

juho

age nuki

- **prepare:** *gamae*
- **offense:** grab hand (same side)
- **defense:** release, following direction of arm
- **remarks:**

baku ho

- **prepare:** *gamae*
- **offense:**
- **defense:** band around neck, twist two times, ends to hands, under and over hands (to outside), tie firmly
- **remarks:** *offender lies on the ground, face down*

bukkotsu nage

- **prepare:** *tai gamae*
- **offense:** sleeve, lapel, pull
- **defense:** sleeve, lapel and push against throat, throw
- **remarks:** *like judo arm throw*

eri juji

- **prepare:** *hiraki gamae*
- **offense:** grab lapel (horizontally) and push
- **defense:** grab hand (from above), shuto giri, support with other hand (under) and make S, twist, down
- **remarks:** *like kata muna otoshi*

eri nuki

- **prepare:** *gamae*
- **offense:** grab lapel (eri)
- **defense:** me uchi; arm round and down; uraken, chudan zuki
- **remarks:** *shoulder inside opponents arm*

furi-sute omote nage

- **prepare:** *tai gamae*
- **offense:** grab sleeve and lapel, seoi nage (throw like judo)
- **defense:** take over, hands on inner elbow, throw
- **remarks:** *tai sabaki*

gasho nuki

- **prepare:** *tai gamae*
- **offense:** grab wrists (ryote, arms up)
- **defense:** push hands forwards, hiki nuki

- **remarks:** *pressure on thumbs*

gyaku gote

- **prepare:** *tai gamae*
- **offense:** grab wrist (opposite side, low)
- **defense:** kagite shuho, me uchi, kakate (other hand), nisokuteni (throw)
- **variants:** mae yubi gatame; ura gaeshi nage, ura gatame; morote

gyakute dori

- **prepare:** *gamae (sideways)*
- **offense:** nothing (wait)
- **defense:** grab hand (with front hand), grab elbow (from inner side), take elbow in and lock hand (with both hands)
- **remarks:** *two ways of grabbing hand*

gyakute nage

- **prepare:** *tai gamae*
- **offense:** grab wrist (low, cross), like gyaku gote
- **defense:** like gyaku gote, take over (glide in arm and grab wrist), lift elbow, throw
- **remarks:** *tai sabaki, turn in hip*

gyaku tembin

- **prepare:** *gamae*
- **offense:**
- **defense:** press elbow against arm, slide in, bring elbow to shoulder
- **remarks:**

hiki muna otoshi

- **prepare:** *gamae*
- **offense:** grab lapel, pull
- **defense:** one hand, step from opponent
- **remarks:**

hiki otoshi

- **prepare:** *gamae*
- **offense:** grab arm, push
- **defense:** fix hand on arm, step back [hiraki gamae]
- **remarks:**

hiji nuki mae tembin

- **prepare:** *tai gamae*
- **offense:** grab (lower) hands, spread behind shoulder
- **defense:** release hand near head, cut elbow, take down
- **remarks:** *elbow upwards, throw*

hiji nuki (mae tembin)

- **prepare:** *tai gamae*
- **offense:** grab wrists (ryote, arms up, push arms out)
- **defense:** pin arm between neck and shoulder, bring elbow forward; mae tembin (to elbow joint), ura gatame
- **remarks:** *attack as nidan nuki, yori nuki*

hiki nuki (morote)

- **prepare:** *gamae*
- **offense:** grab wrist (up)
- **defense:** cut loose
- **remarks:** *support with free hand*

johaku dori

- **prepare:** *tai gamae*
- **offense:** grab upper arm (katate)
- **defense:** me uchi, pin hand to upper arm, bring opponent down
- **remarks:** *bring down with tai sabaki*

johaku maki

- **prepare:** *tai gamae*
- **offense:** grab upper arm (katate)
- **defense:** me uchi, pin hand to upper arm, bring opponent down, make S
- **remarks:** *tai sabaki*

johaku nuki

- **prepare:** *tai gamae*
- **offense:** grab upper arms (ryote)
- **defense:** half turn, release front arm (up and down); hiraki sagari; release other arm
- **remarks:** *raise elbow above shoulder, drop and twist arm vertically*

juji gote

- **prepare:** *hiraki gamae*
- **offense:** grab outer wrist (up)
- **defense:** kagite shuho (turn away), grab hand, and press down with tai sabaki
- **remarks:** *like juji nuki*

juji nuki

- **prepare:** *hiraki gamae*
- **offense:** grab wrist (katate, arm up, same side); push
- **defense:** turn away, snap down elbow, release, atemi
- **remarks:** *variants: ryote, morote*

kata muna otoshi

- **prepare:** *hiraki gamae*
- **offense:** grab lapel (vertically) and push
- **defense:** grab hand (from under), shuto giri, other hand and twist, down
- **remarks:** *like eri juji*

katate nage

- **prepare:** *tai gamae*
- **offense:** wait, offer wrist
- **defense:** grab wrist, turn inwards, duck under, and throw with shoulder and elbow
- **remarks:** *nisoku tenkai (two step full turn)*

