



## *Kokodo Ju-Jutsu*

### *SANDAN-GI*

#### ***Suwari waza***

Ude Osae Dori  
Mune Osae Dori  
Kote Gaeshi Dori  
Uchi Komi Dori (Gaku)  
Tsukimi Dori (Gaku)  
Ryote Osae Aya Dori (Gaku)  
Katate Osae Aya Dori  
Gassho Dori

#### ***Antachi waza***

Yoko Katate Osae Dori  
Yoko Morote Osae Dori  
Ushiro Gyaku Kubi Jime Dori

#### ***Tachi waza***

Emon Dori  
Ushiro Emon Dori  
Ude Osae Dori  
Mune Osae Dori  
Kote Gaeshi Dori  
Uchi Komi Dori  
Tsukimi Dori  
Ryote Osae Aya Dori  
Katate Osae Aya Dori (Kasumi Dori)  
Kata Mune Osae Kasumi Dori  
Kata Mune Osae Gyaku Nage  
Gassho Dori  
Ryote Ude Gatame  
Ryote Hiji Gatame  
Ryo Mune Osae Ude Gatame  
Ryo Mune Osae Hiji Gatame  
Mae Obi Hiki Dori  
Ushiro Obi Hiki Dori  
Ushiro Zeme Dori  
Ushiro Nukite Dori  
Tanto Dori  
Nuki Uchi Dori  
Shiraha Dori  
Koma Dori  
Koruma Gatame Omote  
Koruma Gatame Ura