打撃

(前手) 掌底打ち (Shotei Uchi)

(後手) 掌底打ち (Shotei Uchi)

(前手) 円舞掌底打ち (Enbu Shotei Uchi)

(後手) 円舞掌底打ち (Enbu Shotei Uchi)

肘打ちs

(前手) 前肘 (Mae Hiji)

(後手) 前肘 (Mae Hiji)

(前手) 回し肘当て (Mawashi Hiji Ate)

(前手) 回し肘当て (Mawashi Hiji Ate)

基本受け

膝蹴り

前膝蹴り (Mae Hiza Geri)

回し膝蹴り (Mawashi Hiza Geri)

蹴り技

前蹴り Mae Geri (Gedan)

足踏み蹴り Ashi Fumi Geri (Gedan)

回し蹴り Mawashi Geri (Gedan)

横蹴り Yoko Geri (Gedan)

関節技 (Kansetsu Waza)

小手返し技 (Kote Gaeshi waza)

短刀取り技 (Tantō Dori waza) 1と2

杖術技 (Jō-jutsu waza) 1と2

抜け技 (Nukiwaza) 1と2

足投げ技 (Ashi-nage waza) 1と2

足関節技 (Ashi-kansetsu waza) 1と2

絞技 (Shime-waza) 1と2

押さえ込み技 (Osae-komi waza) 1と2

黄色帯

拳打

(前手) 刻み突き (Kizami-zuki)

(後手) 逆突き (Gyaku Tsuki)

(前手) 鉤突き (Kagi Tsuki)

(後手) 鉤突き (Kagi Tsuki)

(前手) 鉄槌打ち (Tetsui Uchi)

(後手) 鉄槌打ち (Tetsui Uchi)

(前手) 下突き (Shita Tsuki)

(後手) 下突き (Shita Tsuki)

開いた手での打撃

(前手) 掌底打ち (Shotei Uchi)

(後手) 掌底打ち (Shotei Uchi)

(前手) 円舞掌底打ち (Enbu Shotei Uchi)

(後手) 円舞掌底打ち (Enbu Shotei Uchi)

肘打ち

(前手) 前肘 (Mae Hiji)

(後手) 前肘 (Mae Hiji)

(前手) 回し肘当て (Mawashi Hiji Ate)

(前手) 回し肘当て (Mawashi Hiji Ate)

基本受け

膝蹴り

前膝蹴り (Mae Hiza Geri)

回し膝蹴り (Mawashi Hiza Geri)

蹴り技

前蹴り Mae Geri (Gedan)

足踏み蹴り Ashi Fumi Geri (Gedan)

回し蹴り Mawashi Geri (Gedan)

横蹴り Yoko Geri Kekomi (Gedan)

関節技 (Kansetsu Waza)

小手返し技 (Kote Gaeshi waza) 3と4

短刀取り技 (Tantō Dori waza) 3と4

杖術技 (Jō-jutsu waza) 3と4

抜け技 (Nukiwaza) 3と4

足投げ技 (Ashi-nage waza) 3と4

足関節技 (Ashi-kansetsu waza) 3と4

絞技 (Shime-waza) 3と4

押さえ込み技 (Osae-komi waza) 3と4

橙帯

拳打

(前手) J横拳突き (Yoko-ken-zuki)

(後手) 横拳突き (Yoko-ken-zuki)

(前手) 鉤突き (Kagi Tsuki)

(後手) 鉤突き (Kagi Tsuki)

(前手) 回し鉄槌打ち (Mawashi Tettsui Uchi)

後ろ回し鉄槌打ち (Ushiro Mawashi Tettsui-uchi)

(前手) U上げ突き (Age Tsuki)

(後手) U上げ突き (Age Tsuki)

開いた手での打撃

(前手) 手掌打ち (Teisho-uchi)

(後手) 手掌打ち (Teisho-uchi)

(前手) 縦掌底 (Tate Shotei)

(後手) 縦掌底 (Tate Shotei)

肘打ち

(前手) 落とし肘当て (Otoshi Hiji-ate)

(後手) 落とし肘当て (Otoshi Hiji-ate)

(前手) 鉤肘打ち (Kagi Hiji Uchi)

(後手) 回転肘打ち (Kaiten Hiji Uchi)