kiri gote

- **prepare:** *tai gamae*
- **offense:** grab outer wrist
- **defense:** kagite shuho, grab wrist (under), cut wrist with upper hand
- **remarks:** *like kiri kaeshi nuki*

kiri kaeshi nuki

- **prepare:** *hiraki gamae*
- **offense:** grab wrist (katate, arm down, opposite side); swing upward
- **defense:** kagite shuho, me uchi; hook elbow and release, chudan zuki or kumade
- **remarks:** *support release with free hand*

kiri kaeshi tembin

- **prepare:** *gamae*
- **offense:** grab wrist (opposite, down)
- **defense:** grab wrist (of attacker), dori on elbow
- **remarks:**

kiri kaeshi maki tembin

- **prepare:** *gamae*
- **offense:** grab wrist (opposite, down)
- **defense:** grab wrist (of attacker), apply maki tembin
- **remarks:**

kiri nuki (uchi & soto)

- **prepare:** *gamae*
- **offense:** grab wrist (katate, arm up, [uchi: inside, opposite side; soto: outside, same side])
- **defense:** kagite shuho, cut against thumb joint, release, chudan gyaku zuki
- **remarks:** *support release with other hand*

konoha gaeshi

- **prepare:** *hiraki gamae*

- **offense:** offer hand
- **defense:** grab hand (at fingers), push down, take up and turn, throw forwards
- **remarks:** *use elbow*

kote maki gaeshi

- **prepare:** *hiraki gamae*
- **offense:** grab wrist (underneath)
- **defense:** gedan gamae, take hand up, and swing down
- **remarks:** *tai sabaki*

kote nuki

- **prepare:** *tai gamae*
- **offense:** grab inside wrist
- **defense:** kagite shuho (to side), me-uchi, migi yose ashi, release (push down)
- **remarks:** *uraken to sango (eyeside), sashi kae ashi, chudan zuki*

kubi jume, juji nage

- **prepare:** *tai gamae*
- **offense:** kubi jime, ken jime (shuho) (two hands, strangle, with upper fist against throat]
- **defense:** hand over attacking hand, turn, throw (juji nage)
- **remarks:** *like juji gote, take arm up*

maki gote (morote)

- **prepare:** *tai gamae*
- **offense:** grab wrist (up)
- **defense:** grab wrist, step in, twist and bring down
- **remarks:** *down, roll up, twist and go*

maki nuki

- **prepare:** *gamae*
- **offense:** grab outside wrist (katate, arm down, same side); twist
- **defense:** kagite shuho, release (maki nuki), uraken uchi
- **remarks:** *variants: ryote, morote*

maki otoshi

- **prepare:** *tai gamae*
- **offense:** grab lapel (same side)
- **defense:** pin hand (both hands), and throw, stepping in
- **remarks:** *tai sabaki*

morote okuri gote baku ho

- **prepare:** *gamae*
- **offense:** ippon se nage

- **defense:** draw backwards, bring opponent down on belly, hands on back, then baku ho

- **remarks:**

morote wa nuki

- **prepare:** *gamae*
- **offense:** ippon se nage
- **defense:** raise hand, release by round movement (in)
- **remarks:**

nidan nuki

- **prepare:** *gamae*
- **offense:** grab (lower) hands, as ryote yori nuki
- **defense:** pressure on thumb (nai wanto), release to inside, kumade; release other hand with yori nuki, chudan zuki
- **remarks:** *push and pull apart*

nuki uchi oshi gote

- **prepare:** *gamae*
- **offense:** grab wrist (same side, down)
- **defense:** like oshi gote, with cut on (inner) hand
- **remarks:**

okuri dori

- **prepare:** *gamae*
- **offense:**
- **defense:** grab hand (R/R or L/L), tai sabaki, swing
- **remarks:** ??

okuri gote (yubi dori to ura gatame)

- **prepare:** *hiraki gamae*
- **offense:** grab outside of wrist
- **defense:** kagite shuho (shuto or me-uchi), hook wrist, turn arm (circular)
- **remarks:** *yubi dori (thumb lock)*

okuri hiji zeme

- **prepare:** *gamae*
- **offense:** release from juji gote
- **defense:** grab hand and elbow, press and against chest
- **remarks:** *S-shape, tai sabaki to front*

okuri maki tembin

- **prepare:** *hiraki gamae*
- **offense:** like okuri gote, and escape
- **defense:** pin elbow joint under arm pit

- **remarks:** *attack elbow joint (tembin)*

okuri tembin dori

- **prepare:** *gamae*
- **offense:** escape from okuri gote
- **defense:** grab hand (opposite), dori with knuckles in elbow (tembin)
- **remarks:**

oshi gote (katate)

