



Shodan Kata

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Shodan Kata is composed of forty-one techniques as defenses to specific types of situations and types of attacks as a requirement for advancement to Black 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.

Each set should be completed as continuous flow of techniques, without pause, one technique following on from the last, wherever it finishes in the combat area.

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 31 through 35

Set 2: Kote Dori Gaeshi 31 through 35

Set 3: Ippon Kumite I 31 through 35

Set 4: Ippon Kumite II 21 through 25

Set 5: Sutemi and Ne Waza Gaeshi: Tate Gaeshi 6 & 7

Set 6: Kubi Gatame Fusegi 6 through 9

Set 7: Shime Gaeshi 15 through 17

Set 8: Tanto Gaeshi 16 through 18

Set 9: Jo Gaeshi 1 through 5
Set 10: Jo Waza 11 through 15
Set 11: Juu Gaeshi 1 through 4

UWAGI DORI GAESHI / CLOTHING GRABS DEFENSES

31. BU Pressure points outside elbow and wrist, push up to apply Te Gatame, bend down with uke's resistance to lock, step through, lock and choke
32. BU Pressure points elbow and wrist, hyperextend elbow then step behind, lock and choke, lift with hips and drop attacker on their back and hold them in place with left knee, finish with left fore fist punch
33. BU Trap hand, make corner of wrist, back step and hip pivot, saw on front wrist to throw
34. BD Back fist hand, twist hip and pull into back fist to temple
35. BC/F Duck, upset punch, elbow break on the way up, O Soto Gari using armpit lift

KOTE DORI GAESHI / WRIST GRAB DEFENSES

Juji Katate Dori

31. Cover back of hand, Kote Mawashi (step to side in direction of elbow and throw away)
32. Step left, left backward elbow single strike, wrap over and under uke's elbow, grab your collar and push down at the wrist to apply Kuzure Ude Gatame
33. Step into Kokutsu Dachi hand under arm to clavicle, lever down with attacker's hand palm up to apply Ude Gatame, finish with Tai Otoshi (Kubi Guruma variant)
34. Circle in-over & grab, rotate attacker's wrist to bend them over, pull & front kick to abdomen
35. Turn uke's wrist up and grab thumb with free hand, break grip, rotate into (Charlotte) Goose neck

IPPON KUMITE I / ONE STEPS I

TSUKI GAESHI / DEFENSES AGAINST PUNCHES

31. 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 and turn arm across in front of you, pivot to finish with Shiho Nage
32. SHP (attacker makes Hooking Punch). Right step inside the attack, block with left arm and back elbow strike with right arm. Continue action with right arm to encircle the head and make single arm wrapping choke (Kata ude Maki Jime).
33. SHP (attacker makes Hooking Punch). Right step inside the attack, block with left arm and back elbow strike with right arm. Continue action with right arm to encircle the head and make single arm wrapping choke (Kata ude Maki Jime). Finish to head wrapped Sumi Gaeshi.
34. SHP. Duck and left step outside. Grab arm with right hand and side elbow strike to side of head with left arm. Wrap head from the front to bend uke backward in a reverse wrapping choke (Gyaku Kata ude Maki Jime).

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

21. SK ⇒ Shift to left (outside kick) and double right HK
22. SK ⇒ Right step clockwise to left back corner, left push block, right double TBH
23. RK ⇒ Shift inside kick with right foot back Kokutsu Dachi, left outward knifehand block right RK and LRP
24. HK ⇒ Rear leg HK to outside
25. Step up left FK ⇒ Shift to left (inside kick) and right FK

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

1. Standing attacker with Katate Jime, getting ready to punch with free hand (legs in). Grab wrist and entwine one leg from the rear, hooking your toes on the front of their hip. Push yourself out to the side and push their support leg away with your free foot. Apply Koshi Gatame (hip lock)
2. Ryokatate Dori (legs free) [This is a typical rape position]. Leave hands where they are and push your body away from uke's hips. Throw a leg over and finish to Juju Gatame (or modification thereof), uke face down.

