

## Bo Kihon and Kihon Kumi Waza

### Dai Ichi: Set 1

- 1) Jodan uchi                      upper level strike
- 2) Jodan nanme uchi            diagonal upper level strike
- 3) Chudan yoko uchi            middle level side strike
- 4) Gedan yoko uchi              lower level side strike
- 5) Kake uke, tsuki                hooking defense, thrust

### Dai Ni: Set 2

- 1) Gedan harai uke, jodan naname uchi  
    lower level brushing aside defense, upper level diagonal strike
- 2) Gedan hane uke, gedan nuki  
    lower level knock down defense, lower level spear thrust
- 3) Suna kake                        hooking sand
- 4) Osae uke                         lower level binding defense
- 5) Kaeshi uchi, kaeshi tsuki      reverse end strike, reverse end thrust

### Dai San: Set 3

- 1) Gedan yoko uke, jodan naname uchi  
    Lower level side defense, upper level diagonal strike
- 2) Jodan yoko uchi, jodan nuki  
    Upper level side strike, upper level spear thrust
- 3) Chudan nagashi uchi, gedan uke, jodan naname uchi  
    middle level flowing strike, lower level defense, upper level diagonal strike
- 4) Gedan yoko uke, gedan osae uke, jodan naname uchi  
    lower level side defense, lower level binding defense, upper level diagonal strike
- 5) Gorenda                         5 part combination

## Sai Jutsu Kihon Waza and Kihon Kumi Waza

1. Jodan Mawashi-Uchi            Upper level circling strike
2. Jodan Uke                        Upper level defense
3. Chudan Tsuki                    Middle level thrust
4. Chudan Harai-Uke               Middle level brushing aside defense
5. Gedan Harai-Uke                Lower level brushing aside defense
6. Gedan Uke                        Lower level defense
7. Chudan Tsuki, Jodan Mawashi-Uchi, Gedan Uke  
    Middle level thrust, upper level circling strike, lower level defense
8. Chudan Tsuki, Gedan Harai-Uke, Jodan Nuki, Gedan Uke  
    Middle level thrust, lower level brushing aside defense, upper level spear, lower level defense
9. Chudan Tsuki, Chudan Harai-Uke, Gedan Harai-Uke, Kote Uchi, Gedan Uke  
    Middle level thrust, middle level brushing aside defense, lower level brushing aside defense, wrist strike, lower level defense
10. Chudan Tsuki, Chudan Harai-Uke, Kote Uchi, Mawashi Kote Uchi, Gedan Uke  
    Middle level thrust, middle level brushing aside defense, wrist strike, circular wrist strike, lower level defense
11. Nage waza                        Throwing technique (out doors or at target only)

## Tonfa Jutsu Kihon Waza and Kihon Kumi Waza

1. Jodan Naname Uchi Upper level side strike
2. Jodan Uke Upper level defense
3. Chudan Tsuki Middle level thrust
4. Chudan Nuki Middle level spear
5. Gedan Yoko Uchi Lower level side strike
6. Gedan Uke Lower level defense
7. Uwa Uchi, Jodan Mawashi Uchi Rising stike, upper level circular strike
8. Chudan Tsuki, Gedan Harai Uke, Gedan Harai Uke, Jodan Uchi  
Middle level thrust, lower level brushing aside defense, lower level brushing aside defense, upper level strike
9. Chudan Tsuki, Jodan Harai Uke, Jodan Yoko Uchi, Jodan Uchi  
Middle level thrust, middle level brushing aside defense, upper level side strike, upper level strike
10. Chudan Tsuki, Jodan Uchi, Nikai Mawashi Uchi  
Middle level thrust, double circular strike

## Nunchiyaku Jutsu Kihon Waza and Kihon Kumi Waza

1. Jodan Uchi Upper level strike
2. Ue Uchi Rising strike
3. Wakibara Side or armpit sweep
4. Nodo Uchi Throat strike
5. Miso Tsuki Solar plexus thrust
6. Ganmen Nageru Head toss
7. Gedan Uke Lower level defense
8. Gedan Yoko Uchi Lower level side strike
9. Chudan Harai Uke Middle level brushing aside defense
10. Jodan Uke Upper level defense

## Chizikunbo Kihon Waza

1. Chudan tsuki Middle level thrust
2. Chudan kake uke Middle level hooking defense
3. Chudan osae uke Middle level pressing defense
4. Jodan uke, jodan mawashi uchi Upper level defense, upper level circular strike
5. Chudan uke, chudan tetsui uchi Middle level defense, middle level hammer fist strike