- **prepare:** *hiraki gamae*
- **offense:** grab wrist (underneath)
- **defense:** palm upwards, bend wrist (cut down), take over and down
- **remarks:** *elbow in straight line, tai sabaki*

oshi kiri nuki

- **prepare:** *tai gamae*
- **offense:** grab upper arms (wide, to prevent johaku)
- **defense:** release by oshi nuki, and then kiri nuki (uchi)
- **remarks:** *push arm downwards*

oshi nuki

- **prepare:** *gamae*
- **offense:** grab wrist (down, same side)
- **defense:** release to outside, uchi wanto (in neck)
- **remarks:** *push over arm*

ryaku juji gote

- **prepare:** *stand sideways*
- **offense:** grab wrist from side
- **defense:** grab hand on boshiku, bring elbow forward, push downwards, arm lock
- **remarks:** *like juji gote, different grab*

ryo muna otoshi

- **prepare:** *hiraki gamae*
- **offense:** grab lapels (vertically) and push
- **defense:** grab hand (from under), shuto giri, other hand and twist, down
- **remarks:** *like kata muna otoshi*

ryote kannuki nage

- **prepare:** *gamae*
- **offense:** wait, offer hands
- **defense:** push one hand up (boshku, pressure on wrist, to shoulder), grab fingers and push down and inside, twist and throw
- **remarks:**

ryu nage

- **prepare:** *gamae*
- **offense:** grab wrist (opposite, down)
- **defense:** like gyaku gote, bring arm in, and draw backwards
- **remarks:** *variant of gyaku gote*

sankaku nuki

- **prepare:** *stand sideways*
- **offense:** grab lower arm
- **defense:** sankaku shuho, release, hiji ate
- **remarks:** *like juji nuki*

sode dori

- **prepare:** *gamae*
- **offense:** grab sleeve (katate)
- **defense:** me uchi, pin hand to upper arm, bring opponent down
- **remarks:** *bring down with tai sabaki*

sode maki gaeshi

- **prepare:** *tai gamae*
- **offense:** grab sleeve (katate)
- **defense:** lock hand, turn arm around, cut wrist and throw
- **remarks:** *move sideways*

sode maki tembin

- **prepare:** *tai gamae*
- **offense:** grab sleeve (katate)
- **defense:** me uchi, pin hand to upper arm, hand out, pin elbow
- **remarks:** *fix arm with knee*

sode maki

- **prepare:** *gamae*
- **offense:** grab sleeve (katate)
- **defense:** me uchi, pin hand to upper arm, bring opponent down, make S
- **remarks:** *bring down with tai sabaki*

sode nuki

- **prepare:** *hiraki gamae*
- **offense:** grab sleeve (katate)
- **defense:** me uchi, bring arm over hand, and release
- **remarks:** *push down*

soto maki otoshi

- **prepare:** *gamae*
- **offense:** grab lapel(s)

- **defense:** like maki otoshi, but with elbow pressed to chest
- **remarks:** *push, don't move*

tsuri getsu dori (?)

- **prepare:** *stand sideways*
- **offense:** wait
- **defense:** grab hand (L/L, twist wrist), bring to back, push other shoulder down
- **remarks:**

tanto tori osae kannuki nage

- **prepare:** *(hiraki) gamae*
- **offense:** attack with knife (jun, chudan)
- **defense:** hasso gamae, otoshi uke, grab hand from above, lock elbow, throw
- **remarks:** *tai sabaki*

tembin nage

- **prepare:** *tai gamae*
- **offense:** gyaku jodan zuki
- **defense:** midare gamae, kakate, push tembin (elbow) up, throw
- **remarks:** *mae ukemi*

tsuri age dori

- **prepare:**
- **offense:**
- **defense:** grab hand (opposite), bring to back, up, and push shoulder down (with other hand)
- **remarks:**

tsuri otoshi

- **prepare:** *gamae*
- **offense:** counterattack on okuri gote, by turning in
- **defense:** stop arm, grab shoulder, bring down and throw
- **remarks:**

(maki) uchi kubi nage

- **prepare:** *tai gamae*
- **offense:** grab lapel, push
- **defense:** lock arm, swing around neck, throw
- **remarks:** *tai sabaki*

uchi nuki (katate & ryote)

- **prepare:** *gamae*
- **offense:** grab wrist(s), same side (down)
- **defense:** release by cutting (inner) wrist
- **remarks:** *in combination with age nuki*

ude juji gatamae

- **prepare:** *hiraki gamae*
- **offense:** offer front hand
- **defense:** swing hand (grab from back), me uchi, other arm under elbow, finish with ashi barai or koshi nage
- **remarks:** *turn hand towards head and pin with foot*

ude maki

- **prepare:** *gamae*
- **offense:** grab lapel (eri)
- **defense:** me uchi; arm round and down; make S and pin
- **remarks:** *like eri nuki*

kari ashi, ushiro eri dori

- **prepare:** *turn back*
- **offense:** grab collar (from back), kari ashi
- **defense:** turn, kumade, grab hand, other arm over and bring down
- **remarks:** *ahnd as in maki*

uwa uke nage

- **prepare:** *hiraki gamae*
- **offense:** jun ura ken
- **defense:** uwa uke (back), take elbow, turn in, throw
- **remarks:** *tai sabaki*

yori nuki

- **prepare:** *hiraki gamae*
- **offense:** grab outside wrist (katate, arm down, same side)
- **defense:** kagite shuho (step forward), release (shuto uchi), kumade zuki, jun sagari zanshin
- **remarks:** *pivot elbow forward from wrist*