



Kihon Gaeshi Jutsu Kata #3

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

Kihon Gaeshi Jitsu Kata #3 is composed of twenty-five techniques as defenses to specific types of situations and types of attacks as a requirement for advancement to Green 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 11 through 15
- Set 2: Kote Dori Gaeshi 11 through 15
- Set 3: Ippon Kumite I 11 through 15
- Set 4: Ippon Kumite II 1 through 5
- Set 5: Sutemi and Ne Waza Gaeshi: Seiza Waza 6 through 10

UWAGI DORI GAESHI / CLOTHING GRABS DEFENSES

11. BS Grab own hand and pull up, kick down with thrusting side kick to shin and bridge of foot
12. ES Lock wrist in crook of elbow side step, upset punch in front stance
13. ES Hold in place with right hand, fold arm, keep elbow high, step and pivot, use elbow and hip rotation to break wrist

14. ES Lock wrist, upset punch, twist to right front stance and break wrist, turn toward attacker and turn back to O Soto Gari
15. ES Wrap up with Te Gatame, grab throat, Tai Otoshi after forcing attacker to step back two or three times, right foot steps first

KOTE DORI GAESHI / WRIST GRAB DEFENSES

Katate Dori

11. Break grip with overhand grip thumb up. Turn uke's wrist up and grab thumb with freed hand, rotate into (Charlotte) Goose neck
12. Goose neck wrap up: Break away first, then right cross step and strike elbow with inverted Shuto, left back step and wrap
13. Goose neck wrist lock as #12, three steps forward and circle throw by lifting the lock
14. MSK Son Mok Sul #6, milk the cow, step back and drop to left knee. Wrist inversion and align to lock using centered hands and hip block rotation, vertical lock and trap thumb in Kokutsu dachi
15. Kuzure Tenkan Kote Hineri come along with arm over left shoulder (use modified finger grips)

IPPON KUMITE I / ONE STEPS I

TSUKI GAESHI / DEFENSES AGAINST PUNCHES

11. SMP Step outside left and knifehand block with right hand. Left hand ridge hand strike base of uke's skull and then grab his far shoulder. Right hand grabs the extended arm. As uke stands up, pivot 180 and right hand strikes across throat or face. Throw with Irimi Nage.
12. SMP Left foot steps outside and left hand push block, right hand comes under the attacker's arm and makes wrapping ridge hand to opposite side of neck. Make Kata Gatame grip and stepping through, perform Ura Koshi Nage (both back hips).
13. SMP Left foot step outside to Kiba Dachi, left outer forearm middle block and left back fist to side of head, outer reap by hooking elbow at same time
14. SMP Right leg steps forward, left hand blocks and grabs wrist, right hand makes inward inverted knifehand strike to side of neck. Left leg steps backward, kneel and make Kubi Guruma with 90° turn.
15. SMP Left knifehand block and inverted knife hand to neck, right instep to groin, elbow on sternum and left step Kubi Guruma with 270° turn.

IPPON KUMITE II / ONE STEPS II

GERI GAESHI / DEFENSES AGAINST KICKS

- 1 FK ⇒ R step back = X block, grab and rear leg FK to groin
- 2 FK ⇒ R step forward and in = absorbing O-I block with left hand grabbing leg, right hand shin press put down & groin punch
- 3 FK + P ⇒ R step forward and in = absorbing O-I block, left hand leg grab, right hand block punch and Kuchiki Taioshi
- 4 FK ⇒ L step forward to outside of kick = under hook and catch the kick with the right hand, reap the supporting leg with O Soto Guruma
- 5 FK ⇒ L step forward to outside of kick = under hook and catch with R hand, transfer L hand to rear body grab and sweep support foot with L leg using Ko Soto-type action.

SUTEMI & NE WAZA GAESHI / SACRIFICE AND GROUND DEFENSES
Seiza Waza / Kneeling

6. Standing attacker grabs same side wrist. Move to live toes, counter grip uke's wrist with same hand. Draw the arm across front of your body. Rise to same side knee, pivoting 90° toward the gripped hand and throw with standard Kata Guruma from double kneeling position
7. Standing attacker grabs cross wrist. Move to live toes, counter grip uke's wrist with same hand. Draw the arm across front of your body. Rise to same side knee, pivoting 90° toward the gripped hand and throw with standard Kata Guruma from double kneeling position
8. Standing attacker grabs same side wrist. Move to live toes, escape grip and re-grip uke's wrist with opposite hand (inverted wrist lock). Rise on back knee, draw the arm across your back, pivoting 90° toward the gripping hand and throw with reverse Kata Guruma from kneeling position
9. Standing attacker grabs cross wrist (inverted wrist lock). Escape grip and re-grip uke's wrist with opposite hand. Rise on back knee, draw the arm across your back, pivoting 90° toward the gripping hand and throw with reverse Kata Guruma from kneeling position
10. Ago Zuki from one leg up kneeling. Lean back, grab with both hands, redirect punch into Waki Gatame and sit through (Kime derivative)

Version: 04/05