



BARRY'S JUJUTSU
Fort Leavenworth, Kansas

SARU MO KI KARA OCHIRU
EVEN MONKEYS FALL OUT OF TREES



JUNE-JULY 2016

1. THROW(S)
 - a. ADVANCED STUDENTS
 - i. HARAI GOSHI



- ii. KOSHI GURUMA



BARRY'S JUJUTSU
Fort Leavenworth, Kansas

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FRANK BARRY

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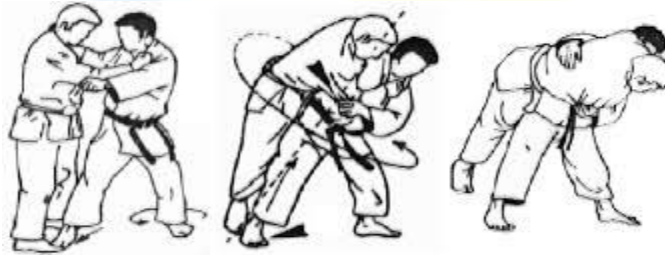


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iii. UKI GOSHI

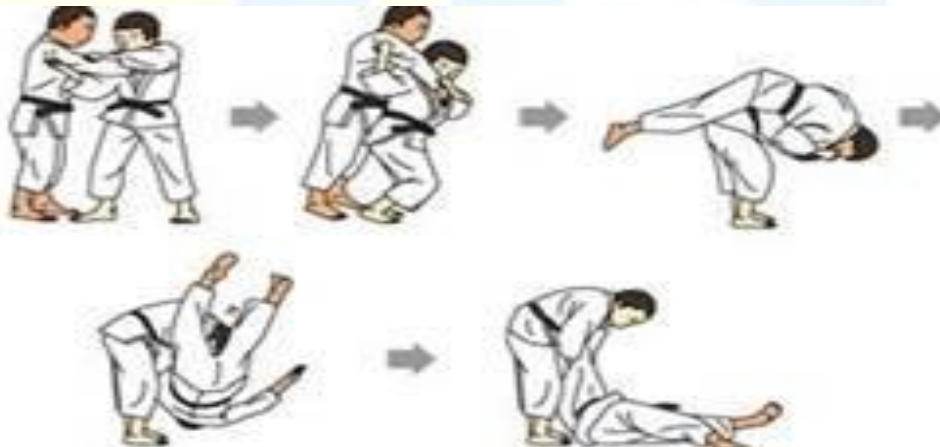


b. BEGINNERS

i. O SOTO GARI



ii. SEOI NAGE





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2. PIN

- a. USHIRO KESA GATAME



3. CHOKE

- a. OKURI ERI JIME



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4. JOINT LOCK(S)

a. WRIST

i. KOTE KUDAKI



1. WRISTLOCK

- a. ONE
- b. EIGHT
- c. NINE

b. ELBOW

i. TEMBIN NAGE



1. ARMLOCK SIX



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c. ANKLE



d. KNEE



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5. STRIKES

a. HAND

i. HAMMER FIST

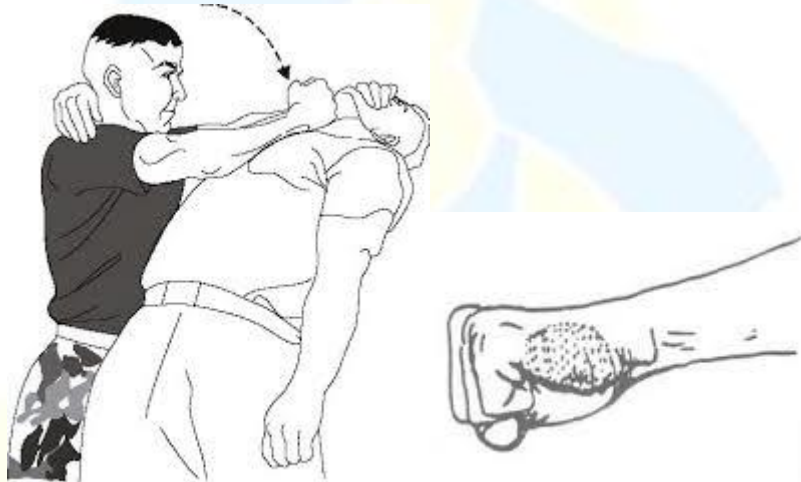


Figure 4-5. Hammer-flat strike to face.

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ii. PALM HEEL STRIKE





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Figure 4-12. Palm-heel strike to chin.

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- b. ELBOW
- i. VERTICLE

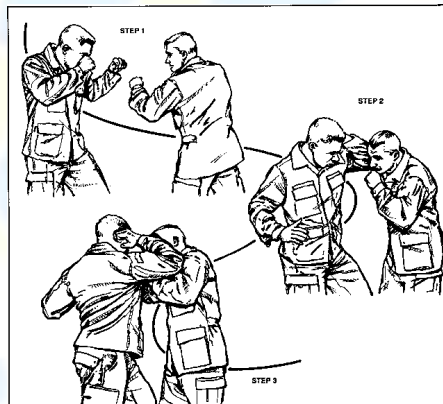


Figure 4-20. Elbow strike to biceps.



Figure 4-21. Elbow strike to inside of shoulder.

- ii. HORIZONTAL



- iii. ELBOW DRILL
- 1. SEE HAND OUT



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c. KNEE

i. VERTICAL



Figure 4-23. Front knee strike.

ii. HORIZONTAL



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- d. FOOT
 - i. YOKO GERI
 - 1. SIDE KICK



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6. BLOCKS

a. LOW BLOCK



b. SEVEN HANDS OF DEFENSE

i. SEE HAND OUT

7. BLACK BELT TESTS

a. AUSTIN (NIDAN TEST)

i. NAGE NO KATA

b. KEN AND RADKA (SHODAN TEST)

i. GOSHIN JUTSU NO KATA

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