



SEPTEMBER 2015

1. THROW

a. KOSHI WAZA (HIP TECHNIQUE)

i. COMMON TO ALL HIP THROWS

1. OFF BALANCE YOUR OPPONENT

- a. PULLING HAND
- b. DRIVING HAND

2. BEND KNEES

- a. GET YOUR BELT BELOW THEIR BELT

3. FOOT PLACEMENT

- a. TRY TO GET YOUR FEET BETWEEN THEIR FEET

4. TRY TO ELIMINATE ANY SPACE BETWEEN YOU AND THE PERSON YOU ARE ATTEMPTING TO THROW

5. ROTATE YOUR UPPER BODY

- a. DO NOT STOP THE UPPER BODY ROTATION

6. The three elements of a throw

a. KUZUSHI

i. OFF BALANCING

b. TSUKURI

i. ENTRY

- 1. FOOT PLACEMENT
- 2. HIP PLACEMENT
- 3. POSITION OF THE HANDS

c. KAKE

i. EXECUTION

- 1. BODY ROTATION



BARRY'S JUJUTSU
Fort Leavenworth, Kansas

SARU MO KI KARA OCHIRU
EVEN MONKEYS FALL OUT OF TREES



- c. CHOKE / STRANGULATION DEFENSE
 - i. ONE ARM UP / ONE ARM DOWN
 - ii. ROTATE YOUR BODY AWAY FROM THE CHOKE AND SPLIT THE ATTACKERS HANDS.
4. JOINT LOCK
 - a. WAKI GATAME
 - b. ESCAPE
 - i. PULL ARM FREE IF OPPONENT IS NOT CONTROLLING YOUR WRIST
 - ii. TANI OTOSHI
 - c. JOINT LOCK DEFENSE
 - i. KEEP YOUR ELBOWS IN
 - ii. TRY NOT TO STRAIGHTEN YOUR ARM
5. USE OF ANY AND ALL OF THESE TECHNIQUES IN A SELF-DEFENSE SITUATION

BARRY'S JUJUTSU
Fort Leavenworth, Kansas