

BASIC

Word list

hidari = left	migi = right	ura = back, reverse side
omote = same side	uchi = inside	soto = outside
jun = in order (from front side)	gyaku = in reverse (from back side)	mae = front, forwards
ushiro = rear, backwards	zenshin = moving forward	taishin = moving backward
sagari = backwards	irimi = forwards	yoko = sideways
yori = go forward	kiri = cut	nuki = escape
gatame = lock	oshi = push	hiki = pull
juji = cross	okuri = send	maki = roll
yubi = finger	sodo = sleeve (of the dogi)	eri = collar (of the dogi)
ude = arm	kote , gote = wrist	Hiji = elbow
tembin = balance (attack the balance, often via the upper arm)	renhanko = free follow up after pre set pattern	
katate = 1 hand on 1 hand	ryote = 2 hands on 2 hands	morote = 2 hands on 1 hand

Umpo ho, Tai sabaki

han tenkan	90 degree turn
zen tenkan	180 degree turn
sashikae ashi	move forward, step perpendicular to back foot
sashikomi ashi	move forward, rear foot to front foot then front foot forward
kani ashi	move sideways crab style (hidary, migi)
juji ashi	move sideways cross legs (hidary, migi)
yoko ashi	move sideways with one leg
chidori ashi	move diagonal (mea, ushiro)
kumo ashi	jump (mea, ushiro)
hiraki sagari	move backward, front foot steps back with U shaped step
hiraki irimi	move forward. Rear foot steps forward with U shaped step
jun sagari	move backward, rear foot first front foot follows
tensin	turn the body
ryusui	ducking upper part of the body and swaying defense
kusshin	bend knees and drop waist movement usually with uchi age uke or ryusui

Tai gamae

hiraki gamae	With respect to opponent: open position, (different foot front)
tai gamae	With respect to opponent: closed position, (both have the same foot front)
byakuren (kaisoku) gamae	practice position, both feet parallel, chudan (closed hands) or hasso (open hands in front of chest)
hasso gamae	side position, both hands open, in front of your chest like holding a watermelon
taiki gamae	side position, both hands open, front hand high around the shoulder and back hand in front of chudan.
ichiji gamae	side position, front hand open, back hand closed
chudan gamae	side position, both hands closed

Tai gamae

gedan gamae	like Ichiji gamae, front hand closed and turned towards opponent rotated that the thumb can not be seen from the opponent
fukko gamae	side position, back leg on knee position with hands like Ichiji gamae
manji gamae	side position, front hand closed, back hand open over the head

Defense

uwa uke	diagonal upward block in front of the face with open hand
shita uke	diagonal downward block in front of the stomach open hand
uchi uke	inside block (outside to inside) with arm right-angle to the ground in front of the face (open hand)
soto uke	outside block (inside to outside) with arm right-angle to the ground in front of the face (closed hand)
uchi oshi uke	push block, uchi uke then pressing down
soto oshi uke	push block, soto uke then pressing down
uchi harai uke	hit-sweep block using arm under elbow
uchi age uke	Hit upward block with arm parallel to the ground in front of the face with closed hand
(yoko) jūji uke	Sideways cross block, one hand uchi (oshi) uke, the other harai uke at the same time

Offence

(choku) zuki	strike with the fist to jodan (head), chudan (abdomen), gedan (downwards)
kagi zuki	striking with your elbow kept in " < " shape. Use only the power from shoulder and waist
furi zuki	swing strike using palm or Kumade
ura ken uchi	strike with the backside of the fist
kuma de uchi	bear hand, all fingers half bent to use palm to strike or push
shuto uchi	uchi with the edge on little finger side
me uchi	slap to the eye with the back side of an open hand
keri age	kicking upwards using mainly the power of the knee.(mea or gyaku geri)
kinteki geri	kick to the testicles with the to of the foot or ankle like slapping
mawashi geri	round kick to sanmai (side)
sokuto geri	kani ashi from the side or back to the back knee then kicking with the edge of the foot

GOHO

6Kyu

ryusui geri (ushiro): https://www.youtube.com/watch?v=XrW_Qt2NJ4s

Attack : Migi chudan gamae (-) Gyaku jodan zuki

Defense : Hidari ichiji gamae (+) Ryu sui (backwards) shita uke, jun mawashi geri

uwa uke zuki (ura): <https://www.youtube.com/watch?v=cjIDzsZm65o>

Attack : Hidari chudan gamae (-) Gyaku shuto uchi

Defense : Hidari ichiji gamae (+) Gyaku uwa uke, jun chudan zuki

uwa uke zuki (omote): <https://www.youtube.com/watch?v=epXbdrqPUVg>

Attack : Hidari chudan gamae (-) Gyaku shuto uchi

Defense : Hidari ichiji gamae (+) Jun uwa uke, gyaku chudan zuki, jun kumade uchi

uchi uke zuki (ura): <https://www.youtube.com/watch?v=Lyb6g39N9tY>

Attack : Hidari chudan gamae (-) Gyaku jodan zuki

Defense : Hidari ichiji gamae (+) jun uchi uke, Gyaku chudan zuki.

tenshin geri (jun sagari): <https://www.youtube.com/watch?v=6neuEfjkHxA>

Attack : Hidari chudan (-) Gyaku jodan zuki

Defense : Hidari ichiji gamae (+) gyaku mea geri komi, ., jun sagari

5Kyu

ryūsui geri (mae): <https://www.youtube.com/watch?v=L5blk6uZI3Y>

Attack : Hidari chudan gamae (-) Gyaku jodan zuki

Defense : Hidari ichiji gamae (+) Ryu sui (forwards) shita uke gyaku mawashi geri

uwa uke geri (ura): <https://www.youtube.com/watch?v=36jXvfKUMqk>

Attack : Hidari chudan gamae (-) Gyaku shuto uchi

Defense : Hidari ichiji gamae (+) Gyaku uwa uke, Gyaku mae geri

uwa uke geri (omote): <https://www.youtube.com/watch?v=91Bh5UIDDFo>

Attack : Hidari chudan gamae (-) Gyaku shuto uchi

Defense : Hidari ichiji gamae (+) Jun uwa uke, jun mawashi geri

shita uke geri: https://www.youtube.com/watch?v=s6puRzO_t0I

Attack : Hidari chudan gamae (-) Gyaku chudan zuki

Defense : Hidari hasso gamae (+) Jun shita uke, gyaku mea geri

shita uke jun geri: <https://www.youtube.com/watch?v=lt3iCrN88uU>

Attack : Hidari chudan gamae (-) Jun chudan zuki

Defense : Hidari hasso gamae (+) Gyaku shita uke, Jun mea geri

4Kyu

uchi age zuki (ura): https://www.youtube.com/watch?v=c_rDJ44ifnc

Attack : Hindari chudan gamae (-) Gyaku jodan zuki

Defense : Hidari ichiji gamae (+) step forward, Gyaku uchi age uke, jun chudan zuki, .