開掌受け

膝蹴り

前膝蹴り (Mae Hiza Geri)

回し膝蹴り (Mawashi Hiza Geri)

蹴り技

外三日月蹴り (Soto Mikazuki Geri)

内三日月蹴り (Uchi Mikazuki Geri)

回し蹴り Mawashi Geri (Gedan)

横蹴り蹴上げ (Yoko Geri Keage)

回転横蹴り (Kaiten Yoko Geri)

関節技 (Kansetsu Waza)

小手返し技 (Kote Gaeshi waza) 5と6

短刀取り技 (Tantō Dori waza) 5と6

杖術技 (Jō-jutsu waza) 5と6

抜け技 (Nukiwaza) 5と6

足投げ技 (Ashi-nage waza) 5と6

足関節技 (Ashi-kansetsu waza) 5と6

絞技 (Shime-waza) 5と6

押さえ込み技 (Osae-komi waza) 5と6

緑帯

拳打

(前手) J横拳突き (Yoko-ken-zuki)

(後手) 横拳突き (Yoko-ken-zuki)

(前手) 鉤突き (Kagi Tsuki)

(後手) 鉤突き (Kagi Tsuki)

(前手) 回し鉄槌打ち (Mawashi Tettsui Uchi)

後ろ回し鉄槌打ち (Ushiro Mawashi Tettsui-uchi)

(前手) 下突き (Shita Tsuki)

(後手) 下突き (Shita Tsuki)

開いた手での打撃

(前手) 手掌打ち (Teisho-uchi)

(後手) 手掌打ち (Teisho-uchi)

(前手) 縦掌底 (Tate Shotei)

(後手) 縦掌底 (Tate Shotei)

肘打ち

(前手) 落とし肘当て (Otoshi Hiji-ate)

(後手) 落とし肘当て (Otoshi Hiji-ate)

(前手) 鉤肘打ち (Kagi Hiji Uchi)

(後手) 回転肘打ち (Kaiten Hiji Uchi)

開掌受け

膝蹴り

前膝蹴り (Mae Hiza Geri)

回し膝蹴り (Mawashi Hiza Geri)

蹴り技

外三日月蹴り (Soto Mikazuki Geri)

内三日月蹴り (Uchi Mikazuki Geri)

回し蹴り Mawashi Geri (Gedan)

横蹴り蹴上げ (Yoko Geri Keage)

回転横蹴り (Kaiten Yoko Geri)

関節技 (Kansetsu Waza)

小手返し技 (Kote Gaeshi waza) 7と8

短刀取り技 (Tantō Dori waza) 7と8

杖術技 (Jō-jutsu waza) 7と8

抜け技 (Nukiwaza) 7と8

足投げ技 (Ashi-nage waza) 7と8

足関節技 (Ashi-kansetsu waza) 7と8

絞技 (Shime-waza) 7と8

押さえ込み技 (Osae-komi waza) 7と8

青帯

拳打

(前手) 裏拳打ち (Uraken-uchi)

(後手) 裏拳打ち (Uraken-uchi)

(前手) 上方鉄槌打ち (Jōhō Tettsui Uchi) Rising Hammer Fist

(後手) 回転上方鉄槌打ち (Kaiten Jōhō Tettsui Uchi) Spin Rising Hammer Fist

(前手) 下突き (Shita Tsuki)

(後手) 下突き (Shita Tsuki)

開いた手での打撃

(前手) 横手刀打ち (Yoko Shutō Uchi) horizontal knife hand

(前手) 横手刀打ち (Yoko Shutō Uchi)

(前手) 回し手刀打ち (裏) (Mawashi Shuto Uchi) Ura

(後手) 回し手刀打ち (裏) (Mawashi Shuto Uchi) Ura

(前手) 上げ手掌股当て(Age Teisho Mata Ate)

(後手) 上げ手掌股当て(Age Teisho Mata Ate)

肘打ち

(前手) 昇り肘 (Nobori Hiji) *Rising Elbow*

(後手) 昇り肘 (Nobori Hiji) *Rising Elbow*

(前手) フック肘 (Fukku Hiji)

(後手) 回転昇り肘 (Kaiten Nobori Hiji)

