



BARRY'S JUJUTSU
Fort Leavenworth, Kansas

SARU MO KI KARA OCHIRU
EVEN MONKEYS FALL OUT OF TREES



AUGUST 2016

1. THROW

a. O SOTO GARI



2. PIN

a. KESA GATAME



1

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3. JOINT LOCK

a. JUJI GATAME



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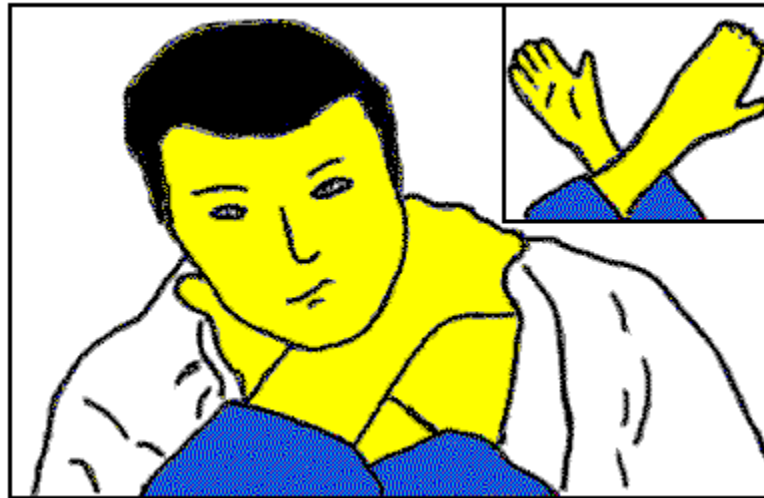
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4. CHOKE

a. KATA JUJI JIME



5. STRIKES

- a. SEVEN HANDS OF ATTACK
- b. SEVEN HANDS OF DEFENSE
- c. SIDE KICK
 - i. KICK KATA FIVE

6. KATA (DRILL)

- a. GOSHIN JUTSU NO KATA
- b. KICK KATA FIVE
- c. SEVEN HANDS OF ATTACK AND DEFENSE

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