



Kihon Gaeshi Jutsu Kata #2

Address: P.O. Box 150355, Austin, TX 78715
Telephone: (662) 769 5522

Kihon Gaeshi Jitsu Kata #2 is composed of twenty techniques as defenses to specific types of situations and types of attacks as a requirement for advancement to Orange belt in Ju Jitsu

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 6 through 10

Set 2: Kote Dori Gaeshi 6 through 10

Set 3: Ippon Kumite 6 through 10

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

UWAGI DORI GAESHI / CLOTHING GRABS DEFENSES

6. TS Make T elbow up, lock shoulder with flat arm, cross step right then left keep low and throw with Ude Garami Nage to 45NW
7. TS Elbow up, Seoi Nage with double sleeve grip as attacker resists initial action
8. BS Scissors escape (elbows together) side stance, back fist back stance

9. BS Scissors with back fist, left Koshi Nage
10. BS Small circle wrist lock with ridge hand from below *Optional throw to finish

KOTE DORI GAESHI / WRIST GRAB DEFENSES

Katate Dori

6. Bow and arrow (arm bar and Urakaisho Gatame)
7. Same as #5, bow and arrow to choke, left Koshi Nage with arm bar
8. Tenkan Kote Hineri, wrap arm, kick back knee, down, trap arm with knee and punch
9. Spear hand in left front stance, step behind, arm lock high and left back fist to base of skull in right front stance
10. Break grip, inverted wrist lock and kick from Zenkutsu Dachi (similar to top sleeve defense, but with both thumbs on back of hand)

IPPON KUMITE I / ONE STEPS I

TSUKI GAESHI / DEFENSES AGAINST PUNCHES

6. SMP Right foot step inside attack to side stance, right outer forearm middle block and right back fist to temple, right step to front stance and left reverse punch
7. SMP Right foot step inside to Kiba Dachi, right inward outer forearm middle block, right back fist to temple, grab neck and pivoting step across with left for opposite side Koshi Nage
8. SFP Right foot step inside, scissors block, left hand on outside of wrist, right hand on inside of elbow. Scoop head with right hand bring knee up as head is pushed down
9. SFP Right foot step inside, scissors block, left hand on inside of wrist, right hand on outside of elbow, hyperextend lock, rotate left hand downward, fold uke's arm and step behind, apply Ude Garami using left arm. Take to ground and finish.
10. SFP Right foot step inside, scissors block, right hand on inside of wrist, left hand on outside of elbow, hyperextend lock, fold and step behind, apply Ude Garami with left arm. Take to ground and finish.

SUTEMI & NE WAZA GAESHI / SACRIFICE AND GROUND DEFENSES

Sutemi Geri Waza / Sacrifice Kicking

1. Attacker pushes from the front, collapse (fall over) trap with foot to inside (or outside) of attacker's foot and side kick to knee (OR push instead of kick for safety)
2. Attacker pushes from the front. Collapse, trap leg with outside foot and hook kick to back of knee
3. Attacker shoves from the side, opposite side facing. Collapse, step behind and front leg hook kick to inside of shin
4. Attacker shoves from their right side, opposites side facing. Collapse, hook left instep around front of uke's right ankle, then hook back of uke's knee, apply scissors and make uke fall forward. Finish in kneeling position, left leg forward and right leg down, trapping uke's leg inside the fold of your right leg, their foot against the inside of your thigh.
5. Attacker grabs Tori's shoulder and pushes to Tori's rear. Tori grabs Uke's grabbing arm, collapses and performs Yoko Wakare, with foot assist and follows with a round kick to the kidneys.