手刀受け

膝蹴り

前膝蹴り (Mae Hiza-Geri)

斜め回し膝蹴り Naname Mawashi Hiza Geri

蹴り技

前踵蹴り (Mae Kakato Geri)

回し蹴り Mawashi Geri-Chusoku

横蹴り蹴り込み Yoko Geri -Gedan

内かかと蹴り Uchi Kakato Geri – Gedan

外かかと蹴り Soto Kakato Geri - Gedan

関節技 (Kansetsu Waza)

小手返し技 (Kote Gaeshi waza) 9と10

短刀取り技 (Tantō Dori waza) 9と10

杖術技 (Jō-jutsu waza) 9と10

抜け技 (Nukiwaza) 9と10

足投げ技 (Ashi-nage waza) 9と10

足関節技 (Ashi-kansetsu waza)9と10

絞技 (Shime-waza) 9と10

押さえ込み技 (Osae-komi waza) 9と10

茶帯t

拳打

(前手) 裏拳打ち (Uraken-uchi)

(後手) 裏拳打ち (Uraken-uchi)

(前手) 上方鉄槌打ち (Jōhō Tettsui Uchi) Rising Hammer Fist

(後手) 回転上方鉄槌打ち(Kaiten Jōhō Tettsui Uchi) Spin Rising Hammer Fist

(前手) U上げ突き (Age Tsuki)

(後手) U上げ突き (Age Tsuki)

開いた手での打撃

(前手) 横手刀打ち (Yoko Shutō Uchi) horizontal knife hand

(前手) 横手刀打ち (Yoko Shutō Uchi)

(前手) 回し手刀打ち（表）(Mawashi Shuto Uchi)- Omote

(後手) 回し手刀打ち（表）(Mawashi Shuto Uchi) - Omote

(前手) 上げ手掌股当て(Age Teisho Mata Ate)

(後手) 上げ手掌股当て(Age Teisho Mata Ate)

肘打ち

(前手) 上昇肘 (Jōshō Hiji)

(後手) 上昇肘 (Jōshō Hiji)

(前手) 突き肘 (Tsuki Hiji)

(後手) 回転突き肘 (Kaiten Tsuki Hiji)

手刀受け

膝蹴り

前膝蹴り (Mae Hiza-Geri)

斜め回し膝蹴り (Naname Mawashi Hiza Geri)

蹴り技

前踵蹴り (Mae Kakato Geri)

回し蹴り (Mawashi Geri-Chusoku)

横蹴り蹴り込み (Yoko Geri -Gedan)

内かかと蹴り (Uchi Kakato Geri – Gedan)

外かかと蹴り (Soto Kakato Geri - Gedan)

関節技 (Kansetsu Waza)

小手返し技 (Kote Gaeshi waza) 11と12

短刀取り技 (Tantō Dori waza) 11と12

杖術技 (Jō-jutsu waza) 11と12

抜け技 (Nukiwaza) 11と12

足投げ技 (Ashi-nage waza) 11と12

足関節技 (Ashi-kansetsu waza) 11と12

絞技 (Shime-waza) 11と12

押さえ込み技 (Osae-komi waza) 11と12

黒帯

拳打

(前手) 逆縦突き (Mae Te Gyaku Tate Zuki)

(後手) 逆縦突き (Ushiro Te Gyaku Tate Zuki)

(前手) 逆回し突き (Mae Te Gyaku Mawashi Zuki)

(後手) 逆回し突き (Ushiro Te Gyaku Mawashi Zuki)

(前手) 鉄槌打ち (Mae Te Tettsui Uchi)

(後手) 鉄槌打ち (Ushiro Te Tettsui Uchi)

(前手) 横縦下突き (Mae Te Yoko Tate Shita Zuki)

(後手) 横縦下突き (Ushiro Te Yoko Tate Shita Zuki)

開いた手での打撃

(前手) 指を上に向けて (Mae Shutō-uchi) 指を上に向けて (yubi o ue ni mukete)

(後手) 指を上に向けて (Mae Shutō-uchi) 指を上に向けて (yubi o ue ni mukete)

(前手) 回し手刀打ち (表) (Mawashi Shuto Uchi)- omote

(後手) 回し手刀打ち (表) (Mawashi Shuto Uchi) - omote

(後手) 裏回し手刀 (Uramawashi Shuto)

