

Oku No Te

Deeper Techniques

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|-----|------------------------|----------------------------|
| 1. | Deashi Hayanada | Advancing Foot Quick Blade |
| 2. | Ogoshi Hayanada | Major Hip Quick Blade |
| 3. | Seoi Hayanada | Back Carry Quick Blade |
| 4. | Norimi | Riding The Body |
| 5. | Sumigaeshi | Corner Overturn |
| 6. | Mizukuguri | Under Water Dive |
| 7. | Maeyamakage | Front Mountain Shadow |
| 8. | Komiiri | Entering 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 Arm Circle |
| 14. | Shigarami | Arm Capture |
| 15. | Gyaku Shigarami | Revere Arm Capture |
| 16. | Kote Shigarami | Forearm Capture |
| 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 | Mallet Shouldering |
| 23. | Kin Katsugi | Testicle Shouldering |
| 24. | Kazaguruma | Wind Wheel |
| 25. | Jogoku Otoshi | Hell Drop |



Goshin Jitsu

Techniques Of Self Defense

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|-----|-----------------------------|--|---------------------------|
| 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. | Emon Tori Ni | | Lapel Crossing Two |
| 6. | Kata Mune Tori | | Single Chest Hold |
| 7. | Ude Tori | | Arm Hold |
| 8. | Genkotsu Ude Tori | | Fist Arm Hold |
| 9. | Ude Gyaku Ichi | | Arm Reverse One |
| 10. | Ude Gyaku Ni | | Arm Reverse Two |
| 11. | Ninin Kote Karami | | Two Person Finger Hold |
| 12. | Kataeri Dori | | Single Lapel Hold |
| 13. | Ushiro Gyaku | | Rear Reverse |
| 14. | Kata Hagai | | Single Wing Pinion |
| 15. | Tekubi Shigarami | | Wrist Arm Capture |
| 16. | Genkotsu Otoshi | | Fist 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 Lock |
| 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 Capture |
| 28. | Sannin Nage | | Three Person Throw |



Red Dragon Jujitsu Club
Requirements For Nikyu (2nd Brown)

OKU NO KATA

1. **Deashi Hayanada**
2. **Ogoshi Hayanada**
3. **Seoi Hayanada**
4. **Norimi**
5. **Sumigaeshi**
6. **Mizukuguri**
7. **Komiiri**
8. **Maeyamakage**
9. **Kotegaeshi**
10. **Sakanuki**



GOSHIN JITSU

1. **Kataeri Hazushi**
2. **Katate Tori Ni**
3. **Katate Tori San**
4. **Katate Tori Shi**
5. **Emon Tori Ni**
6. **Kata Mune Tori**
7. **Ude Tori**
8. **Genkotsu Ude Tori**
9. **Ude Gyaku Ichi**
10. **Ude Gyaku Ni**
11. **Ninin Yubi Tori**
12. **Kataeri Tori**
13. **Ushiro Gyaku**
14. **Kata Hagai**
15. **Tekubi Shigarami**
16. **Genkotsu Otoshi**
17. **Hon Gyaku Ichi**
18. **Hon Gyaku Ni**
19. **Ushiro Daki Nage**
20. **Mae Daki Nage Ichi**
21. **Mae Daki Nage Ni**
22. **Kataguruma**
23. **Hizigarami**
24. **Mae Osaegami Nage**
25. **Ushiro Osaegami Nage**
26. **Kesa Nage**
27. **Ashi Karami**
28. **Sannin Nage**

KAPPO

1. **Hon Katsu**
2. **Ura Katsu**
3. **Tanden Katsu**

ALSO

1. **Kote Maki Tori**
2. **Uke Goshi**
3. **Tonbogaeri**

MESSAGE & MANIPULATION

NOTEBOOK

Answer each of the following in your own words:

1. What, in your opinion, makes a good jujitsu instructor?
2. Why did you start Jujitsu?
3. Why would you quit Jujitsu?
4. What are your goals in Jujitsu?
5. What is meant by awareness, and how does it relate to Jujitsu?
6. Give a brief history of your sensei.
7. Why is the dojo named Red Dragon Jujitsu Club?