



財団法人古武道連盟
Zaidan Hojin Kobudo Renmei

Hokushin Ko Ryu jujutsu

Kuzushi no Kata
Kogeki no Kata
Te Hodoki no Kata

Shoto no Kata

Kogeki:	Waza:
Morote Mochi	Ude Osae (uki otoshi)
Ryote Mochi (chudan)	Ude Osae (uki otoshi)
Ryote Mochi (jodan)	Waki Gatame
Mune Dori	Mae Kekomi – Waki Gatame
Kubi Dori	Ude Osae - Kote Mawashi
Kami Dori	Tenkai Ude Osae – Kote Mawashi
Ushiro Riote Dori	Kote Gaeshi
Ushiro Kubi Dori	Koshi Nage (o-goshi)
Ushiro Katate Kubi Shime Dori	Kote Hineri
Ushiro Uwate	Seoi Otoshi

Atemi Dori

Kogeki:	Waza:
Shomen Uchi	Koshi Guruma (Juji Uke)
Mawashi Uchi	Harai Goshi (Morote Uke)
Tsuki Jodan	Kiriki Otoshi
Tsuki Chudan	Irimi Otoshi
Ran Tsuki	Ude Garami
Morote Mawashi Uchi	O-Goshi
Mae Kekomi	Irimi Nage
Mawashi Geri	O-Uchi Gari
Ryokata Hiza Ate	Ushiro Goshi
Ryokata Atama Ate	Kubi Otoshi

Sutemi no Kata

Kogeki:	Waza:
Ryokata Mochi	Hidari Yoko Nage
Ryokata Mochi	Migi Yoko Nage
Ryokata Mochi	Yoko Guruma
Ryokata Mochi	Tani Otoshi
Ryokata Mochi	Yoko Wakare



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Ryokata Mochi	Sumi Gaeshi
Ryokata Mochi	Tomoe Nage
Men Uchi	Ju Nage
Yokomen Uchi	Ju Nage
Do Ate	Ju Nage

Tanto no Kiken

Kogeki:	Waza:
Katate Mochi - Mae Eri Mochi - Kubi Ushiro Yoko Ushiro Kubi - Yoko	Shiho Nage, Ude Garami (kaiten), Koshi Nage, Irimi Otoshi.

Yoshin Ryu Gyaku no Kata

Kogeki:	Waza:
Kote Ryokote Kekomi Kata Eri Ryo Eri Haigo Men Tsuki Men Uchi Kobushi Ate Nuki Uchi	Ura Kote Kuguri Gyaku Kekomi Gyaku Honjime Ninai Gyaku Tasuki Maehiji Hijiotoshi Kotegaeshi Orikomi

Yoshin Ryu Nage no Kata

Kogeki:	Waza:
Kote Ryokote Kekomi Kata Eri Ryo Eri Haigo Men Tsuki Men Uchi Kobushi Ate Nuki Uchi	Kuguri Nage Hora Otoshi Sukui Nage Kasumi Nage Atemi Nage Seoi Nage Konoha Otoshi Irimi Nage Hora Nage Mawashi Nage



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Yoshin Ryu Oku no Kata

Kogeki:	Waza:
Kote	Kote Otoshi
Ryokote	Juji Gyaku
Kekomi	Kyo Otoshi
Kata Eri	Ura Jime
Ryo Eri	Tataki Komi
Haigo	Tai Otoshi
Men Tsuki	Kote Ori
Men Uchi	Hiji Jime Otoshi
Kobushi Ate	Inazuma Otoshi
Nuki Uchi	Mawashi Otoshi

Technique Requirements

Yakusoku Kumidori & Atemidori:

Hachikyu	Ma, Ukemi, Taisabaki
Nanakyu	+ Kuzushi no Kata, Kogeki no Kata,
Rokukyu	+ Te Hodoki no Kata,
Gokyu	+ Shoto no Kata
Yonkyu	+ Gyaku no Kata (Ichi-Roku Waza)
Sankyu	+ Atemi Dori
Nikyu	+ Sutemi no Kata
Ikkyu	+ Tanto no Kiken
Shodan	+ Gyaku no Kata + Ippon Kumidori & Atemidori + Zanshin
Nidan	+ Nage no Kata + Jissai Kumidori & Atemidori
Sandan	+ Oku no Kata + Kobudo Shiken