uchi age zuki (omote): <https://www.youtube.com/watch?v=-JmopLhQdzs> (naam filmpje is verkeerd)

Attack : Hidari chudan gamae (-) Gyaku jodan zuki

Defense : Hidari ichiji gamae (+) Gyaku soto uke, jun chudan zuki

uchi age geri (ura): <https://www.youtube.com/watch?v=xS7yjeeQNnc>

Attack : Hindari chudan gamae (-) Gyaku jodan zuki

Defense : Hidari ichiji gamae (+) Gyaku uchi age uke, gyaku mawashi geri, .

uchi age geri (omote): <https://www.youtube.com/watch?v=yxly89MoWOW>

Attack : Hidari chudan gamae (-) Gyaku jodan zuki

Defense : Migi ichiji gamae (+) gyaku uchi age, gyaku mae geri

soto uke zuki (ura): <https://www.youtube.com/watch?v=Vvqb29jqMcA>

Attack : Hidari chudan gamae (+) Gyaku jodan zuki

Defense : Hidari ichiji gamae (+) Gyaku soto uke, jun chudan zuki

soto uke zuki (omote): <https://www.youtube.com/watch?v=OYWlq21ifkM>

Attack : Hidari chudan gamae (-) Gyaku jodan zuki

Defense : Migi ichiji gamae (+) gyaku soto uke, jun chudan zuki, gyaku kumade uchi

soto uke geri (ura): <https://www.youtube.com/watch?v=yZoXD8GrzIE>

Attack : Hidari chudan gamae (-) Gyaku jodan zuki

Defense : Migi ichiji gamae (+) jun soto uke, jun mae geri

soto uke geri (omote): <https://www.youtube.com/watch?v=PqAp7kmgfms>

Attack : Hidari chudan gamae (-) Gyaku jodan zuki

Defense : Hidari ichiji gamae (+) jun soto uke, jun mae geri

3Kyu

uchi uke geri (ura): <https://www.youtube.com/watch?v=sw1KMNAbsw>

Attack : Hidari chudan gamae (-) Gyaku jodan zuki

Defense : Hidari ichiji gamae (+) Jun uchi uke, jun shokuto geri

uchi uke geri (omote): https://www.youtube.com/watch?v=NGPw_VMTdQY

Attack : Hidari chudan gamae (-) Gyaku jodan zuki

Defense : Migi ichiji gamae (+) Jun uchi uke, jun shokuto geri

soto oshi uke zuki: <https://www.youtube.com/watch?v=SDHoxyltLUY>

Attack : Hidari ichiji gamae (-) Gyaku furi zuki

Defense : Hidari chudan gamae (+) Jun soto oshi uke, gyaku chudan zuki, jun kumade uchi, .

uchi oshi uke zuki: <https://www.youtube.com/watch?v=ne028JWM9lg>

Attack : Hidari chudan gamae (-) Gyaku furi zuki

Defense : Migi ichiji gamae (+) Jun uchi oshi uke, gyaku chudan zuki

tsuki ten ichi: <https://www.youtube.com/watch?v=00T5hn3wPPQ>

Attack : Hiraki gamae (-) Jun jodan zuki, gyaku chudan zuki, (ren zuki)

Defense : Hiraki gamae (+) Jun uwa uke, gyaku shita uke, jun mae geri

jūji uke geri: <https://www.youtube.com/watch?v=coFGidFzzDk>

Attack : Hidari ichiji gamae (-) komi ashi, jun mawashi geri

Defense : Hidari ichiji gamae (+) Yoko juji uke, jun mawashi geri (in direction suigetsu).

2Kyu

uchi uke zuki (omote): <https://www.youtube.com/watch?v=7GWUML6SE-Y>

Attack : Hidari chudan gamae (-) Gyaku jodan zuki

Defense : Migi ichiji gamae (+) Jun uchi uke, gyaku chudan zuki

kusshin zuki: <https://www.youtube.com/watch?v=iUn0y-fjtjc>

Attack : Hidari chudan gamae (-) Gyaku furi zuki

Defense : Hidari chudan gamae (+) Kusshin, jun uchi age uke (duck), gyaku chudan zuki

kusshin geri: <https://www.youtube.com/watch?v=1Np02NKwAoo>

Attack : Hidari chudan gamae (-) Gyaku furi zuki

Defense : Hidari chudan gamae (+) Kusshin, jun uchi age uke (duck), gyaku mae geri

kusshin zuki geri: https://www.youtube.com/watch?v=EEUx0mhD_XI

Attack : Hidari chudan gamae (-) Gyaku furi zuki

Defense : Hidari ichiji gamae (+) Kusshin, jun uchi age uke (duck) gyaku chudan zuki, gyaku mae geri

soto oshi uke geri: <https://www.youtube.com/watch?v=EyRGEc7leBk>

Attack : Hidari chudan gamae (-) Gyaku furi zuki

Defense : Hidari ichiji gamae (+) step sideways rear leg, Jun uchi oshi uke, jun mae geri

uchi oshi uke geri: https://www.youtube.com/watch?v=DyTsq7_XISM

Attack : Hidari chudan gamae (-) Gyaku furi zuki

Defense : Migi chudan gamae (+) Jun uchi oshi uke, jun mae geri

kon ten ichi: https://www.youtube.com/watch?v=hk0s6_fy46E

Attack : Hidari ichiji gamae (-) Jun furi zuki, gyaku chudan zuki

Defense : Migi ichiji gamae (+) Soto oshi uke, shita uke, jun mae geri

han tenshin geri: <https://www.youtube.com/watch?v=1XmVjDKjyyQ>

Attack : Migi ichiji gamae (-) Gyaku mae geri

Defense : Hidari chudan gamae (+) move rear leg to the front leg (Han) rotate body (tenshin), jun shita uke, jun geri.

yoko tenshin geri: <https://www.youtube.com/watch?v=wmS6pgBiJVs>

Attack : Hidari ichiji gamae (-) Gyaku mae geri

Defense : Hidari chudan gamae (+) move rear leg sideways (yoko), rotate body (tenshin), jun harai uke with closed fist, jun mae geri.