肘打ち

(前手) 槍肘 (Yari Hiji) *spear elbow*

(後手) 槍肘 (Yari Hiji) *spear elbow*

(後手) 回転槍肘 (Kaiten Yari Hiji) *spin spear elbow*

両手受け

膝蹴り

外側前膝 (Gaisoku Mae Hiza) *Outside Front Knee*

内側前膝 (Naisoku Mae Hiza) *Inside Front Knee*

蹴り技

前踵蹴り (Mae Kakato Geri)

回し蹴り (Mawashi Geri-Chusoku)

横蹴り蹴り込み (Yoko Geri-Gedan)

後ろ蹴り (Ushiro Geri)

回転後ろ蹴り (Kaiten Ushiro Geri)

関節技 (Kansetsu Waza)

小手返し技 (Kote Gaeshi waza) 13と14

短刀取り技 (Tantō Dori waza) 13と14

杖術技 (Jō-jutsu waza) 13と14

抜け技 (Nukiwaza) 13と14

足投げ技 (Ashi-nage waza) 13と14

足関節技 (Ashi-kansetsu waza) 13と14

絞技 (Shime-waza) 113と14

押さえ込み技 (Osae-komi waza) 13と14

English

White Belt

Punches

(Lead hand) Jab (Kizami-zuki)

(Rear hand) Reverse punch (Gyaku Tsuki)

(Lead hand) Hook punch (Kagi Tsuki)

(Rear hand) Hook punch (Kagi Tsuki)

(Lead hand) Hammer fist (Tetsui Uchi)

(Rear hand) Hammer fist (Tetsui Uchi)

(Lead hand) Uppercut (Shita Tsuki)

(Rear hand) Uppercut (Shita Tsuki)

Open Hand Strikes

(Lead hand) Palm heel strike (Shotei Uchi)

(Rear hand) Palm heel strike (Shotei Uchi)

(Lead hand) Circular palm heel strike (Enbu Shotei Uchi)

(Rear hand) Circular palm heel strike (Enbu Shotei Uchi)

Elbow Strikes

(Lead hand) Forward elbow (Mae Hiji)

(Rear hand) Forward elbow (Mae Hiji)

(Lead hand) Round elbow strike (Mawashi Hiji Ate)

(Rear hand) Round elbow strike (Mawashi Hiji Ate)

Basic Blocks

Upper Block, Middle Block OutSide Block, Lower Block

Knee Strikes

Front Knee Strike (Mae Hiza Geri)

Round Knee Strike (Mawashi Hiza Geri)

Kicking Techniques

Front Kick (Mae Geri – Gedan)

Stomping Kick (Ashi Fumi Geri – Gedan)

Round Kick (Mawashi Geri – Gedan)

Side Kick (Yoko Geri – Gedan)

Joint Techniques (Kansetsu Waza)

Wrist Locks (Kote Gaeshi Waza) 1&2
Knife Defense (Tantō Dori Waza) 1&2
Short Staff (Jō-jutsu Waza) 1&2
Escape (Nukiwaza) 1&2
Leg Throws (Ashi-nage Waza) 11&2
Leg Locks (Ashi-kansetsu Waza) 1&2
Choke Techniques (Shime-waza) 1&2
Pinning Techniques (Osae-komi Waza) 1&2

Yellow Belt

Punches

(Lead hand) Jab (Kizami-zuki)
(Rear hand) Reverse punch (Gyaku Tsuki)
(Lead hand) Hook punch (Kagi Tsuki)
(Rear hand) Hook punch (Kagi Tsuki)
(Lead hand) Hammer fist (Tetsui Uchi)
(Rear hand) Hammer fist (Tetsui Uchi)
(Lead hand) Uppercut (Shita Tsuki)
(Rear hand) Uppercut (Shita Tsuki)

Open Hand Strikes

(Lead hand) Palm heel strike (Shotei Uchi)
(Rear hand) Palm heel strike (Shotei Uchi)
(Lead hand) Circular palm heel strike (Enbu Shotei Uchi)
(Rear hand) Circular palm heel strike (Enbu Shotei Uchi)

