



## *Kihon Gaeshi Jutsu Kata #6*

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**Kihon Gaeshi Jutsu Kata #6 is composed of forty-nine techniques as defenses to specific types of situations and types of attacks as a requirement for advancement to Brown I 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 26 through 30
- Set 2: Kote Dori Gaeshi 26 through 30
- Set 3: Ippon Kumite I 26 through 30
- Set 4: Ippon Kumite II 16 through 20
- Set 5: Sutemi and Ne Waza Gaeshi: Tate Gaeshi 1 through 5
- Set 6: Kakae Dori Gaeshi 11 through 15
- Set 7: Kubi Gatame Fusegi 1 through 5
- Set 8: Shime Gaeshi 11 through 14
- Set 9: Tanto Gaeshi 11 through 15
- Set 10: Jo Waza 6 through 10

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

26. 2HL Twist head, O Soto Gari turning attacker to side
27. 2HL Head twist to reap (almost) turn opposite way into Tai Otoshi
28. 2HL Swinging arm break with hip swivel from same side leading to arm trapping
29. 2HL Swinging arm break with hip swivel with opposite arm leading to arm break away
30. 2HL Twist grips down and in towards uke's thumbs, pivot under and throw with Ryote Dori Uki Nage or Ryote Dori Seoi Nage

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

### **Juji Katate Dori**

1. Grab with thumb on back of hand, escape, step with left foot toward uke and Kote Gaeshi to their rear corner
2. Double circle elbow break
3. Cross step Shiho Nage to tori's front
4. Double circle elbow break and Shiho Nage combo
5. Escape and step through, right knifehand rib strike, wrap up arm and pull back with large step, right back fist to back of head

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

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

26. SMP Left foot steps outside, middle block with the left arm and then left hand reaches over the punch and grabs the wrist (thumb down), twist wrist outward, add right hand Ago Tsuki to uke's chin and then add right hand to the wrist lock and finish with Kote Gaeshi.
27. SUP (attacker makes Ago Tsuki/uppercut while stepping forward). Step back with left foot (or forward with right depending upon spacing), follow punch and redirect with right hand, folding uke's elbow upward, apply Waki Gatame
28. SUP (attacker makes Ago Tsuki/uppercut while stepping forward). Step back with left foot (or forward with right depending upon spacing), follow punch and redirect with right hand, folding uke's elbow upward, apply Ude Hineri to the wrist and lock the elbow. Once locked, double the wrist grip and twist, then swap right hand to elbow. Step to the outside and using elbow pressure, rotate uke down to the ground and apply Ude Garami.
29. SUP (attacker makes Ago Tsuki/uppercut while stepping forward). Step back with left foot (or forward with right depending upon spacing), follow punch and redirect with right hand, left hand folds uke's elbow upward, apply Ude Hineri to the wrist and lock the elbow. Step forward with left foot and push through the lock into the throw.
30. SKS (attacker makes Naname Uchi, slanting strike, to side of head). Right step inside the attack, left outward knifehand block and right back knuckle punch to side of cheek. Grab Wrist, turn uke's arm across in front of you, left step and pivot under the arm, apply elbow lock over right shoulder and finish with Koshi Nage.

**IPPON KUMITE II / ONE STEPS II**  
**GERI GAESHI / DEFENSES AGAINST KICKS**

16. HK ⇒ L step forward and out = L block and R underhook, left grab shoulder and Ushiro Goshi with supporting leg foot sweep
17. FK + LP ⇒ R step backward to form Zenkutsu Dachi and Left Gedan Barai, then quickly step with Left foot shifting body inside punch, right FK to chin and L RP to solar plexus
18. FK + LP ⇒ L step outside simultaneous right Outward Knifehand block, right RK to Solar Plexus stepping down toward and L RP to solar plexus
19. FK + LP ⇒ L step outside simultaneous right Outward Knifehand block, Left Inward Crescent Kick to back of the Head followed by Right TBH to Head. Finish with LRP after putting hook kick down in front
20. FK + LP ⇒ L step outside simultaneous right downward pushing block, right RK to face and right HK to back of head