1 Kyu

tsubame gaeshi: <https://www.youtube.com/watch?v=BaWGB3kW4TQ>

Attack : Hidari chudan gamae (-) Gyaku furi zuki, then defence for Jodan zuki uwa uke right hand while stepping back, jūji uke then jun mawashi geri.

Defense : Migi jun taiki gamae (+) Kaishin, jun uchi uke, jun shuto kiri, gyaku chudan zuki, then step forwards with jun jodan zuki and jun mawashi geri, jūji uke.

chidori gaeshi: <https://www.youtube.com/watch?v=NepuDDBkH6c>

Attack : Hidari Chudan Gamae (-) Oi komi (right foot forward), then jun jodan zuki

Defense : Hidari jun taiki gamae (+) Kaishin, jun uchi uke left shuto, gyaku chudan zuki (san mai), kari ashi's right leg behind the opponent's right knee so that the opponent falls

furi ten ni: <https://www.youtube.com/watch?v=KrQmI5kznI4>

Attack : Hidari chudan gamae (-) Attacking consecutively: Jun yoko furi zuki (from the side), gyaku furi zuki (from below)

Defense: Migi ichiji gamae (+) Jun soto oshi uke, jun uchi oshi uke (same hand defense), jun shokuto geri.

tsuki ten ni: <https://www.youtube.com/watch?v=q4KjZ3ERcE4>

Attack : Hidari chudan gamae (-) Attacking consecutively: jun Jodan zuki, gyaku jodan (ni ren zuki)

Defense : Migi ichiji gamae (+) Jun uchi age uke, jun uchi otoshi uke (same hand defense), jun geri

Keri ten san: <https://www.youtube.com/watch?v=GPPa1isoBKc>

Attack : Hidari chudan gamae (-) Doing san ren ko (jun jodan zuki, gyaku chudan zuki, gyaku mawashi geri), juji uke.

Defense : Migi ichiji gamae (+) jun uwa uke, gyaku shita uke, yoko juji uke, gyaku mawashi geri.

tsuki ten san: <https://www.youtube.com/watch?v=6bQmNCE4w54>

Attack : Hidari chudan gamae (-) Doing san ren zuki (Jun jodan zuki, gyaku chudan zuki, jun jodan zuki)

Defense : Migi ichiji gamae (+) Jun uwa uke, shita uke, jun uwa uke, jun geri komi.

harai uke geri <https://www.youtube.com/watch?v=mhCJz9Kg8pw>

Attack : Hidari ichiji gamae (-) Sashi komi ashi, jun mawashi geri towards san mai

Defense : Migi ichiji gamae (+) Mae kagi ashi-tai sabaki, jun harai uke, gyaku geri.

JUHO

6 Kyu

kote nuki: <https://www.youtube.com/watch?v=xIY2kzR4Cyl>

Attack : Hidari chudan gamae (-) The right hand pulls the opponent's right wrist

Defense : Migi chudan gamae (+) kagite shuho, left hand me uchi / left shuto, yose ashi right leg, kote nuki right hand, uraken

ude jūji gatame (incl tate gasshō gatame): <https://www.youtube.com/watch?v=a9YKxqKhVwQ>

Attack : Hidari chudan gamae (-) Catch the opponent's wrist, me uchi, cut the upper arm and pinch it with the left hand, knocking the opponent down

Lockdown : Tate gassho gatame (greeting lock, face upwards lying down)

Defense : Migi chudan gamae

lock: Gassho gatame (greeting lock, face upwards lying down, rotate wrist counterclockwise)

5 Kyu

katate yori nuki: <https://www.youtube.com/watch?v=d4fmlSTdRh0>

Attack : Hidari chudan gamae (-) The left hand holds the outside of the opponent's wrist

Defense : Migi chudan gamae (+) Kagite shuho, left hand me uchi / left shuto, yose ashi right leg, yori nuki right hand by removing the elbow and directing it above the kumade uchi right hand

maki nuki (katate): <https://www.youtube.com/watch?v=7iNqzApltkU>

Attack : Hidari chudan gamae (-) The left hand takes the opponent's wrist and is pushed out

Defense : Migi chudan gamae (+) Kagite shuho, left foot forward left hand me uchi / left shuto, yose ashi right foot, maki nuki right hand by making a circular motion, releasing elbow by aiming it at the opponent, uraken right hand, chudan zuki left hand

gyaku gote (mae yubi gatame): https://www.youtube.com/watch?v=YSjRNBgP_sw

Attack : Hidari chudan gamae (-) The right hand pulls the opponent's right wrist

Defense : Migi chudan gamae (+) Kagite shuho, left hand me uchi me uchi / left shuto, right foot yose ashi, left hand pulls opponent's wrist, right hand rolls inward, hurts drop opponent while lying down

Lock: yubi gatame (face upwards turn wrist and fingers upwards)

4 Kyu

tsuki nuki (soto): <https://www.youtube.com/watch?v=ovbfhe41TK8>

Attack : Hidari chudan gamae (-) The left hand catches the opponent's right wrist and presses it down

Defense : Migi chudan gamae (+) Tsuitate shuho (straight arm defense), releasing the opponent's hand towards the opponent's pressure quickly (like doing gedan zuki)

tsuki nuki (uchi): https://www.youtube.com/watch?v=YNI_BnrAY4w

Attack : Migi chudan gamae (-) The right hand catches the opponent's right wrist and presses it down