KUBI GATAME FUSEGI / HEAD LOCK ESCAPES

6. Attacker makes side headlock with cross handgrip, but tori makes Te Guruma by reaching for the far leg instead of grabbing the groin (see #5, Ikkyu kata).
7. Ditto, but tori gets close hand inside the headlock as it is being applied to create space for head. Hand inside the lock holds attacker's wrist, other hand pushes at elbow. Push hands, pull head out. Finish to Te Gatame
8. Ditto, but finish to back hammer lock twist wrist down and push up
9. Opposite facing head lock: Pull hand and push elbow to wrist lock, spin out to inverted wrist lock and front kick

SHIME GAESHI / CHOKE DEFENSES
Juji Jime (Omote)

1. Press attacker's low elbow down, push high elbow up, pivot in direction of low elbow, step across attacker and throw with Sode Tai Otoshi
2. Snake through grip, grab head and twist, step across and throw with O Soto Otoshi
3. Open hand / palm heel strike to solar plexus, vertical fist to chin

TANTO GAESHI / KNIFE DEFENSES

- 16 Thrust: Left step forward, pivot out and away from the knife, guiding the knife hand with your own left, covering from above, finish to Waki Gatame
- 17 Thrust: left step forward, block from the inside with the left hand and strike face with the right. Grab collar with the right and bend uke down as you underhook the knife arm with your left. Use the right hand to control the knife hand and take to the ground in Ude Garami STAY TIGHT
- 18 Stationary knife at throat from rear: roll knife down and away, duck under, spin out and take down with Hiki Taoshi, finish with Te Gatame

JO GAESHI / STICK DEFENSES

1. Getting ready to strike with baseball swing. Step forward, left hand hits elbow and wraps arm, right hand makes palm heel strike to the jaw. Finish with O Soto Otoshi and disarm
2. Naname Uchi (slanting strike). Right step backward, lean back, grab the stick with the right hand once it has gone by your head. Step in and strike bridge of nose, then hit philtrum several times as you push uke off the end of the stick. Disarm and groin strike with the stick
3. Naname Uchi (slanting strike). Left step forward, left ridge hand under the strike. Put head on uke's left shoulder, right step to far side of strike, get close, use right hand to grab collar and throw with Ushiro Ate
4. Choku Zuki (straight thrust). Right step forward, right block, left grab then right grab, roll the stick and throw with Mae Otoshi
5. Choku Zuki (straight thrust). Left step forward, right grab from above, left reach around head finish with Hara Gatame and Urakaisho Gatame

JO WAZA / STICK CONTROLS

11. 2H From a double hand grab, trap both hands with thumbs, turn under and make Ryote Dori Seoi Nage
12. 2H From a double hand grab, trap both hands with thumbs, left step through, pivot 180 and left step back to make Juji Guruma
13. 2H From a double hand grab at the end of the stick, push stick up, over and to the side of attacker's head, finish with oblique angle O Soto Gari
14. 2H From a double hand grab, catch one of the attacker's hands in a wrist turn out and throw with Kote Gaeshi
15. SMP From a punching attack, trap wrist with short end of stick, strike side of neck with long end and pivot to throw with Kubi Guruma

JUU GAESHI / GUN DEFENSES

1. Front attack abdomen: Raise hands, pivot hips toward the gun, grab gun barrel with left hand, thumb on top, grab uke's wrist with the right hand. Push the gun barrel into uke's armpit as you apply wrist lock. Break the gun away and disarm.
2. Front attack abdomen: Raise hands, pivot towards the gun, push the gun away with the right hand palm open, thumb down, grab the bottom of the gun with the left hand. Twist to the right and pull the gun free, locking uke's finger in the trigger guard. Strike uke with the gun.

3. Front attack abdomen: Raise hands, pivot towards the gun and push with the left hand, pass over uke's gun hand and grab the hand. Grip with the right hand from below and apply Kote Gaeshi by pivoting the hips to the left.
4. Front attack face: Raise hands, but in doing so meet them at the attacker's hand and push up while leaning back. Pivot into Waki Gatame and disarm the attacker.

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