

Yawara

(Techniques of Gentleness)

1. Katate Hazushi Ichi

Single hand escape one

2. Katate Hazushi Ni

Single hand escape two

3. Ryote Hazushi

Double hand escape

4. Morote Hazushi

Many hand escape

5. Yubi Tori Hazushi

Finger hold escape

6. Momiji Hazushi

Red maple leaf escape

7. Ryoeri Hazushi

Double lapel escape

8. Yubi Tori

Finger hold

9. Moro Yubi Tori

Multiple finger hold

10. Katate Tori

Single hand hold

11. Ryote Tori

Double hand hold

12. Tekubi Tori Ichi

Wrist hold one

13. Tekubi Tori Ni

Wrist hold two

14. Imon Tori

Lapel hold

15. Ryoeri Tori

Double lapel hold

16. Akushu Kote Tori

Hand grip forearm hold

17. Akushu Ude Tori

Hand grip arm hold

18. Akushu Kotemaki Tori

Hand grip forearm winding hold

19. Kubi Nuki Shime

Neck withdrawal constriction

20. Hagai Shime

Wing pinion constriction

Nage Te

(Throwing Techniques)

1. Deashi Harai

Advancing foot sweep

2. Sasae Ashi

Prop foot

3. Okuri Harai

Sending sweep

4. Soto Gama

Outside sickle

5. Uchi Gama

Inside sickle

6. Soto Momo Harai

Outside thigh sweep

7. Uchi Momo Harai

Inside thigh sweep

8. Ogoshi

Big hip

9. Utsuri Goshi

Shifting hip

10. Seoi Nage

Back carry throw

11. Ushiro Goshi

Rear hip

12. Seoi Goshi

Back carry hip

13. Tsurikomi Goshi

Ensnarement hip

14. Harai Goshi

Sweeping hip

15. Hane Goshi

Springing hip

16. Uki Otoshi

Floating drop

17. Makikomi

Slip in winding

18. Kani Sute

Crab throw

19. Tomoe Nage

Comma throw

20. Yama Arashi

Mountain storm

Shime Te

(Constriction Techniques)

1. Eri Gatame

Lapel hold down

2. Kata Gatame

Shoulder hold down

3. Juji Gatame

Cross hold down

4. Shiho Gatame

Four-sided hold down

5. Sankaku Gatame

Triangle hold down

6. Ushiro Gatame

Rear hold down

7. Namijuji Shime

Normal cross choke

8. Gyakujuji Shime

Reverse cross choke

9. Ichimonji Shime

Straight-line choke

10. Tsukikomi Shime

Thrusting in choke

11. Hadaka Jime Ichi

Naked choke one

12. Hadaka Jime Ni

Naked choke two

13. Hadaka Jime San

Naked choke three

14. Dakikubi Jime

Embracing neck constriction

15. Osaegami Jime

Holding hair constriction

16. Kote Jime

Forearm constriction

17. Tenada Jime

Hand blade constriction

18. Dho Jime

Body constriction

19. Ashikarami Jime

Foot entanglement constriction

20. Ashinada Jime

Foot blade constriction

21. Ashiyubi Jime

Foot toe constriction

22. Momo Jime

Thigh hold

23. Shikano Itsusoku Jime

Deer's one leg constriction

24. Shidare Fuji Jime

Hanging wisteria constriction

25. Tatsumaki Jime

Dragon winding constriction

Goshin Jitsu

(Techniques of Self Defense)

1. Kataeri Hazushi

Single lapel escape

2. Katate Tori Ni

Single hand hold two

3. Katate Tori San

Single hand hold three

4. Katate Tori Shi

Single hand hold four

5. Imon Tori Ni

Lapel hold two

6. Kata Mune Tori

Single chest hold

7. Ude Tori

Arm hold

8. Genkotsu Ude Tori

Fist bone hold

9. Ude Gyaku Ichi

Arm reverse one

10. Ude Gyaku Ni

Arm reverse two

11. Ninin Yubi Tori

Two-person finger hold

12. Kataeri Tori

Single lapel hold

13. Ushiro Gyaku

Rear reverse

14. Kata Hagai

Single wing pinion

15. Tekubi Shigarami

Wrist entanglement

16. Genkotsu Otoshi

Fist bone drop

17. Hon Gyaku Ichi

Basic reverse one

18. Hon Gyaku Ni

Basic reverse two

19. Ushiro Daki Nage

Rear embracing throw

20. Mae Daki Nage Ichi

Front embracing throw one

21. Mae Daki Nage Ni

Front embracing throw two

22. Kataguruma

Shoulder wheel

23. Hizagarami

Knee entanglement

24. Mae Osaegami Nage

Front holding hair throw

25. Ushiro Osaegami Nage

Rear holding hair throw

26. Kesa Nage

Scarf throw

27. Ashi Karami

Foot entanglement

28. Sannin Nage

Three person throw

Oku No Te

(Deeper Techniques)

1. Deashi Hayanada

Advancing foot quick blade

2. Ogoshi Hayanada

Big hip quick blade

3. Seoi Hayanada

Back carry quick blade

4. Norimi

Body ride

5. Sumigaeshi

Corner overturn

6. Mizukuguri

Under water dive

7. Maeyamakage

Front mountain shadow

8. Komiiri

Crowding in

9. Kotegaeshi

Forearm overturn

10. Sakanuki

Reverse pull out

11. Gyakute Nage

Reverse arm throw

12. Hon Tomoe

True circle

13. Katate Tomoe

One hand circle

14. Shigarami

Entanglement

15. Gyaku Shigarami

Reverse entanglement

16. Kote Shigarami

Forearm entanglement

17. Koguruma

Small wheel

18. Tora Nage

Tiger throw

19. Tora Katsugi

Tiger shouldering

20. Arashi Otoshi

Storm drop

21. Hiki Otoshi

Pulling drop

22. Kine Katsugi

Pestle shouldering

23. Kin Katsugi

Testicle shouldering

24. Kazaguruma

Wind wheel

25. Jigoku Otoshi

Hell drop