Defense : Migi chudan gamae (+) Tsuitate shuho (straight arm defense), releasing the opponent's hand towards the opponent's pressure quickly (like doing gedan zuki)

kiri nuki (soto): <https://www.youtube.com/watch?v=g33PFAu5vjg>

Attack : Hidari chudan gamae (-) The left hand holds the opponent's right wrist

Defense : Migi chudan gamae (+) Left foot forward, Kagite shuho, left hand me uchi let go left nuki, and with the same hand do gyaku chudan zuki

kiri nuki (uchi): <https://www.youtube.com/watch?v=h3hrjpY4ClO>

Attack : Hidari chudan gamae (-) The right hand holds the opponent's right wrist

Defense : Migi chudan gamae (+) Left foot forward, Kagite shuho, left hand me uchi let go left nuki, and with the same hand do gyaku chudan zuki

katate okuri gote (okuri gatame): https://www.youtube.com/watch?v=_qAsidOY_Fw

Attack : Hidari chudan gamae (-) The left hand takes the opponent's wrist and pushes it out like maki nuki

Defense : Migi chudan gamae (+) Kagite shuho, left foot forward, left hand me uchi/shuto left, fold opponent's left hand in okuri gote

Lockdown: Okuri Gatame (send with wrist face down on the knees)

okuri maki tembin: <https://www.youtube.com/watch?v=kiWhfZovfpo>

Attack : Hidari chudan gamae (-) The left hand takes the opponent's wrist and pushes it out like maki nuki, and rotates when the opponent wants to do me gote

Defense : Migi chudan gamae (+) Kagite shuho, left foot forward, left hand me uchi/shuto left, fold the opponent's left hand, like doing katate okuri gote, press the opponent's upper arm when dodging to rotate with the right hand

3 Kyu

ryōte yori nuki: <https://www.youtube.com/watch?v=aR18RbTnwOE> <https://www.youtube.com/watch?v=sD3gpJ-5sY4>

Attack : Hidari chudan gamae (-) both hands hold both opponent's wrists outside, pull

Defense : Hidari chudan gamae (+) Kagite shuho, jun geri komi, yose ashi's right leg, yori nuki's right hand by removing the elbow and pointing it up me uchi chudan zuki's right hand, yori nuki jodan zuki's left hand
tsuki nuki (ryōte): <https://www.youtube.com/watch?v=d23RdbXMkE0> <https://www.youtube.com/watch?v=1zWAmVrP5tg>

Attack : Hidari chudan gamae (-) Holding both hands of the opponent and brought to the waist

Defense : Hidari chudan gamae (+) Tsutate shuho (straight arm defense), releasing tsuki nuki

maki nuki (ryōte): https://www.youtube.com/watch?v=_WOg4dEE92I <https://www.youtube.com/watch?v=gUKc3aZs-mk>

Attack : Hidari chudan gamae (-) Both hands caught both wrists of the opponent and pushed out

Defense : Hidari chudan gamae (+) Kagite shuho, yose ashi's right foot, maki nuki's right hand by making a circular motion, releasing the elbow by pointing it at the opponent, uraken's right hand, left hand releasing yori nuki kumade

jūji nuki (katate): <https://www.youtube.com/watch?v=8Y7BWGD2GrQ> <https://www.youtube.com/watch?v=DNONnjtBoXo>

Attack : Hidari Chudan Gamae (-) The left hand holds the opponent's right wrist push

Defense : Migi chudan gamae (+) Right foot backwards, Kagite shuho, left hand me uchi releases juji nuki, uraken zuki towards the temple

nidan nuki (ryōte): <https://www.youtube.com/watch?v=hg7ADZ-QxSw>

Attack : Hidari chudan gamae (-) Holding both of the opponent's hands from the outside (like yori nuki but the opponent's palms are facing up)

Defense : Hidari chudan gamae (+) Kagite shuho, jun geri, right hand brought close to the body, release the opponent's hand by turning the elbow in horizontally, (to suigetsu)/uraken (to the temple), left hand yori nuki jun jodan zuki, gyaku chudan zuki

hiji nuki yori mae tembin: <https://www.youtube.com/watch?v=yVucusXeEQ4>

Attack : Hidari chudan gamae (-) Holding both hands of the opponent, left hand swings to the left, right hand below

Defense : Hidari chudan gamae (+) Pinching the opponent's left hand with the chin, the elbow hurts the body
Lockdown: Ura gatame (backside lock face down flat)

gyaku gote yori ura gaeshi nage: https://www.youtube.com/watch?v=2aTdhc_cIYA

Attack : Hidari chudan gamae (-) Right hand holds opponent's right wrist, pull

Defense : Migi chudan gamae (+) Kagite shuho, left hand me uchi me uchi/shuto left, right foot yose ashi, left hand grabs opponent's wrist, right hand rolls inward, hurts nagete (slams)

jūji gote (katate): <https://www.youtube.com/watch?v=yY9rAIGyJTY>

Attack : Hidari chudan gamae (-) The left hand holds the opponent's right wrist push

Defense : Migi chudan gamae (+) Right foot backwards, Kagite shuho, left hand me uchi, left hand holding the back of the opponent's left hand, weakening the opponent's strength by means of our hands and elbows resting on the top of the opponent's hand so that it forms like the letter S

ryote okuri gote ura gatame: <https://www.youtube.com/watch?v=JEuD8n4Enlk>

Attack : Hidari chudan gamae (-) Both hands hold both hands of the opponent

Defense: Hidari/migi chudan gamae (+) Kagite shuho, let go of the hand in front (jun) in the way of yori nuki me uchi/jodan zuki, after that the other hand hurts by folding the opponent's wrist okuri gote

Lockdown: Ura gatame (backside lock face down flat)

jūji gatame (tate gasshō gatame): <https://www.youtube.com/watch?v=a9YKxqKhVwQ>

Attack : Hidari chudan gamae (-) Catch the opponent's wrist (cross), me uchi, hurt the upper arm and pinch it with the left hand, knocking the opponent down

Lockdown : Tate gassho gatame (greeting lock, face upwards lying down, rotate wrist counterclockwise)

