

JU-JITSU KANSETSU WAZA NO NARAI KATA Study of Ju-jitsu Joint-locking Techniques

- | | |
|---|--|
| I. Ude Kansetsu | Arm Joint-locks |
| A. Yubi waza | Techniques against the finger(s) |
| 1. yubi garami | finger entanglement |
| a. ippon yubi garami | single finger entanglement |
| b. shishi garami | entanglement of four fingers |
| 2. yubi dori | finger seizure |
| a. moro yubi dori | two finger seizure |
| b. kote shigarami | wrist and finger entanglement |
| 3. gyaku yubi | reversal of the fingers |
| a. mae gyaku yubi | reversal of the finger from the front |
| b. ushiro gyaku yubi | reversal of the finger from the back |
| c. shishi byaku | four finger reversal |
| d. haigo gyaku yubi | finger reversal behind the back |
| e. yakute oyayubi gatame | thumb lock and hand reversal |
| 4. shigarami | finger entanglement |
| a. kihon shigarami/teyottsui | basic finger entanglement/standing fingers |
| b. gyaku shigarami | reversed finger entanglement |
| 5. tsuki otoshi | thrusting down |
| 6. yubi wari | finger split |
| B. Kote waza | Techniques against the wrist |
| 1. kote gaeshi/gyaku gote | wrist turnover/reversed wrist |
| a. kihon kote gaeshi | basic wrist turnover |
| b. saka katate dosoku dori --
ura gote gaeshi/make gote | upside-down single-hand cross grip to
reversed wrist turnover/winding wrist |
| c. jun katate dori -- ura gote
gaeshi/kote maki gaeshi | natural single-hand grip to reverse wrist
turnover/wrist winding turnover |
| d. ushiro jun katate dori --
ura kote gaeshi/sode maki
gaeshi | rear natural single-hand grip to reverse
wrist turnover/sleeve winding turnover |
| e. ura kote gaeshi/oshi gote | reversed wrist turnover/pushing wrist |
| f. kubushi gaeshi | fist turnover |
| 2. tekubi dori | wrist seizure |
| a. katate tekubi dori | single wrist seizure |
| 1) katate tekubi dori ichi | single wrist seizure, first form |
| 2) katate tekubi dori ni | single wrist seizure, second form |
| b. ryote tekubi dori | two hand wrist seizure |
| 1) ryote tekubi dori ichi | two hand wrist seizure, first form |
| 2) ryote tekubi dori ni | two hand wrist seizure, second form |
| 3. tsuki otoshi/johaku dori | thrusting drop/upper level seizure |
| a. te osae tsuki otoshi | thrusting drop with hand press |
| b. hiji kujiki tsuki otoshi | wrist wrenching thrusting drop |
| c. kote jime ude basami | wrist lock arm scissors |
| 4. kote hishigi/kote kudaki/ kote
mawashi/ konoha gaeshi/okuri
gote | wrist crush/wrist crush/wrist turnover/
maple leaf turnover/sliding wrist |
| a. kihon kote kudaki | basic wrist crush |
| b. mune dori -- kote kudaki/
ude maki | wrist crush from chest seizure/arm winding |