**SUTEMI & NE WAZA GAESHI / SACRIFICE AND GROUND DEFENSES**  
**Tate Gaeshi / Straddling Defenses**

1. Ryote Jime attack (legs trapped). Grab wrist from outside and strike chin with open palm. Keep uke's wrist and roll inward, finish to Waki Gatame
2. Ryote Jime attack from uke kneeling at side. Grab wrists, leg hook over and push away to Juji Gatame
3. Ryote Jime (legs free). Push uke's elbows together, cross wrist counter grab, turn uke's head with free hand and push. Throw leg over arm and under chin. Kneel up and fold uke's arm into the close hip. Slide forward and drop into shoulder lock. Potential exists to lock wrist, elbow and shoulder.
4. Ryote Jime (legs trapped). Push from just below uke's elbows with web hands, palms up. When uke pitches forward to improve position, use bridge and roll with big hip arch to escape
5. Ryote Jime (legs trapped). Snake through grip and twist head, throw as you bridge and roll to one side

**KAKAE DORI FUSEGI / BODY HOLDING ESCAPES**

- 11 Bear hug from behind above elbows: Spread arms, drop and push butt backwards, hyperextend one of uke's legs, grab at the ankle and lift the leg. Finish with Osae Kagi Geri to groin.
- 12 Bear hug from behind above elbows and lifted off ground: Hook leg and maki-komi
- 13 Full nelson: Relax arms and drop finish with groin strike
- 14 Full nelson: Grab finger, turn and throw back with Yubi assisted Shiho Nage
- 15 Attempted full nelson: Reach up before the attacker completes the grip and grab the head with both hands, kneel and throw with Morote Kubi Otoshi.

**KUBI GATAME FUSEGI / HEAD LOCK ESCAPES**

1. Attacker makes side head lock with cross handgrip: Groin strike with front hand and with rear hand comes to near side of attacker and pushes back under nose or chin

2. Ditto, but tori adds a near leg lift using your close thigh
3. Ditto, but tori uses thumb to push under mandibular corner to wedge upward, then punches with far hand to gut and finishes with tiger mouth grab and O Soto Otoshi
4. Ditto, tori grabs back of head or collar from the rear with the close hand. Strike with the other hand at the back of the gastrocnemius muscle to get a knee jerk response. Use the knee jerk to lift the leg and throw uke backward, finish with groin strike
5. Ditto, but tori makes step under and rotate into Yoko Guruma with a groin grab.

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

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

11. Twin wedging block, grab head and Hiza Geri
12. Nukite to manubrium nerve plexus with hip twist
13. Ago Hiji Ate to chin with hip twist followed by grip release and Tenkan Kote Hineri
14. Twin grip break using down and out press, turn and left step across, 180 pivot and left step again throwing with Juji Guruma

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

- 11 Out: Block at elbow, single backward elbow strike, Ude Gatame and wrist, grabbing your own jacket
- 12 Out: Duck, step outside, double forearm block, grab and turn the wrist upward, left step under the arm and make elbow lock using right shoulder, finish with Seoi Nage from the lock
- 13 Thrust: Left Zenkutsu Dachi x block right on top, inverted wrist lock and front kick
- 14 Thrust: Left foot forward, x block left on top, Kote Gaeshi
- 15 Thrust: Left step outside to Kiba Dachi, grab uke's elbow with left hand, strike face with right fist, finish to Waki Gatame

### **JO WAZA / STICK CONTROLS**

6. SW Long stick to elbow goose neck come along
7. SW Short stick to elbow goose neck come along
8. SW Strike under arm, wrap arm under stick and lever to Tai Otoshi
9. SW Cross step right to left, strike under arm at back of shoulder and twist stick under neck rotate uke's arm over stick to take down
10. SW Strike under arm, duck under, kneeling Tenkan Kote Gaeshi