Defense : Hidari chudan gamae

2 Kyu

kiri kaeshi nuki (katate): <https://www.youtube.com/watch?v=Q-k80wA5yrM>

<https://www.youtube.com/watch?v=psZSftV5qaw>

Attack : Migi ichiji gamae (-) The right hand holds the wrist of the opponent's right wrist and rotates it upwards

Defense: Migi jun gedan gamae (+) Kagite shuho, left hand me uchi, releases by slicing the opponent's right wrist, left hand helps by pressing out to bend the opponent's elbow, throws chudan zuki right hand

kiri kaeshi nuki (morote): <https://www.youtube.com/watch?v=5OpFOT2aT9M>

<https://www.youtube.com/watch?v=psZSftV5qaw>

Attack : Migi ichiji gamae (-) Both hands catch the opponent's right wrist and rotate it upwards

Defecnce: Migi jun gedan gamae (+) Kagite shuho, left hand me uchi, releases by slicing the opponent's right wrist, left hand helps by pressing out to bend the opponent's elbow, throws chudan zuki/kumade zuki right hand

sankaku nuki: <https://www.youtube.com/watch?v=2VLu3qdE8LQ> https://www.youtube.com/watch?v=O0e_WHvRR9w

Attack : Hidari chudan gamae (-) Both hands hold the opponent's right hand and rotate it until
Defense : Migi chudan gamae (+) Sankaku shuho (triangle), left hand me uchi, press opponent's thumb down with elbow pulling up, uraken/yoko hiji ate

jūji nuki (ryōte): <https://www.youtube.com/watch?v=rJApv0JgLPk> <https://www.youtube.com/watch?v=r799KSGnZSg>

Attack: Hidari chudan gamae (-) Both hands hold the opponent's wrist push

Defense: Hidari chudan gamae (+) Kagite shuho, releases the juji nuki (right), then continues with his left hand releasing it like the left nuki kumade/jodan zuki

gasshō nuki: <https://www.youtube.com/watch?v=d33uSADre2I> https://www.youtube.com/watch?v=Mqo7eFZ_Fz4

Attack : Hidari chudan gamae (-) Holding both hands of the opponent, open to the side while being pulled closer

Defense :Hidari chudan gamae (+) Kagite shuho, with jun geri, let go by clasping the palms together, weaken the opponent's thumb by forming the letter S , right hand chudan zuki

jōhaku nuki (katate): https://www.youtube.com/watch?v=a_DHs2DD1NU <https://www.youtube.com/watch?v=EJP5q9KTZlo>

Attack : Hidari chudan gamae (-) The left hand holds pushing the right arm over the opponent

Defense : Migi chudan gamae (+) Left foot moves forward while doing me uchi/left shuto (left hand), Kagite shuho, yose ashi right foot, johaku nuki right hand by eliminating the strength of the opponent's wrist (press our hands inwards so that the elbows rise up), uraken's right hand, chudan zuki's left hand

jōhaku nuki (ryōte): <https://www.youtube.com/watch?v=zw76EvEJcO0> <https://www.youtube.com/watch?v=2DUUnSMPBOCk>

Attack : Hidari chudan gamae (-) Both holding hands push into the two upper arms of the opponent

Defense : Hidari chudan gamae (+) Kagite shuho, the principle of letting go is the same as katate johaku nuki, can be done all at once or one at a time

oshi kiri nuki: <https://www.youtube.com/watch?v=trUAbYeWjGQ> https://www.youtube.com/watch?v=_LqgnuQuR7U

Attack : Hidari chudan gamae (-) Both hands hold both upper arms of the opponent, when the opponent is about to do johaku nuki, the left hand pushes the opponent's right arm, the right hand pulls the opponent's left arm

Defense: Hidari chudan gamae (+) Right hand goes under opponent's left hand, releases by cutting opponent's wrist to the outside, right hand uchi/shuto left, left hand johaku nuki, uraken

ryōte okuri gote: <https://www.youtube.com/watch?v=JEuD8n4Enlk> <https://www.youtube.com/watch?v=Q05FcLODzpU>

Attack : Hidari chudan gamae (-) Both hands hold both hands of the opponent

Defense: Hidari/migi chudan gamae (+) Kagite shuho, let go of the hand in front (jun) in the way of yori nukime uchi/jodan zuki, after that the other hand hurts by folding the opponent's wrist okuri gote

Lockdown: Ura gatame (backside lock face down flat)

okuri dori: <https://www.youtube.com/watch?v=FplywQKwx4Y> <https://www.youtube.com/watch?v=HkhizeSffJw>

Attack : walking towards opponent(-) take opponent's hand left with left hand while locking wrist rotate arm vertically in direction of movement lock wrist

Lock down : Okuri gatame (send with wrist face down on the knees)

Defense: Standing or walking

okuri yoko tembin: <https://www.youtube.com/watch?v=L-1uBM5-gZE>

Attack : walking towards opponent(-) Walks while holding opponent's left with left hand while trying to lock

Defense pulls arm in avoiding okuri dori.

Attack: cuts the opponent's upper arm with right hand pushing down

Defense: Standing or walking

ryōte jūji gote: <https://www.youtube.com/watch?v=224DB45jA2c> <https://www.youtube.com/watch?v=kO2vvdMDAsw>

Attack : Hidari chudan gamae (-) Both hands hold both wrists of the opponent push

Defense : Hidari chudan gamae (presented upwards) (+) Kagite shuho, the left hand holds the back of the opponent's left hand, weakening the opponent's strength by means of our hands and elbows resting on the top of the opponent's hand so that it forms like the letter S

Lockdown : Juji Gatame

ryaku jūji gote: https://www.youtube.com/watch?v=yohOVtiH_tY <https://www.youtube.com/watch?v=ak8U6Hp8-18>

Attack : Seiza/kihon gamae (standing next to each other) (-) If the Attack is to the right of the opponent then the left hand holds the opponent's right wrist

Defense : Seiza/Kihon gamae (+) Sankaku shuho, get closer to the opponent, left hand holding the back of the opponent's left hand, elbow crossing and resting on the opponent's elbow while pressing, hurting while the left foot goes forward

maki jūji gote: <https://www.youtube.com/watch?v=BLJuZIPDtg>

Attack : Shomen chudan gamae (standing next to each other) (-) Grab the opponent's hand from the side