- | | |
|--|--|
| <ul style="list-style-type: none"> c. katate dosoku dori -- ura
gote kudaki/kiri gote d. ura gatame/kote kudkai robuse e. bassai dai kiri gaeshi
hishigi f. sekoshi ichiji gatame | <ul style="list-style-type: none"> single hand cross grip to reversed wrist
crush/cutting wrist reversed lock/wrist crush and arm rowing cutting turnover and wrist crush from the long
form of breaking down the fortress step-over figure-one lock maple-leaf turnover front maple -leaf overturn rear maple-leaf overturn shoulder lock konoha gaeshi used as a take-down |
| <ul style="list-style-type: none"> 5. konoha gaeshi <ul style="list-style-type: none"> a. mae konoha gaeshi b. ushiro konoha gaeshi c. kan gatame d. konoha okuri 6. tate gaesho gatame/gyaku yubi/
shishi dori <ul style="list-style-type: none"> a. kihon tate gassho gatame b. johaku dori | <ul style="list-style-type: none"> vertical clasped hand lock/reversed fingers/
four fingers seizure basic vertical clasped-hand lock upper draw grip Techniques against the elbow(s) |
| <p>C. Hiji waza</p> <ul style="list-style-type: none"> 1. ude garami/ude hishigi <ul style="list-style-type: none"> a. tachi waza <ul style="list-style-type: none"> 1) ue ude garami/ude gaeshi <ul style="list-style-type: none"> a. katate ue ude garami b. ryote ue ude garami 2) kata ha otoshi 3) okuri eri meshi toru 4) ude garami V/shita ude
garami/ude hineri 5) hasami ude garami b. ne waza <ul style="list-style-type: none"> 1) ude garami I/ hontai ude
garami 2) ude garami henak waza 3) hantai ude garami/gyaku
ude garami <ul style="list-style-type: none"> a. katate hantai ude
garami b. ude garami II/ryote
hantai ude garami 4) mae ude garami/kuzure ue
ude garami 5) ude garami III/kuzure shita
ude garami 6) juji ude garami 7) meshi toru gayku <ul style="list-style-type: none"> a) katate meshi toru gyaku b) ryote meshi toru gyaku 8) ashi ude garami 9) anza ude garami 10) ura ude garami 11) hiza neji gyaku c. kenyoho ude garami | <ul style="list-style-type: none"> arm entanglement/arm crush standing techniques upper arm entanglement/arm out-turn upper arm entanglement with one hands upper arm entanglement with both hand single wing drop sliding lapel "hammer lock" arm entanglement V/lower arm entanglement/
arm in-turn scissors arm entanglement ground techniques arm entanglement I/basic body arm
entanglement arm entanglement varied technique reversed body arm entanglement/reversed
arm entanglement reversed body arm entanglement with one hand arm entanglement II/reversed arm
entanglement front arm entanglement/modified upper arm
entanglement arm entanglement III/modified lower arm
entanglement arm entanglement from cross lock position
"hammer lock" "hammer lock" across uke's body "hammer lock" at uke's side arm entanglement with the leg arm entanglement with tori and uke facing
opposite directions reversed arm entanglement with tori and uke
facing opposite directions knee twisting reversal arm entanglements in combination with pins |

- | | |
|--|---|
| 1) yoko shiho ude garami | arm entanglement from side four corners |
| 2) tate shiho ude garami | arm entanglement from vertical four corners |
| 3) kesa garami | arm entanglement from scarf holding |
| 4) ushiro gesa garami | arm entanglement from rear scarf hold |
| 5) ura waki garami | arm entanglement with uke's left arm under tori's left armpit |
| 2. ude hishigi/ude kujiki | arm crush/arm wrench |
| a. tachi ude hishigi | standing arm crush |
| 1) juji gatame | cross lock |
| a) jigoku otoshi | hell drop |
| b) ura jigoku otoshi | reversed hell drop |
| 2) ude/zempaku gatame | arm lock/armlock with hands |
| a) kata ha gaeshi | single wing overturn |
| b) ura kata ha gaeshi | reversed single wing turnover |
| c) sakasa kata ha gaeshi | upside down single wing overturn |
| d) hiji makikomi | elbow coiling in |
| e) hiji nuki mae tembin | elbow slip front spin |
| f) tembin nage | spinning (scale) throw |
| g) gyakute seoi nage | reversed hand back-carry throw |
| h) hiji osae | elbow press |
| i) ude hishigi/ude kujiki/
ude hijigi/ude juji gatame | arm crush/arm wrench/arm bracket/
arm cross lock |
| (1) eri ude kujiki | arm wrench from a lapel grip |
| (2) katate ude kujiki | arm wrench with one hand |
| (3) saka tottari | upside down arm push |
| (4) kote saka tottari | upside down arm push with the wrist |

NOTE: The basic form of i), or ude hishigi, may be done as soto (outside), or as uchi (inside) versions; the most common -- and least vulnerable to counter attack -- is the soto version.

