



## *Kihon Gaeshi Jutsu Kata #5*

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

**Kihon Gaeshi Jutsu Kata #5 is composed of forty-five techniques as defenses to specific types of situations and types of attacks as a requirement for advancement to Brown II 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 and Tori walk to the Joseki edge of the mat and, in seiza, place their weapons, long edge parallel to the joseki, blade (if any) facing away from the mat and the joseki, before returning to their places. 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 21 through 25
- Set 2: Kote Dori Gaeshi 21 through 25
- Set 3: Ippon Kumite I 21 through 25
- Set 4: Ippon Kumite II 11 through 15
- Set 5: Sutemi and Ne Waza Gaeshi: Anza Waza 1 through 5
- Set 6: Kakae Dori Gaeshi 6 through 10
- Set 7: Shime Gaeshi 6 through 10
- Set 8: Tanto Gaeshi 6 through 10
- Set 9: Jo Waza 1 through 5

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

21. 1HL V-grab, step inward, Y hand to wrist lock pressing down (YMK)
22. 1HL break grip, invert and bend wrist Kote Mawashi and push to ground
23. 1HL Pull lapel away, hit face with free hand and then grip wrist and perform Oshi Taoshi to the ground
24. 1HL Turn in toward grip, uppercut and Kote Gaeshi
25. 2HL Wrist turn out lock, cross step and make Shuto strike to inner elbow, pass hand behind back, Koshi Nage

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

### **Katate Dori**

21. Ushiro Koshi Nage with strike to armpit and grab
22. Kote Gaeshi (step back left to throw)
23. Tenkan Kote Gaeshi with afterburn
24. Kata Guruma
25. Circle in-over & grab, twist kick to armpit

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

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

21. SMP Right over hand grab and simultaneous spinning rear left elbow strike with left leg back , step out with left leg and make front stance with right leg back and wrist lock, rear leg front kick.
22. SMP Right over hand grab and simultaneous spinning rear left elbow strike to solar plexus with left leg back , step out with left leg and make front stance with right leg back and wrist lock, rear leg front kick. Keep wrist lock with right hand, grab shoulder with left hand, stand uke up and left leg De Ashi Harai to support leg.
23. SMP Left foot step outside to uke's rear corner, push block with left hand, floating rib punch with right, step behind, and perform Hadaka Jime followed by Ushiro Ate
24. SMP Left foot step outside and right hand reach for far lapel, step around to uke's rear and with left hand complete Okuri Eri Jime
25. SMP Left foot steps outside of attacker and left hand enveloping push block. Keep the hand and continue to turn away from uke, apply Waki Gatame in front stance with right foot forward. As the elbow locks and uke begins to react, step right then left and finish with Kote Gaeshi.

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

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

11. RK⇒ L step inward and drop to left knee, pivot backwards and spinning Kagi Geri to the support foot.
12. RK⇒ R step forward and in = R block and L underhook, right hook rear shoulder to Uchi Mata
13. RK⇒ R step forward and in = L block and R underhook, kneeling Seoi Nage
14. RK⇒ L step in and over hook = Sweep support foot from front with Harai-type action using L leg

15. HK⇒ L step forward and out = L block and R underhook, right RK to chest

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

### **Anza Waza / Sitting**

1. Standing attacker grabs cross wrist. Break grip and grab with free hand, Uchi Uke Nage with butt pivot
2. Kneeling attacker makes Hadaka Jime. Grab uke's forearm with both hands, fall backward and slump. Far leg steps over so that you turn to face uke. Close hand grabs uke's throat, use grip to push up and out of uke's attacking choke
3. Standing attacker grabs collar from front. Grab collar and sleeve, throw with Tomoe Nage
4. Standing attacker grabs collar. Two hands grab same sleeve, one high, one low. Extend leg on same side as grip and throw with Yoko Otoshi
5. Kneeling attacker attempts same side Kote Gaeshi. Circle out and over to redirect to Kote Mawashi with free hand

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

- 6 Bear hug above elbows from front: lean and O Soto Otoshi
- 7 Bear hug from behind under arms fingers laced: Break grip using Yubi Gatame. Step free and make inverted wrist lock and front kick from Zenkutsu Dachi
- 8 Bear hug from behind under arms wrist grab: Peel off top hand using Yubi Gatame, step under and out to make Ude Garami back hammer
- 9 Bear hug from behind above elbows: Raise arms and strike with hips. Left hand grabs opposite hand, and right arm underhooks elbow then Seoi Nage/Seoi Otoshi
- 10 Bear hug from behind above elbows: Strike and press on back of hand, break grip using Yubi Gatame, pivot step out and keep arm, apply Te Gatame using center and throw with Mae Otoshi through the arm bar.

## **SHIME GAESHI / CHOKE DEFENSES**

### **Ryote Kokote Dori (Ura)**

1. Ushiro Hiji Empi to solar plexus, back step, grab one of the hands and break grip, finish to Kote Hineri, back hammer and Urakaisho Gatame
2. Ushiro Hiji Empi to solar plexus, back step, grab one of the hands and break grip, finish to Kote Hineri and Oshi Taoshi / Hiki Taoshi depending upon uke's reaction
3. Knife hand strike to floating ribs, two hands grab one arm and throw with Seoi Nage

### **Ryote Kokote Dori (Omote)**

1. Reach over both of attacker's hands with one hand, raise the other hand and rotate body, walk through (check, please!). \*Optional finish to Waki Gatame
2. Twin inverted knifehand to floating ribs

## **TANTO GAESHI / KNIFE DEFENSES**

- 6 Down and In (Naname Uchi): Cover with left hand, pivot and step to finish with Kote Gaeshi
- 7 In: Step inside, inward outer forearm block, break elbow at same time, step behind and wrap arm, back fist to back of head
- 8 In: Duck under, right ridge hand to opposite side of head, finish to standing Kata Gatame and optional throw
- 9 In: Circle step with left knifehand block flowing into evasion and redirection of knife into uke's abdomen
- 10 Out: Duck, step outside double outer forearm middle block, arm bar and Urakaisho Gatame

## **JO WAZA / STICK CONTROLS**

1. CW Long over wrist lock, front stance, kick
2. CW Short over wrist lock, front stance, kick
3. CW Trap and cover hand, short over and support other end on elbow (create Kote Mawashi)
4. CW Step through, lock arm behind, choke with optional take down
5. CW Grab the wrist with your free hand step through and lock the arm with the stick. Push down on the far end of the stick, tighten the lock and then grab the collar and stand uke up to transport in the Ude Garami

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