Defense : Shomen chudan gamae (+) Kagite shuho (triangle) , do like ryaku juji gote

kiri gote (katate): <https://www.youtube.com/watch?v=MiNtWh1S91w> https://www.youtube.com/watch?v=JD2_UtOQp_A

Attack : Migi chudan gamae (-) The right hand holds the opponent's right hand

Defense: Migi chudan gamae (+) Left foot forward, Kagite shuho, left hand holding the back of the opponent's right hand from below, pressing the opponent's wrist if the opponent has not felt pain, pull the opponent's ankle (our feet are backwards) so that the opponent lies face down

kiri gote (morote): <https://www.youtube.com/watch?v=QA-L7UNDscs> https://www.youtube.com/watch?v=JD2_UtOQp_A

Attack : Migi chudan gamae (-) Both hands hold the opponent's right hand

Defense: Migi chudan gamae (+) Kagite shuho, left hand holds the back of the opponent's right hand from below, presses the opponent's wrist if the opponent does not feel pain, pulls the opponent's wrist (our feet are backwards) so that the opponent lies face down

jōhaku dori (katate): <https://www.youtube.com/watch?v=KGT6Zu84-io> <https://www.youtube.com/watch?v=0clhjH2jENQ>

Attack : Hidari chudan gamae (-) Left hand holding/pushing right upper arm

Defense: Migi chudan gamae (+) Kagite shuho, left hand me uchi/shuto left, left hand holds the opponent's left hand and brings it to the chest so it doesn't let go, right hand clamps the opponent's left hand, johaku dori by hurting the opponent's wrist

jōhaku dori (ryōte): <https://www.youtube.com/watch?v=FsUwycjcwS0> <https://www.youtube.com/watch?v=xi1n3wocNbo>

Attack : Hidari chudan gamae (-) Both hands hold pushing opponent's upper arm

Defense : Hidari chudan gamae (+) Kagite shuho, left hand releases johaku nuki, then left hand holds opponent's left hand and brings it to chest so it doesn't let go, right hand pinning the opponent's left hand, johaku dori by hurting the opponent's wrist

okuri yubi dori: <https://www.youtube.com/watch?v=KunhwKTzr4w> <https://www.youtube.com/watch?v=qYULaRWbDLM>

Attack : Hidari chudan gamae (-) Left hand grabs opponent's left wrist and pushes it out like maki nuki

Defense : Migi chudan gamae (+) Kagite shuho, left foot forward, left hand me uchi/shuto left, fold opponent's left hand by okuri gote

1 kyu

morote tsuki nuki: <https://www.youtube.com/watch?v=yrtakZ-49H4>

Attack : Migi chudan gamae (-) Holding 1 hand with 2 hands, brought to the waist

Defense : Migi chudan gamae (+) Tsui tate shuho press down to release then left hand chudan zuki .

katate oshi nuki: <https://www.youtube.com/watch?v=cMa-NPSeGyU>

Attack : Hidari chudan gamae (-) The left hand catches the opponent's right wrist from the outside and the palm is turned up

Defense : Migi gedan gamae (+) Kagite shuho, left hand me uchi me uchi/left shuto, left hand holding opponent's elbow. right hand releases opponent's wrist by cutting outwards so elbow goes up, right hand wanto uchi/kumade, left hand chudan zuki

morote jūji nuki: https://www.youtube.com/watch?v=C_QV_mEF8Fc

Attack : Hidari chudan gamae (-) Catch and push the opponent's right wrist

Defense : Migi chudan (high) gamae (+) Kagite shuho, left hand me uchi/left shuto, continue like katate juji nuki, hiji ate/uraken

morote hiki nuki <https://www.youtube.com/watch?v=dDUMspMJZlq>

Attack : Hidari chudan gamae (-) Both hands hold the opponent's right hand and will do ude gyaku dori

Defense : Migi chudan (high) gamae (+) Kagite shuho by holding the hand high/above so that the opponent cannot do ude gyaku dori, left hand me uchi / left shuto, doing hiki nuki by means of the left hand helping the right hand damage the opponent's thumb by pressing inwards and release it to the outside (like the letter S), left hand shuto uchi, right hand chudan zuki

eri nuki: <https://www.youtube.com/watch?v=ojj9guiXwWU>

Attack : Hidari/migi chudan gamae (-) Holding hands pulling the edge of the opponent's lower collar

Defense : Hidari/migi gyaku gedan gamae (+) furi zuki stepping forward continue the circular movement inward over and then under opponents arm so that the opponent's wrist is pinched. releasing the eri nuki by pressing down until the opponent's hand is released, then the same hand makes an uraken punch and continues chudan zuki with the other hand

sode nuki: <https://www.youtube.com/watch?v=HcmWvs0FfVg>

Attack : Hidari chudan gamae (-) The left hand holds and pulls the right sleeve over the opponent

Defense: Hidari gyaku gedan gamae (+) Kagite shuho stepping to the right fixating opponent's wrist, shuto uchi left hand, sode nuki by rotating right arm over opponent then pushing down on the opponent's wrist with

the elbow, uraken right hand, left hand jodan zuki

maki gote (katate): https://www.youtube.com/watch?v=aPer_GSF-d8

Attack : Migi ichiji gamae (-) The right hand holds the opponent's right wrist from the inside, pulls

Defense : Migi chudan gamae (+) Kagite shuho, left hand me uchi/shuto kiri, doing maki gote by means of left hand holding hurting the back of the opponent's right hand with the thumb, yose ashi's right foot, right hand rolling, left hand pulling the opponent's right hand outward until it is left hip so that the opponent's hand forms a U shape with an elbow pointing up, nagete (slams) the opponent with migi juji ashi

Lockdown: Mae tembin gatame/ura gamae/ura tembin gatame

maki gote (morote): <https://www.youtube.com/watch?v=3Tic3fzrzSQ>

Attack : Migi ichiji gamae (-) Both hands hold the opponent's right wrist, pull

Defense : Migi chudan gamae (+) Kagite shuho, left hand me uchi/shuto kiri, doing morote maki gote by means of left hand holding hurting the back of the opponent's right hand with the thumb, yose ashi right foot, right hand rolling, left hand pulling opponent's right hand outwards to the left hip so that the opponent's hand forms a U with the elbow up, continue like katate maki gote

