

DENTOKAN JUJUTSU

Shodan-Gi

Roy Hobbs Sensei 2007



Shodan-Gi – 1st Grade (Black Belt) Skill

Suware Waza - Sitting Techniques

1. Nukite - Draw Hand
2. Gyaku Kote Gaeshi - Reverse Wrist Turnover
3. Aiki Nage - Harmonious Spirit Throw
4. Hiza Gatame - Knee Hold
5. Ude Osae Dori - Arm Pin Art
6. Mune Osae Dori - Chest Pin Art
7. Uchi Komi Dori - Strike Inside Art

Hantachi Waza – Half Standing Techniques

8. Yoko Katate Osae Dori - Side One Hand Pin Art

Isu Suware Waza - Chair Sitting Techniques

9. Yoko Morote Osae Dori - Side Two Hand Pin Art

Tachi Waza - Standing Techniques

10. Ryote Tori Zeme - Both Hands Grasp Attack
11. Tachi Ate - Standing Strike
12. Tachi Gyaku Kote Gaeshi - Standing Reverse Wrist Turnover
13. Hiki Nage – Pull Throw
14. Ude Osae Dori - Shoulder Pin Art
15. Mune Osae Dori - Chest Pin Art
16. Ryo Ude Osae Dori - Both Arms Pin Art
17. Ryo Mune Osae Dori - Both Chest Pin Art
18. Uchi Komi Dori - Strike Inside Art
19. Ushiro Zeme Otoshi - Rear Attack Art
20. Katana Ushiro Zeme Otoshi - Sword Rear Attack Art
21. Kubi Shime Dori - Neck Strangulation Art