Elbow Strikes

(Lead hand) Forward elbow (Mae Hiji)
(Rear hand) Forward elbow (Mae Hiji)
(Lead hand) Round elbow strike (Mawashi Hiji Ate)
(Rear hand) Round elbow strike (Mawashi Hiji Ate)

Basic Blocks

Upper Block, Middle Block Outside Block, Lower Block

Knee Strikes

Front knee strike (Mae Hiza Geri)
Round knee strike (Mawashi Hiza Geri)

Kicking Techniques

Front Kick (Mae Geri – Gedan)
Stomping Kick (Ashi Fumi Geri – Gedan)
Roundhouse Kick (Mawashi Geri – Gedan)
Side Kick (Yoko Geri – Gedan)

Joint Techniques (Kansetsu Waza)

Wrist Locks (Kote Gaeshi Waza) 3 & 4
Knife Defense (Tantō Dori Waza) 3 & 4
Short Staff (Jō-jutsu Waza) 3 & 4
Escape Techniques (Nukiwaza) 1 and 2
Leg Throws (Ashi-nage Waza) 3 & 4
Leg Locks (Ashi-kansetsu Waza) 3 & 4
Choke Techniques (Shime-waza) 3 & 4
Pinning Techniques (Osae-komi Waza) 3 & 4

Orange Belt

Punches

(Lead hand) Side Fist Thrust (Yoko-ken-zuki)
(Rear hand) Side Fist Thrust (Yoko-ken-zuki)
(Lead hand) Hook Punch (Kagi Tsuki)
(Rear hand) Hook Punch (Kagi Tsuki)
(Lead hand) Roundhouse Hammerfist (Mawashi Tettsui Uchi)
(Rear hand) Spin Hammerfist (Kaiten Mawashi Tettsui-uchi)
(Lead hand) UpperCut (Shita Tsuki)
(Rear hand) UpperCut (Shita Tsuki)

Open-Hand Strikes

(Lead hand) Palm Heel Strike (Teisho-uchi)
(Rear hand) Palm Heel Strike (Teisho-uchi)
(Lead hand) Vertical Palm Heel (Tate Shotei)
(Rear hand) Vertical Palm Heel (Tate Shotei)

Elbow Strikes

(Lead hand) Dropping Elbow Strike (Otoshi Hiji-ate)
(Rear hand) Dropping Elbow Strike (Otoshi Hiji-ate)
(Lead hand) Hook Elbow Strike (Kagi Hiji Uchi)
(Rear hand) Spin Elbow Strike (Kaiten Hiji Uchi)

Open Palm Blocks

Knee Strikes

Front Knee Strike (Mae Hiza Geri)
Roundhouse Knee Strike (Mawashi Hiza Geri)

Kicking Techniques

Outside Crescent Kick (Soto Mikazuki Geri)
Inside Crescent Kick (Uchi Mikazuki Geri)
Roundhouse Kick (Mawashi Geri) – Low (Gedan)
Side Snap Kick (Yoko Geri Keage)
Spinning Side Kick (Kaiten Yoko Geri)

Joint Lock Techniques (Kansetsu Waza)

Wrist Lock (Kote Gaeshi Waza) 5&6
Knife Defense (Tantō Dori Waza) 5&6
Short Staff (Jō-jutsu Waza) 5&6
Escape Technique (Nukiwaza) 5&6
Leg Throws (Ashi-nage Waza) 5&6
Leg Locks (Ashi-kansetsu Waza) 5&6
Choke Techniques (Shime-waza) 5&6
Pinning Techniques (Osae-komi Waza) 5&6

Green Belt

Punches

(Front hand) Side Fist Punch (Yoko-ken-zuki)
(Rear hand) Side Fist Punch (Yoko-ken-zuki)
(Front hand) Hook Punch (Kagi Tsuki)
(Rear hand) Hook Punch (Kagi Tsuki)
(Front hand) Circular Hammerfist Strike (Mawashi Tettsui Uchi)
Reverse Circular Hammerfist Strike (Ushiro Mawashi Tettsui-uchi)
(Front hand) Uppercut (Shita Tsuki)
(Rear hand) Uppercut (Shita Tsuki)