- | | |
|--|--|
| j) kannuki gatame | transversal lock |
| k) ura kannuki gatame/
kannuki hikitate | reversed transversal lock/
transversal pulling-up |
| l) gyaku tekubi | reversal of the wrist |
| m) dakite/kakaete | embracing hand/hooking hand |
| n) hikitate renko | pulling-up linked method |
| (1) eri hikitate renko | pulling-up linked method with the lapel |
| (2) kubi hikitate renko | pulling-up linked method with the neck |
| (3) waki hikitate renko | armpit pulling-up linked method |
| (4) ude gaeshi | arm turnover |
| (5) ude make | arm winding |
| 3) hiza gatame | knee lock |
| a) ude kake hiza gatame | arm hook knee lock |
| b) okurieri hiza gatame | knee lock with sliding lapel lock |
| 4) ashi gatame | leg lock |
| a) chugoshi ashi gatame | leg lock while squatting |
| b) kyoshi ashi gatame | leg lock while kneeling |
| 5) tai gatame | body lock |
| a) hara gatame | stomach lock |
| (1) mae hara gatame | front stomach lock |
| (2) ushiro hara gatame | rear stomach lock |

(a) okuri eri hara gatame	stomach lock with sliding lapel (choke)
(b) hagai hara gatame	stomach lock with the arm pinned
(3) gyaku hara gatame	reversed stomach lock
b) waki gatame	armpit lock
(1) mae waki gatame	front armpit lock
(a) gyaku hiji kudaki	reversed elbow crush
(b) hikitate waki gatame	pulling up armpit lock
(2) ushiro waki gatame	rear armpit lock
(a) hiji kudaki	elbow crush
(b) soto otoshi/ juji gote	outside drop/cross wrist
(c) otoshi gyakute	tatate nage omote tsukuri with soto otoshi kime
(d) ryaku juji gote	abbreviated cross drop
(e) katamune otoshi	drop from a high collar grip
(f) eri juji	cross lock from a lapel grip
b. ne waza ude hishigi	arm crush techniques on the ground
1) ude hishigi juji gatame	arm crush cross lock
a) hontai juji gatame/ juji gatame I/ kuzure juji gatame	basic body cross lock/cross lock I/ modified cross lock
b) kuzure juji gatame/ juji gatame II	modified cross lock/cross lock II
c) ura juji gatame/juji gatame III	reversed cross lock/cross lock III
d) eri dori juji gatame. juji gatame IV	lapel grip cross lock/ cross lock IV
e) kami juji gatame/ juji gatame V	upper cross lock/ cross lock V
f) sankaku juji gatame/ matsubayashi gatame	triangular cross lock/ folded pine needle lock
1) mae sankaku gatame/ juji gatame VI	front triangular cross lock/cross lock VI
2) ushiro sanaku gatame/ juji gatame VII	rear triangular cross lock/corss lock VII
3) ura sankaku gatame	reversed triangular lock
4) yoko/gyaku sankaku gatame	side-/reversed triangular lock
g) hasami juji gatame	juji gatame from ura ebi gatame
h) ohten juji gatame	rolling cross lock
2) ude/zempaku gatame	arm lock with the arm/arm lock with the hands
a) hontai ude gatame/ ude hishigi henak waza/ ude gatame I	basic body arm lock/arm crush variation technique/armlock I
b) kuzure ude gatame/ ude gatame II	modified arm lock/arm lock II
c) kuzure hiji makikomi	modified elbow coiling-in
d) ura ude gatame	ude gatame from ebi ura gatame

e) hantai ude kujiki/ ude garami IV	reversed arm wrench/arm entanglement IV
f) kenyocho waza	combination techniques
(1) mune gyaku	chest reversal
(2) kesa kannuki gatame	scarf transversal lock
(3) kami shiho garami	upper four corners arm lock
(4) kuzure kami shiho garami	modified upper four corners arm lock
3) hiza gatame	knee lock
a) ude kake hiza gatame/ hiza gatame I	arm hook knee lock/knee lock I
b) yoko ude hishigi hiza gatame	side arm crush knee lock
c) ryote ippo dori ude hishigi hiza gatame	two handed grip on one arm, arm crush knee lock
d) yoko hiza gatame	knee lock with tori beside uke
e) kami hiza gatame	knee lock with tori astride uke
f) hiza kake gatame	knee lock by hooking uke's arm with the knee; both tori/uke face downward
g) mae hiza gatame	knee lock from uke's front
1) mae hiza gatame ichi	knee lock from the front; form I; hand grip as for c), right foot at left waist
2) mae hiza gatame ni	form II of knee lock from the front; left hand holds uke's sleeve; right knee against uke's right side neck
h) kuzure mae hiza gatame	modified front knee lock
(1) kuzure mae hiza gatame ichi	modified front knee lock, form I; left leg over uke's right shoulder while slanted to the left oblique
(2) kuzure mae hiza gatame ni	modified front knee lock, form II; same as ichi, but slanted to the right oblique
(3) kannuki hiza gatame	transversal knee lock
(a) kata kannuki hiza gatame	transversal knee lock against one arm
(b) ryo kannuki hiza gatame	transversal knee lock against both arms
(4) sankaku hiza gatame	triangular knee lock
(a) mae sankaku hiza gatame	front triangular knee lock; uke's arm between tori's right arm and chest
(b) kuzure sankaku hiza gatame	modified triangular knee lock; between left arm and chest
(c) mae ryo hiza gatame	front knee lock against both arms
i) hiza osae	knee press
j) kenyocho waza	combination techniques
(1) kesa hiza gatame/ hiza gatame IV	scarf knee lock/knee lock IV
(2) kuzure gesa hiza gatame	modified scarf knee lock
(3) ushiro kesa hiza gatame	rear scarf knee lock

