

DENTOKAN JUJUTSU

Sandan-Gi

Roy Hobbs Sensei 2007



Sandan Gi - 3rd Grade (Black Belt) Skill

Suware Waza - Sitting Techniques

1. Ude Osae Dori - Arm Pin Art
2. Mune Osae Dori - Chest Pin Art
3. Uchi Komi Dori - Strike Inside Art
4. Gyaku Kote Gaeshi - Reverse Wrist Turnover
5. Aya Dori - Woven Cloth Art

Hantachi Waza - Half Standing Techniques

6. Yoko Dori - Side Art
7. Morote Osae Dori - Two Hand Pin Art
8. Ushiro Gyaku Kubi Shime Dori - Rear Reverse Neck Strangulation Art

Tachi Waza - Standing Technique

9. Ryo Mune Osae Dori - Both Chest Pin Art
10. Emon Dori - Clothing Crest Art
11. Tachi Gyaku Kote Gaeshi - Standing Reverse Wrist Turnover
12. Uchi Komi Dori - Strike Inside Art
13. Tsuki Mi Dori - Thrust to Body Art
14. Kata Mune Osae Mochi Mawari - One Chest Pin Lead Around
15. Ryote Mochi Mawari - Both Hand Lead Around
16. Ushiro Zeme Dori - Rear Attack Art
17. Ushiro Emon Dori - Rear Clothing Crest Art
18. Mae Obi Hiki Dori - Front Belt Pull Art
19. Ushiro Obi Hiki Dori - Rear Belt Pull Art
20. Nuki Uchi Dori - Draw Out Strike Art
21. Tsuki Komi Dori - Thrust Inside Art
22. Ushiro Ryote Tori - Rear Both Hands Grasp