Open-Hand Strikes

(Front hand) Palm Heel Strike (Teisho-uchi)
(Rear hand) Palm Heel Strike (Teisho-uchi)
(Front hand) Vertical Palm Strike (Tate Shotei)
(Rear hand) Vertical Palm Strike (Tate Shotei)

Elbow Strikes

(Front hand) Dropping Elbow Strike (Otoshi Hiji-ate)
(Rear hand) Dropping Elbow Strike (Otoshi Hiji-ate)
(Front hand) Hooking Elbow Strike (Kagi Hiji Uchi)
(Rear hand) Spinning Elbow Strike (Kaiten Hiji Uchi)

Open Palm Blocks

Knee Strikes

Front Knee Strike (Mae Hiza Geri)
Round Knee Strike (Mawashi Hiza Geri)

Kicking Techniques

Outside Crescent Kick (Soto Mikazuki Geri)
Inside Crescent Kick (Uchi Mikazuki Geri)
Roundhouse Kick (Mawashi Geri – Gedan)
Side Snap Kick (Yoko Geri Keage)
Spinning Side Kick (Kaiten Yoko Geri)

Joint Techniques (Kansetsu Waza)

Wrist Locks (Kote Gaeshi waza) 7&8

Knife Defense (Tantō Dori waza) 7&8

Staff Techniques (Jō-jutsu waza) 7&8

Escapes(Nukiwaza) 7&8

Leg Throws (Ashi-nage waza)7&8

Leg Locks (Ashi-kansetsu waza)7&8

Choking Techniques (Shime-waza) 7&8

Pinning Techniques (Osae-komi waza)7&8

Blue Belt

Punches

(Front hand) Uraken-uchi (Backfist)

(Rear hand) Uraken-uchi (Backfist)

(Front hand) Jōhō Tettsui Uchi Rising Hammer Fist

(Rear hand) Kaiten Jōhō Tettsui Uchi Spin Rising Hammer Fist

(Front hand) Shita Tsuki (Uppercut)

(Rear hand) Shita Tsuki (Uppercut)

Open Hand Strikes

(Front hand) Yoko Shutō Uchi Horizontal Knife Hand

(Front hand) Yoko Shutō Uchi

(Front hand) Mawashi Shutō Uchi (Ura) Inside Arc Knife Hand

(Rear hand) Mawashi Shutō Uchi (Ura) Inside Arc Knife Hand

(Front hand) Age Teisho Mata Ate

(Rear hand) Age Teisho Mata Ate

Elbow Strikes

(Front hand) Nobori Hiji Rising Elbow

(Rear hand) Nobori Hiji Rising Elbow

(Front hand) Fukku Hiji Hook Elbow

(Rear hand) Kaiten Nobori Hiji Spinning Rising Elbow

Shutō Blocks

Knee Strikes

Mae Hiza Geri (Front Knee Strike)

Naname Mawashi Hiza Geri (Diagonal Round Knee Strike)

Kicks

(Front Heel Kick)Mae Kakato Geri

(Round Kick – Ball of Foot)Mawashi Geri – Chusoku

(Side Kick – Low) (Inside Heel Kick – Low)(Outside Heel Kick)Soto Kakato Geri – Gedan

Joint Techniques (Kansetsu Waza)

Wrist Locks (Kote Gaeshi waza) 9&10

Knife Defense (Tantō Dori waza) 9&10

Staff Techniques (Jō-jutsu waza) 9&10

Escape Techniques (Nukiwaza) 9&10

Leg Throws (Ashi-nage waza) 9&10

Leg Locks (Ashi-kansetsu waza) 9&10

Choking Techniques (Shime-waza) 9&10

Pinning Techniques (Osae-komi waza) 9&10

Brown Belt

Punches

(Front hand) Uraken-uchi (Backfist)

(Rear hand) Uraken-uchi (Backfist)

(Front hand) Jōhō Tettsui Uchi Rising Hammer Fist

(Rear hand) Kaiten Jōhō Tettsui Uchi Spin Rising Hammer Fist

(Front hand) Age Tsuki (Rising Punch)

(Rear hand) Age Tsuki (Rising Punch)

