



Kote Dori Jutsu Kata #1

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Kihon Gaeshi Jitsu Kata #1 is composed of eight techniques as a continuous flow, control and manipulation sequence as a requirement for advancement to Black 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 danger zone, 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 reaches out to attack Tori with the right hand. The kata is demonstrated as a continuous sequence of moves, during which, Tori demonstrates an understanding of flow, continuous control of Uke's degrees of freedom, manipulation of choice and continuous gripping.

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 kata, 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.

Note 1: Teach this form as a Forward framing or Chaining sequence; 1, 1+2, 1+2+3, 1+2+3+4....

Move1: (blend and pivot) **Kote Gaeshi** [deriv: TG#6]

Move 2: (wrist grip change to) **Tenkan Kote Gaeshi** [deriv: KDG#23]

Move 3: (elbow in rear to create spinal lock) **Shiho Nage** [KDG#5]

Move 4: (add extra hand) Elbow pushing **pinwheel Kote Gaeshi** [deriv: UDG#10]

Move 5: (turn under and push up to use Uke's resistance) **Ude Hineri** to the ground [deriv: KDG#8]

Move 6: (push elbow and control wrist) **Goose neck** (fingers forward) [deriv: KDG#12]

Move 7: (allow uke to push forward and out) **Uke Nage** (floating throw) [KDG#13]

Move 8: (grip change from left to right hand, wrist twist and elbow lock on the extension) **Kata Guruma** (left knee down)

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