4) ashi gatame	leg lock
a) kuzure (mae) ashi gatame ichi/hiza gatame III	modified (front) leg lock, first form/ knee lock III
b) kuzure (mae) hiza gatame ni	modified (front) leg lock, second form; right leg goes over uke's neck
c) kuzure yoko ashi gatame	modified side leg lock; two arms grip one, and the right leg is against the right arm.
d) gyaku juji ashi gatame/ hiza gatame II	reversal cross leg lock/knee lock II
e) shime garami	squeezing entanglement
f) kuzure ryo ashi gatame	modified leg lock against both arms
(1) mae kuzure ryo ashi gatame	front modified leg lock with both legs
(2) yoko kuzure ryo ashi ashi gatame	side modified leg lock with both legs
5) tai gatame	body lock
a) hara gatame	stomach lock
(1) kyoshi hara gatame	stomach lock while kneeling
(2) hara gatame gake	stomach lock while hooking with the leg
(3) kami shiho hara gatame	stomach lock from upper four corners hold
b) waki gatame	armpit lock
(1) kesa waki gatame	armpit lock from scarf hold
(2) kata gatame ebi nige waki gatame	armpit lock after escape from shoulder hold
D. Kata waza	Techniques against the shoulder(s)
1. o gayku	major reversal
a. katate o gyaku	single hand major reversal
b. ryote o gyaku	two hand major reversal
2. kuzure o gyaku	modified major reversal

NOTE: Although classified as joint locks against the elbow, most instructors are aware of the fact that all forms of ude garami place more pressure against the shoulder than against the elbow; therefore, ude garami could also be placed under the heading of kata waza.

II. Ashi Kansetsu Waza	Leg/Foot/Ankle Joint-locking Techniques
A. Ashi yubi waza	Techniques against the toe(s)
B. Ashi kubi waza	Techniques against the ankle(s)
1. ashi hishigi/ashi kujiki	leg crush/leg wrench
a. kata ashi hishigi	single leg crush
1) kata ashi hishigi ichi	single leg crush #1; standing
2) kata ashi hishigi ni	single leg crush #2; lying
3) kata ashi hishigi san	single leg crush #3; step over
b. ryo ashi hishigi	two leg crush
1) ryo ashi hishigi ichi	two leg crush #1; standing
2) ryo ashi hishigi ni	two leg crush #2; lying
3) ryo ashi hishigi san	two leg crush #3; step over
2. ashi kujiki/ashi hijigi	leg wrnch/leg bracket

NOTE: Ashi kujiki differs from ashi hishigi in only one respect: the grip; Ashi kujiki may apply pressure to the calf with the forearm also, the arms may hold as for ude garami series.

- | | |
|---|--|
| <ul style="list-style-type: none"> 3. tori garami <ul style="list-style-type: none"> a. ashi dori garami <ul style="list-style-type: none"> 1) mae ashi dori garami 2) ushiro ashi dori garami b. hiza dori garami 4. ashi hineri <ul style="list-style-type: none"> a. ashi hineri ichi b. ashi hineri ni 5. ashi kubi hishigi 6. tate shiho hiza hishigi | <ul style="list-style-type: none"> seize and wrap leg seizure and wrap leg seizure and wrap for the front leg seizure and wrap for the rear defense against do jime with the knees ankle twist ankle twist #1 against ushiro shitate kumitsuki ankle twist #2 against keru waza ankle crush ankle crush from four corners hold |
|---|--|

NOTE: 5 is similar to hiza hishigi, but with the pressure on the ankle rather than the knee.

