



Barry's Jujutsu
Ft. Leavenworth, KS

Seven Hands of Attack and Defense

Study Guide

The Seven Hands of Attack and Defense is a partnered *kata* (form) for two persons. After bowing to each other, the practitioners adjust their distance to stand at arm's length. Then, each steps into a Fighting Stance with his/her guard up. The two then proceed through the sequence of techniques, one striking (the *tori*), the other blocking (the *uke*). After they perform the sequence of seven strikes and corresponding blocks twice (once with the left hand side of the body forward and once with the right), the partners switch roles to do it twice again. Use the following charts as quick-and-dirty references for this *kata*.

Seven Hands of Attack and Defense: Basic Sequence

#	Seven Hands of Attack (<i>Tori</i>)	Seven Hands of Defense (<i>Uke</i>)
1	Back Fist Strike	High Block
2	Hammer Fist Strike	Low Block
3	Punch	Inside Block
4	Elbow Strike	Twin Palm Block
5	Knife Hand Strike	Knife Hand Block
6	Palm Strike	Inside Block
7	Ridge Hand Strike	Twin Palm Block

Seven Hands of Attack and Defense:
Full Sequence

#	Partner A		Partner B	
0	Begin in Ready Stance		Begin in Ready Stance	
1	Step forward with L foot to L Fighting Stance		Step back with R foot to L Fighting Stance	
2	L	Back Fist Strike	L	High Block
3	L	Hammer Fist Strike	L	Low Block
4	R	Punch	R	Inside Block
5	L	Elbow Strike		Twin Palm Block
6	L	Knife Hand Strike	L	Knife Hand Block
7	R	Palm Strike	R	Inside Block
8	L	Ridge Hand Strike		Twin Knife Hand Block
9	Step forward with R foot to R Fighting Stance		Step back with L foot to R Fighting Stance	
10	R	Back Fist Strike	R	High Block
11	R	Hammer Fist Strike	R	Low Block
12	L	Punch	L	Inside Block
13	R	Elbow Strike		Twin Palm Block
14	R	Knife Hand Strike	R	Knife Hand Block
15	L	Palm Strike	L	Inside Block
16	R	Ridge Hand Strike		Twin Knife Hand Block
17	Step back with R foot to L Fighting Stance		Step forward with L foot to L Fighting Stance	
18	L	High Block	L	Back Fist Strike
19	L	Low Block	L	Hammer Fist Strike
20	R	Inside Block	R	Punch
21		Twin Palm Block	L	Elbow Strike
22	L	Knife Hand Block	L	Knife Hand Strike
23	R	Inside Block	R	Palm Strike
24		Twin Knife Hand Block	L	Ridge Hand Strike
25	Step back with L foot to R Fighting Stance		Step forward with R foot to R Fighting Stance	
26	R	High Block	R	Back Fist Strike
27	R	Low Block	R	Hammer Fist Strike
28	L	Inside Block	L	Punch
29		Twin Palm Block	R	Elbow Strike
30	R	Knife Hand Block	R	Knife Hand Strike
31	L	Inside Block	L	Palm Strike
32		Twin Knife Hand Block	R	Ridge Hand Strike
X	Step with L foot to return to Ready Stance		Step with R foot to return to Ready Stance	