Open Hand Strikes

(Front hand) Yoko Shutō Uchi Horizontal Knife Hand

(Front hand) Yoko Shutō Uchi

(Front hand) Mawashi Shutō Uchi (Omote) Outside Arc Knife Hand

(Rear hand) Mawashi Shutō Uchi (Omote) Outside Arc Knife Hand

(Front hand) Age Teisho Mata Ate

(Rear hand) Age Teisho Mata Ate

Elbow Strikes

(Front hand) Jōshō Hiji (Rising Elbow)

(Rear hand) Jōshō Hiji (Rising Elbow)

(Front hand) Tsuki Hiji (Thrust Elbow)

(Rear hand) Kaiten Tsuki Hiji (Spinning Thrust Elbow)

Shutō Blocks

Knee Strikes

Mae Hiza-Geri (Front Knee Strike)

Naname Mawashi Hiza Geri (Diagonal Round Knee Strike)

Kicks

Mae Kakato Geri (Front Heel Kick)

Mawashi Geri-Chusoku (Round Kick – Ball of Foot)

Yoko Geri - Gedan (Side Kick – Low)

Uchi Kakato Geri – Gedan (Inside Heel Kick – Low)

Soto Kakato Geri - Gedan (Outside Heel Kick – Low)

Joint Techniques (Kansetsu Waza)

Kote Gaeshi waza (Techniques 11&12)
Tantō Dori waza (Knife Disarm Techniques 11&12)
Jō-jutsu waza (Short Staff Techniques 11&12)
Nukiwaza (Escape Techniques 11&12)
Ashi-nage waza (Leg Throw Techniques 11&12)
Ashi-kansetsu waza (Leg Joint Techniques 11&12)
Shime-waza (Choke Techniques 9 & 10)
Osae-komi waza (Hold-down Techniques 11&12)

Black Belt

Punches

(Front hand) Reverse vertical punch (Mae Te Gyaku Tate Zuki)
(Rear hand) Reverse vertical punch (Ushiro Te Gyaku Tate Zuki)
(Front hand) Reverse round punch (Mae Te Gyaku Mawashi Zuki)
(Rear hand) Reverse round punch (Ushiro Te Gyaku Mawashi Zuki)
(Front hand) Hammer fist (Mae Te Tettsui Uchi)
(Rear hand) Hammer fist (Ushiro Te Tettsui Uchi)
(Front hand) Side vertical lower punch (Mae Te Yoko Tate Shita Zuki)
(Rear hand) Side vertical lower punch (Ushiro Te Yoko Tate Shita Zuki)

Open Hand Strikes

(Front hand) Fingers upward strike (Mae Shutō-uchi) yubi o ue ni mukete
(Rear hand) Fingers upward strike (Ushiro Shutō-uchi) yubi o ue ni mukete
(Front hand) Round knife-hand strike (outer) (Mawashi Shuto Uchi – omote)
(Rear hand) Round knife-hand strike (outer) (Mawashi Shuto Uchi – omote)
(Rear hand) Reverse round knife-hand (Uramawashi Shuto)

Elbow Strikes

(Front hand) Spear elbow (Yari Hiji) *spear elbow*
(Rear hand) Spear elbow (Yari Hiji) *spear elbow*
(Rear hand) Spinning spear elbow (Kaiten Yari Hiji) *spin spear elbow*

Two-Handed Blocks

Knee Strikes

Outside front knee (Gaisoku Mae Hiza) *Outside Front Knee*
Inside front knee (Naisoku Mae Hiza) *Inside Front Knee*

Kicking Techniques

Front heel kick (Mae Kakato Geri)
Roundhouse kick (Mawashi Geri – Chusoku)
Side thrust kick (low) (Yoko Geri – Gedan)
Back kick (Ushiro Geri)
Spinning back kick (Kaiten Ushiro Geri)

Joint Techniques (Kansetsu Waza)

Wrist reversal techniques (Kote Gaeshi waza) 13 & 14

Knife defense techniques (Tantō Dori waza) 13 & 14

Staff techniques (Jō-jutsu waza) 13 & 14

Escape techniques (Nukiwaza) 13 & 14

Leg throw techniques (Ashi-nage waza) 13 & 14

Leg joint techniques (Ashi-kansetsu waza) 13 & 14

Choke techniques (Shime-waza) 13 & 14

Pinning techniques (Osae-komi waza) 13 & 14