Lockdown: Mae tembin gatame/ura gamae/ura tembin gatame

morote jūji gote: <https://www.youtube.com/watch?v=6YCCsVajBn0>

Attack : Hidari chudan gamae (-) Both hands hold right wrist of the opponent push

Defense : Migi chudan gamae (presented upwards) (+) Kagite shuho, the right hand holds the back of the opponent's right hand, weakening the opponent's strength by means of our hands and elbows resting on the top of the opponent's hand so that it forms like the letter S

Lockdown : Juji Gatame

sode maki: <https://www.youtube.com/watch?v=APuPgXKDNdM> <https://www.youtube.com/watch?v=5dNwhVwqw1s>

Attack : Hidari chudan gamae (-) The left hand holds pulls the back right sleeve

Defense: Hidari gyaku gedan gamae (+) Kagite shuho, left hand me uchi/shuto left, left hand holds the opponent's left hand and brings it to the chest so it doesn't let go, right hand clamps the opponent's left hand, sode maki by hurting the opponent's wrist so that it forms the letter S

sode dori: <https://www.youtube.com/watch?v=jxq8Nk4dLuo> <https://www.youtube.com/watch?v=IKtLqRULoAM>

Attack : Hidari chudan gamae (-) The left hand holds pulls the opponent's right front sleeve

Defense: Hidari gyaku gedan gamae (+) Kagite shuho, left hand me uchi/shuto kiri, left hand holds opponent's left hand and brings it to the chest so it doesn't let go, right hand clamps opponent's left hand, sode dori by hurting opponent's wrist so it forms the letter U

sode maki tembin: https://www.youtube.com/watch?v=9ZET_pgHS9c <https://www.youtube.com/watch?v=hTqpkqRJ4il>

Attack : Hidari chudan gamae (-) The left hand holds and pulls the rear right sleeve

Defense: Hidari gyaku gedan gamae (+) Kagite shuho, left hand me uchi/left shuto, do sode maki but the opponent rotates, continue sode maki tembin by pressing the opponent's upper arm with elbows

hiki otoshi: <https://www.youtube.com/watch?v=ZPgP2FBXMD0> <https://www.youtube.com/watch?v=bosmfZ5Cgnl>

Attack : Hidari chudan gamae (-) The hand holds the upper arm and pushes

Defense : Migi chudan gamae (+) Doing hiki otoshi (like johaku dori, feet backwards)

kata muna otoshi: <https://www.youtube.com/watch?v=XRHddda7cFI> <https://www.youtube.com/watch?v=e3ggl54x04Q>

Attack : Migi chudan gamae (-) The right hand holds and pushes the edge of the upper shirt collar with a vertical grip

Defense: Migi gyaku gedan gamae (+) Right hand me uchi/shuto left, left hand holding the back of the opponent's hand from below. the right hand holds the back of the fist from above weakening the strength of the opponent's hand by means of the left hand pressing up and the right hand pressing down and rotating the opponent's fist 180°

ude maki: <https://www.youtube.com/watch?v=ksWfSTeh2-E> <https://www.youtube.com/watch?v=jeTkP3NP78w>

Attack: migi chudan gamae (-) The right hand holds pulls the edge of the opponent's lower collar

Defense: Migi gyaku gedan gamae (+) Kagite shuho, me uchi/shuto kiri. the right hand holds the opponent's right hand and brings it to the chest.

eri jūji: <https://www.youtube.com/watch?v=x08HgCA203Y> <https://www.youtube.com/watch?v=QnJOEmlunuk>

Attack : Migi chudan gamae (-) The right hand holds and pushes the edge of the upper shirt collar with a horizontal grip

Defense: Migi gyaku gedan gamae (+) Right hand me uchi / left shuto, and holding the back of the opponent's fist from above the back of the left hand pressing the opponent's wrist from below, then place left elbow on top opponent's arm press downwards

mae tembin gatame: <https://www.youtube.com/watch?v=MhpWPW8mbjo>

front balance lock

Attack : Hidari chudan gamae (-) left hand grabs left wrist opponent from top side with thumb on top then rotates upper body to the left while rotating wrist counterclockwise. Cut the opponent's upper arm with right hand pushing down

Defense : Hidari ichiji gamae (+)

ura tembin gatame:<https://www.youtube.com/watch?v=x9am6kkPIHo>

back balance lock

Attack : Hidari chudan gamae (-) left hand grabs right wrist opponent from top side with thumb on outside, right hand helps. Rotates upper body to the left while rotating wrist counterclockwise. Left leg moves backwards to open space for the opponent to fall. Pull opponent on belly stretch the arm and rotate wrist clockwise (pink towards head)

Defense : Hidari ichiji gamae (+)

EMBU

3Kyu

1. tenchi ken dai ikkei (sōtai)
2. ryusui geri (ushiro)
3. ryote yori nuki
4. ryuo ken dai ikkei (sōtai)
5. uwa uke zuki (omote)
6. gyaku gote mae yubi gatamae

2Kyu

1. tsuki ten ichi ren hanko
2. han tenshin geri ren hanko
3. katate okuri gote, okuri yoko tembin, ura gatame
4. kiri gote (katate)
5. tenchi ken dai nukei (sōtai)
6. johaku dori (ryote)

1Kyu

1. tsubami gaeshi, ren hanko
2. soto oshi uke zuki, ren hanko
3. eri juji
4. sode maki
5. tsuki ten san ren hanko
6. maki gote (morote) tembin gatame (ura)

TAN'EN KOHON HOKEI

tenchi ken dai ikkei – rokkei (tan'en): https://www.youtube.com/watch?v=XLDX_sqjTPk

Ikkei:

- hidari chudan gamae
- ichi: hidari mae chidori ashi, jodan choku zuki
- ni: migi yose ashi, migi chudan gyaku zuki
- san: heima dachi (left), migi soto uke, hidari yoko kagi zuki
- shi: hidari hiraki sagari, migi uwa uke
- go: migi ushiro yose ashi, hidari shita uke, migi uchi uke
- roku: hikimi (abdomen), migi uchi harai uke, hidari soto uke
- shichi: migi keru age
- hachi: migi hiraki sagari, hidari shita uke, hidari ichiji gamae; zanshin
- ku: migi mae yose ashi, [kesshu dachi]

Nikei

- hidari ichiji gamae
- ichi, ni: hidari mae chidori ashi, jodan yoko furi zuki, chudan gyaku zuki
- san: heima dachi (left), migi uchi age, hidari yoko kagi zuki

- shi, go: sashi kae ashi (right), jodan chodan zuki (right), chudan gyaku zuki (left)
- roku, shichi: jun sagari (left), uchi uke (right), uchi otoshi uke, soto uke (left), nio uke (nio gamae), keri age (right)
- hachi: hiraki sagari (right), shita uke (left), hidari ichiji gamae; zanshin.
- ku: mae yose ashi (right), [kesshu dachi]

Sankei

- hidari ichiji gamae
- ichi, ni, san: hidari mae chidori ashi, jodan yoko furi zuki, chudan gyaku zuki (30 degrees) mawashi geri (60 degrees)
- shi, go: mae chidori ashi (right), shuto giri (right), chudan gyaku zuki (left)
- roku, shichi: jun sagari (left), shita uke (right), keri age (right)
- hachi: yoko kagi ashi (right), zen tenkan, hidari ichiji gamae, zanshin
- ku: mae yose ashi (right), [kesshu dachi]

Yonkei

- hidari ichiji gamae
- ichi, ni, san, shi: gyaku geri (right), tobi geri (left), tobi niren geri, shuto uchi (left), chudan gyaku zuki (right)
- go, roku: jun sagari (right), shita uke (left), keri age (left)
- shichi: migi han tenkan, migi ichiji gamae, zanshin
- hachi: mae yose ashi (right), [kesshu dachi]

Gokei

- migi ichiji gamae
- ichi, ni: ushiro kani ashi dachi (left), uchi harai uke (right), keri age (right)
- san, shi: mae kani ashi dachi (right), uchi harai uke (left), mawashi geri (left), hidaei ichiji gamea
- go, roku: mae kani ashi dachi (left), uchi harai uke (right), sokuto geri (right), tsuru ashi dachi]
- shichi, hachi: jodan choku zuki (right), soto uke (right), chudan gyaku zuki (left)
- ku: uchi harai uke (right, closed), [gedan gamae]
- ju: yoko kagi ashi, uchi harai uke (left, open), zen tenkan, [hidari ichiji gamae, zanshin]
- ju-icho: mae yose ashi, [kesshu dachi]

Rokkei

- hidari ichiji gamae
- ichi, ni: mae yoke ashi (right), uchi harai (left), yoko geri (left), [ichiji gamae (left)]
- san, shi: juji ashi (left crosses right, uchi harai(right), soto uke (left), yoko geri (right), [tsuru ashi dachi]
- go, roku, shichi: jodan choku zuki (right), chudan gyaku zuki (left), [kokutsu dachi], jodan modori zuki (right)
- hachi, ku: keri age (right), hidari han tenkan, uchi harai uke (left), [hidari ichiji gamae, zanshin]
- ju: mae yose ashi, [kesshu dachi]

giwa ken dai ikkei (tan'en): https://www.youtube.com/watch?v=TS_BO-s0uOw

- hidari ichiji gamae
- ichi, ni: mae chidori ashi, jodan zuki (left); chudan gyaku zuki
- san, shi: jun sagari, soto uke (right), uchi uke, uchi otoshi uke (left), nioke; nio gamae, keri age (left), ichiji gamae, zanshin.
- go, roku: yoko kagi ashi, zen tenkan; (migi) gedan gamae, chudan gamae
- repeat with right side.

giwa ken dai nikei (tan'en): <https://www.youtube.com/watch?v=FgJWakTgUf8>

- hidari chudan gamae
- ichi, ni, san: mae chidori ashi (left), uchi uke (left), yoko furimi, chudan gyaku zuki (right), gyaku geri (right)
- shi, go: jun sagari, shita uke (left), keri age (left), [hidari ichiji gamae, zanshin]
- roku, shichi: han tenkan (right), chudan gamae
- repeat until original facing

ryūō ken dai ikkei (tan'en): <https://www.youtube.com/watch?v=DPnMnRKe8bM>

- migi chudan gamae
- ichi, ni: sashi kae ashi (left), kagi te shuho (right), ura te uchi (left, from chudan gamae)

- san, shi: mae yose ashi (right), ko-te nuki (right), ura ken (to sango and yongo)
- go: kani ashi (right), hidari chudan choku zuki
- roku, shichi: fumikomi ashi (left), yoko furimi (left), migi jodan choku zuki, [migi ichiji gamae], yoko kagi ashi (left), migi mawashi geri, juji ashi sagari
- hachi: migi hiraki sagari, hidari shita uke, [hidari ichiji gamae, zanshin]
- ku: mae yose ashi (right), [kesshu dachi]

byakuren ken dai ikkei (tan'en): <https://www.youtube.com/watch?v=2XG2B3v5S0Q>

- Hidari taiki gamae
- ichi, ni, san: chidori ashi (left), uchi uke (left), shuto giri (left), chudan choku zuki (right)
- shi, go: jun sagari (right), shita uke (left), keri age (left)
- roku, shichi: yoko kagi ashi, zen tenkan; (migi) taiki gamae
- repeat with right side, finish with hidari ichiji gamae

SOTAI KOHON HOKEI

tenchi ken dai ikkei (sōtai): <https://www.youtube.com/watch?v=gwyfwVv6Pul>

tenchi ken dai niki (sōtai): https://www.youtube.com/watch?v=wbkgB_zjhMY

giwa ken dai ikkei (sōtai): <https://www.youtube.com/watch?v=tYuswRorEBU>

giwa ken dai niki (sōtai):

ryūō ken dai ikkei (sōtai): https://www.youtube.com/watch?v=ZnRj20I7_Lg