



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

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



MARCH 2015

1. THROW (NE WAZA)
  - a. KIDS CLASS
    - i. O GOSHI



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- b. ADULT CLASS
  - i. OKURI ASHI BARAI



- 1. FOLLOWING FOOT SWEEP
  - a. DOUBLE FOOT SWEEP
- 2. NAGE NO KATA
  - a. TECHNIQUE 7
  - b. ASHI WAZA SET
    - i. TECHNIQUE 1

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2. PIN (OSAE KOMI WAZA)
  - a. UKI GATAME



- b. KNEE ON BELLY
      - i. FROM A THROW
        1. TOKUI WAZA (FAVORITE TECHNIQUE)
        2. INSTRUCTOR SELECTED THROW
          - a. UNTIL YOU CHOOSE A FAVORITE
      - ii. PASSING THE GUARD
    - c. FROM A THROW (TOKUI WAZA TO UKI GATAME TO:
      - i. ANOTHER PIN
      - ii. JUJI GATAME
    - d. ESCAPES FROM UKI GATAME (KNEE ON BELLY
    - e. SHRIMP TO GUARD

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### 3. CHOKE / STRANGLE (SHIME WAZA)

#### a. KATATE JIME



#### i. ONE HAND STRANGLE

1. FROM KNEE ON BELLY
  - a. UKI GATAME
2. FROM PASSING THE GUARD
  - a. UNDER THE LEG
3. FROM HAND KATA ONE
  - a. FOREARM CHECK

#### ii. TO KATA JUJI JIME

1. TOP MOUNT
  - a. TATE SHIHO GATAME
    - i. UKE ATTEMPTS TO TURN OUT OF CHOKE
2. PULL INTO GUARD
  - a. UKE ATTEMPTS TO TURN OUT OF CHOKE

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4. JOINT LOCK (KANSETSU WAZA)
  - a. KOTE KUDAKI
    - i. WRIST LOCK FLOW
      1. TECHNIQUE 8
      2. RE-INFORCED
        - a. TECHNIQUE 9
  - b. INSIDE ATTACK
  - c. OUTSIDE ATTACK
  - d. TO THROW
    - i. O SOTO GARI
    - ii. O UCHI GARI
  - e. TO ARM LOCK 11
    - i. UDE GARAMI (CHICKEN WING)
  - f. TO THROW
    - i. TAI OTOSHI

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