- | | |
|--|--|
| <ul style="list-style-type: none"> C. Hiza waza <ul style="list-style-type: none"> 1. ashi garami/ashi hishigi <ul style="list-style-type: none"> a. kihon ashi garami b. kani ashi garami 2. hiza hishigi <ul style="list-style-type: none"> a. hiza hishigi ichi b. hiza hishigi ni c. ashi makikomi d. kani garami 3. ashi hishigi juji gatame <ul style="list-style-type: none"> a. (chugoshi) juji gatame ichi b. (kyoshi) juji gatame ni c. (yoko) juji gatame san 4. ashi kannuki <ul style="list-style-type: none"> a. (uchi) ashi kannuki ichi b. (soto) ashi kannuki ni c. (ryo) ashi kannuki san 5. hiza daoshi <ul style="list-style-type: none"> a. hiza oshi daoshi b. ashi dori hiji oshi c. ashi dori nodowa daoshi d. ashi dori sode daoshi e. ashi sukui daoshi/ashi hineri <ul style="list-style-type: none"> sukui/morote sukui uke f. hiza basami <ul style="list-style-type: none"> 1) mae hiza basami 2) ushiro hiza basami 3) uchi hiza basami 4) soto hiza basami 6. koshi kansetsu waza <ul style="list-style-type: none"> a. koshi kansetsu waa ichi b. koshi kansetsu waza ni | <ul style="list-style-type: none"> Techniques against the knee(s) leg entanglement/leg crush basic leg entanglement crab leg entanglement knee crush knee crush #1 with uke's legs knee crush #2 with tori's leg leg coiling-in against o soto gari crab wrap from kani basami leg crush cross lock (squatting) cross lock #1 (kneeling) cross lock #2 (side) cross lock #3 leg transversal lock transversal leg lock with inside leg; #1 transversal leg lock with outside leg; #2 transversal leg lock with both legs; #3 knee push down knee push down with hands seize the leg and push with the elbow seize the leg and push against the throat seize the leg and push against the sleeve leg scoop and push down/leg twist after scooping/two-handed scooping block knee scissors with the feet knee scissors from the front knee scissors from the rear knee scissors to the inside knee scissors to the outside joint lock against the loins loin joint lock #1, raising the leg loin joint lock #2, rowing the leg |
|--|--|

III. Sekizui Kansetsu Waza

A. Kubi waza

- 1. mae kubhi hishigi
 - a. kubi hishigi

Joint-lock Techniques of the spine
 Neck (cervical) techniques
 front neck crush
 neck crush holding the nape

- | | |
|--|--|
| <ul style="list-style-type: none"> b. tsuri jime 2. ushiro kubi hishigi <ul style="list-style-type: none"> a. ushiro kubi hishigi b. ushiro tsuri jime 3. kakae kubi hishigi <ul style="list-style-type: none"> a. tate hishigi b. dakikubi jime c. gyaku hishigi d. osae hishigi <ul style="list-style-type: none"> 1) osae hishigi 2) yoko hanten 3) yoko shiho hishigi 4. tomoe hishigi <ul style="list-style-type: none"> a. fukuro kensui b. zubon tomoe hishigi c. ura tomoe hishigi 5. ago oshi/hachi mawashi <ul style="list-style-type: none"> a. mae ago oshi b. ushiro ago oshi 6. hasami hishigi <ul style="list-style-type: none"> a. mae basami hishigi b. ushiro basami hishigi c. yoko basami hishigi 7. kata juji hishigi | <ul style="list-style-type: none"> pulling lock holding the occiput rear neck crush rear neck crush holding the chin rear pulling lock holding the forehead embracing neck crush vertical crush while standing headlock reverse crush while lying down crushing while holding down holding crush while gripping belt from osae hishigi tori rolls onto his back neck crush from side four corners circling neck crush hanging bag while holding uke's belt whirling crush holding uke's pants' leg reversed whirling crush from the rear chin push/flower pot turning chin push from the front chin push from the rear scissors crush front scissors crush rear scissors crush side scissors crush crush from kata juji jime Loin (Thoracic/Lumbar) techniques standing loin crush body lock upside down loin crush body lock loin crush body lock concussion/shock/impact; with an armlock |
| <ul style="list-style-type: none"> B. Koshi waza <ul style="list-style-type: none"> 1. tachi koshi hishigi tai gatame 2. sakasa koshi hishigi tai gatame 3. koshi hishigi tai gatame 4. shinto | |