



## *Kihon Gaeshi Jutsu Kata #4*

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

**Kihon Gaeshi Jutsu Kata #4 is composed of forty techniques as defenses to specific types of situations and types of attacks as a requirement for advancement to Brown III 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. Uke walks to the Joseki edge of the mat and, in seiza, places the weapon blade facing away from the mat and the joseki, before returning to the bowing place. 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. Tori and Uke **DO NOT** switch sides after each technique. 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 16 through 20
- Set 2: Kote Dori Gaeshi 16 through 20
- Set 3: Ippon Kumite I 16 through 20
- Set 4: Ippon Kumite II 6 through 10
- Set 5: Sutemi and Ne Waza Gaeshi: Seiza Waza 11 through 15
- Set 6: Kakae Dori Gaeshi 1 through 5
- Set 7: Shime Gaeshi 1 through 5
- Set 8: Tanto Gaeshi 1 through 5

## **UWAGI DORI GAESHI / CLOTHING GRABS DEFENSES**

16. ES Standing to side (facing joseki). Near leg twisting kick to opposite temple
17. ES Standing to side (facing joseki). Elbow wrap and lock. Optional turn in to throw with O Soto
18. SS or 1HL Ridgehand strike + Waki Gatame, Zenkutsu Dachi, elbow strike to back
19. SS or 1HL, Ditto 18 flow into Kote Gaeshi
20. SS or 1HL, Ditto 18, grab thumb with hand closest to head and rotate into Charlotte gooseneck

## **KOTE DORI GAESHI / WRIST GRAB DEFENSES**

### **Katate Dori**

16. Left step forward and out, spinning knifehand elbow break from right foot forward Zenkutsu dachi
17. Grab attacker's hand with right, left step and pivot under attacker's arm, front kick with ball of right foot to abdomen without setting foot down
18. Counter grip, O Soto Gari with tiger mouth strike
19. Counter grip with inverted Y hand, Kaiten Nage (elliptical arm throw)
20. O Soto Gari to Kaiten Nage when uke resists

## **IPPON KUMITE I / ONE STEPS I**

### **TSUKI GAESHI / DEFENSES AGAINST PUNCHES**

16. SMP Right foot step across, knifehand block with right, turn under spinning knifehand strike to ribs, break elbow
17. SMP Ditto 16, step forward and under, reverse the elbow to Shiho Nage derivative
18. SMP Left foot step forward to back stance, double knifehand guarding block and lead hand arm wrap, single front elbow strike and O Soto Gari
19. DMP Left foot step inside to side stance, double outer forearm middle blocks right and left, wrap arm and push head for opposite side O Soto Otoshi
20. DMP Double Outer Forearm Wedging Block from Left Front Stance. Reach through, grab the Head and Right Leg Knee Strike from Front Stance

## **IPPON KUMITE II / ONE STEPS II**

### **GERI GAESHI / DEFENSES AGAINST KICKS**

1. FK⇒ L step forward and out = tightly under hook the kick with the right arm and join hands. Rotate away from uke keeping foot controlled with biceps. Drop to kneeling position and continue locking the leg and apply pressure at Achilles tendon.
2. SK⇒ R step back = X block and hook to step forward, right palm heel chest strike
3. SK⇒ L step forward and out = R + L scissors block, hook foot and foot spin air fall rotation throw
4. SK⇒ L step out to Kiba Dachi = catch with right hand, left elbow strike to top of thigh, continue by cross stepping to Ushiro Ate, end kneeling on uke's far side
5. SK⇒ L step forward and outside = brush kick aside and sweep under right uke's armpit with right hand, grab far collar. Step around behind and complete Okuri Eri Jime with left hand assisting right. Take uke to ground to finish choke.

## **SUTEMI & NE WAZA GAESHI / SACRIFICE AND GROUND DEFENSES**

### **Seiza Waza / Kneeling**

11. Yoko Shuto Uchi from kneeling. Duck under, reach around with right, right leg up, press against uke's lower right back to push uke backward. Left step to follow into Kata Gatame. Hold uke's arm with left hand and Hiji Otoshi Ata to solar plexus (Kime)
12. Kakae Dori from behind, arms trapped. Grab uke's left arm, drop your right leg back and make rolling Seoi Nage, finish with groin punch (Kime)
13. Eri Dori from front. Trap uke's hand, move to outside and push on their elbow, finish with Ikkyo
14. Eri Dori from front. Invert uke's grip and make wrist lock, move to outside, slice across uke's elbow to make Ude Garami and lock shoulder
15. Hiji Dori from front. Grab uke's hand by folding your arm, rolling it in and down. Use your free hand to push uke with open palm strike under chin)

### **KAKAE DORI FUSEGI / BODY HOLDING ESCAPES**

- 1 Bear hug under arms from front: grab waist and spear finger throat
- 2 Bear hug under arms from front: Twist head O Soto Otoshi
- 3 Bear hug under arms from front: Twin inverted knifehand or thumb strike to side of neck (option ii clap ears)
- 4 Bear hug under arms from front: Twin nerve pressure thrust to submandibular plexus
- 5 Bear hug above elbows from front: Cross step left and raise arms, catch opponent's arm in elbows, right step through and Koshi Nage

### **SHIME GAESHI / CHOKE DEFENSES**

#### **Hadaka Jime (Ura)**

1. Grab forearm with both hands and roll down, spin under and out, pivot and drop uke with Hiki Taoshi, finish with Te Gatame
2. Grab forearm with both hands and roll down, spin under and out, step behind finish with back hammer and reverse the choke hold
3. Grab forearm and high on the attacker's sleeve, drop to kneeling and throw with Seoi Otoshi finish with face strike
4. Grab forearm and high on the attacker's sleeve, roll arm down, step out and around, throw with O Soto Otoshi
5. Grab forearm with one hand, elbow strike with the other and then reach around uke's head, throw with Gyaku Kubi Otoshi

### **TANTO GAESHI / KNIFE DEFENSES**

- 1 Down: High knifehand block, grab sleeve with free hand and redirect into Seoi Nage
- 2 Down: High block, grab at wrist with both hands, fold attacker's arm backward and lock shoulder, keep elbows together and drop to floor

- 3 Down: Two hand grab and redirect forward into Waki Gatame
- 4 Down: Left step forward, inside to outside high circular block with left hand, continue circle out and down to the other hand pivot and throw with Tenkan Kote Gaeshi or Shiho Nage depending upon uke's reaction
- 5 Down: Right step backward, 2 hand Y grip from the top of uke's wrist, left step forward, spin and redirect knife into uke's own abdomen

Version: 01/05