



Kihon Gaeshi Jutsu Kata #1

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Kihon Gaeshi Jutsu Kata #1 is composed of twenty techniques as defenses to specific types of situations and types of attacks as a requirement for advancement to Yellow belt in Ju Jutsu

Opening: With Tori on the right side and Uke on the left side as seen from the Joseki (place of honor) both begin by doing the following simultaneously: At a point outside the mat area, Uke and Tori perform Ritsurei (standing bow) in a closed posture (heels together, toes apart), to the mat area. Starting with the left foot then the right, they walk, Ayumi Ashi (normal walking), to the center of the mat area and stop 18 feet apart. Uke and Tori perform Ritsurei toward the Joseki in a closed posture, (heels together, toes apart). Uke and Tori turn toward each other and perform Ritsurei in a closed posture. They take one step forward, starting with the left foot then the right and assume shizen hontai (a normal open posture), putting them 12 feet apart. After a brief pause, Tori, starting with the left foot then the right, walks Ayumi Ashi, to a central position facing Uke in shizen hontai (natural posture) ready to start the kata. After a brief pause Uke advances and attacks Tori. After each technique Tori and Uke switch sides. At the end of each set Tori and Uke return to their 12 foot positions, turn away from each other and tidy their uniforms, they turn simultaneously towards the Joseki in order to begin the next set.

Closing: With Tori on the right and Uke on the left side as seen from the Joseki, both end by doing the following simultaneously: At the end of the fourth set, Uke and Tori tidy their uniforms at the twelve foot mark and then after turning to face each other, both step one pace backward on their right foot and then their left foot coming to a closed posture. Uke and Tori perform Ritsurei to each other. Both turn and perform Ritsurei to the Joseki, in a closed posture. Starting with the right foot then the left foot, they walk backward using Ayumi Ashi to the edge of the mat where they perform Ritsurei in a closed posture to end the Kata.

Set 1: Uwagi Dori Gaeshi 1 through 5

Set 2: Kote Dori Gaeshi 1 through 5

Set 3: Ippon Kumite 1 through 5

Set 4: Sutemi and Ne Waza Gaeshi: Seiza Waza 1 through 5

UWAGI DORI GAESHI / CLOTHING GRABS DEFENSES

1. TS Inverted wrist lock (keep centered), step forward to 45NW front stance front kick (back leg)
2. TS Inverted wrist lock, keep centered, right leg front kick to abdomen from left front stance, put leg down pivot around and down to mat, break elbow and back fist to temple
3. TS Inverted wrist lock, keep centered, right leg front kick to abdomen from left front stance, finish

- to Charlotte goose neck
4. TS Step out with left leg and make front stance with right leg back and wristlock, rear leg front kick. Keep wristlock with right hand, grab shoulder with left hand, stand uke up and left leg De Ashi Harai to support leg. Keep wrist lock into ground
 5. TS Inverted wrist lock, keep centered, right leg front kick to abdomen from left front stance, step over arm with left leg and turn back on Uke, back kick under Uke's abdomen with right leg and roll to left while maintaining wrist lock. Finish with left leg axe kick to face

KOTE DORI GAESHI / WRIST GRAB DEFENSES

Katate Dori

1. Circle up and over, bow with double hand grip to break wrist
2. Grab right, cross step right, escape, turn low under uke's arm, stand up and pull down to break (Ude Gatame)
3. Same as #2 follows into Shiho Nage as uke bends arm to resist arm bar
4. Elbow break (#2 wrist grab) pirouette inwards x2 to floating throw as uke pulls elbow back to resist arm bar
5. Step forward then 180 pivot, grip change, Shiho Nage to uke's rear

IPPON KUMITE I / ONE STEPS I

TSUKI GAESHI / DEFENSES AGAINST PUNCHES

1. SFP High block, reverse punch to chin, left front stance
2. SMP Left foot step outside attack to side stance, inward forearm middle block and double punch to floating ribs followed by mid section round kick with shin and back of foot
3. SMP Left step outside to front stance, right knife hand outward outer forearm block, grab, face punch and rib punch with left, round kick to temple with ball of right foot
4. SFP Step forward into right back stance, left knife hand high block with, pull and turn into Seoi Nage
5. SFP Right step forward into side stance, right hand inside flowing block, pull and turn into Seoi with leg assist

SUTEMI & NE WAZA GAESHI / SACRIFICE AND GROUND DEFENSES

Seiza Waza / Kneeling

1. Standing attacker makes Mae Geri. Hook behind support foot with one hand and press below inside of knee with the other for take down
2. Standing attacker grabs at shoulder. Reach across body invert wrist and apply Kote Mawashi
3. Standing attacker grabs same side wrist. Kote Mawashi
4. Standing attacker grabs same side wrist. Turn palm up, grab from below with free hand, break grip and throw with Koto Gaeshi
5. Standing attacker grabs same side wrist. Raise hand with uke's pull and rise from the close knee, counter grip with free hand. Pivot 180 and change legs so that you are still kneeling on the outside leg, slide step if needed and throw with Shiho Nage