



**BARRY'S JUJUTSU**  
Fort Leavenworth, Kansas

**SARU MO KI KARA OCHIRU**  
EVEN MONKEYS FALL OUT OF TREES



JANUARY 2015

1. WARM UP
  - a. STRETCHING
  - b. PUSH UPS
  - c. SIT UPS
  - d. SHRIMP
  - e. LOW CRAWL
2. DRILLS
  - a. STATIC
    - i. FROM A HORSE STANCE
      1. BLOCKS
      2. STRIKES
    - ii. FROM A FIGHTING STANCE
      1. BLOCKS
      2. STRIKES
      3. KICKS
  - b. LINE DRILLS
    - i. MOVING IN A FIGHTING STANCE
      1. STRIKES
        - a. PUNCHES
        - b. KICKS
  - c. UCHI KOMI
    - i. FAVORITE TECHNIQUE
      1. 9 AND THROW
      2. THROW FOR THROW
    - ii. NEW TECHNIQUE
3. TECHNIQUES
  - a. THROW
    - i. HARAI GOSHI
  - b. PIN



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- i. UKI GATAME
- c. CHOKE/STRANGLE
  - i. JIGOKU JIME
- d. JOINT LOCK
  - i. JUJI GATAME
    - 1. COUNTER TO KNEE ON BELLY
      - a. SEE STEVE SCOTT'S JUJI GATAME ENCYCLOPEDIA PG 128
- e. SELF-DEFENSE
  - i. FRONT BEAR HUG ESCAPE
    - 1. O SOTO GARI
  - ii. REAR BEAR HUG ESCAPE
    - 1. TANI OTOSHI
- f. RANDORI
  - i. 3 MINUTE ROUNDS
- g. KATA
  - i. SEVEN HANDS OF ATTACK AND DEFENSE
  - ii. HAND KATA ONE
  - iii. KICK KATA FIVE
  - iv. GOSHIN JUTSU

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