



HONSHIN KAN

MARTIAL ARTS

Course 1 - Rokkyu

Students are expected to:

- Become familiar with Professor Okazaki's Esoteric Principles;
- Practice proper Dojo etiquette;
- Know the Dojo lineage;
- Participate in workouts with a spirit of kokua - Mutual assistance, respect and welfare;
- Always perform techniques with safety in mind;
- Keep an up-to-date notebook of techniques you have learned;
- Know that consistent training is the key to a prosperous jujitsu practice;
- Know that the highest function of your jujitsu practice is the perfection of character;
- Perform the listed techniques safely, effectively, and efficiently;
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White Belts are responsible for the following arts and performance level:

<u>Yawara</u>		<u>Nage</u>	<u>Rolls and Falls</u>
1. Katate Hazushi Ichi Single Hand Escape One	11. Ryote Tori Double Hand Hold	1. Deashi Harai Advanced foot sweep	Forward Roll
2. Katate Hazushi Ni Single Hand Escape Two	12. Tekubi Tori Ichi Wrist Hold One	4. Soto Gama Outside Sickle	Backwards Roll
3. Ryote Hazushi Double Hand Escape	13. Tekubi Tori Ni Wrist Hold One	8. Ogoshi Major Hip	Back Fall
4. Morote Hazushi Two Hands on One Escape	14. Imon Tori Lapel Crossing Hold	12. Seoi Goshi Back Carry Hip	Face Fall
5. Yubi Tori Hazushi Finger Hold Escape	15. Ryoeri Tori Double Lapel Hold	17. Makikomi Winding Into	Side Fall
6. Momiji Hazushi Red Maple Leaf Escape	16. Akushu Kote Tori Hand Grip Forearm Hold		Flat Fall
7. Ryoeri Hazushi Double Lapel Escape	17. Akushu Ude Tori Hand Grip Arm Hold		Bridge Fall
8. Yubi Tori Finger Hold	18. Akushu Kotemaki Tori Hand Grip Forearm Winding Hold		
9. Moro Yubi Tori Multiple Finger Hold	19. Kubi Nuki Shime Neck Withdrawal Constriction		
10. Katate Tori Single Hand Hold	20. Hagai Shime Wing Pinion Constriction		



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Course 2 - Gokyu

Blue Belts are responsible for all [White Belt](#) requirements plus the following techniques and principles:

<u>Nage</u>	
1. Deashi Harai Advanced foot sweep	11. Ushiro Goshi Rear Hip
2. Sasae Ashi Propping Leg	12. Seoi Goshi Back Carry Hip
3. Okuri Harai Sending Sweep	13. Tsurikomi Goshi Lift Pull Hip
4. Soto Gama Outside Sickle	14. Harai Goshi Sweeping Hip
5. Uchi Gama Inside Sickle	15. Hane Goshi Springing Hip
6. Soto Momo Harai Outside Thigh Sweep	16. Uki Otoshi Floating Drop
7. Uchi Momo Harai Inside Thigh Sweep	17. Makikomi Winding Into
8. Ogoshi Major Hip	18. Kani Sute Crab Sacrifice Throw
9. Utsuri Goshi Changing Hip	19. Tomoe Nage Circle Throw
10. Seoi Nage Carry Throw	20. Yama Arashi Mountain Storm

<u>Rolls and Falls</u>
Forward Roll
Backwards Roll
Back Fall
Face Fall
Side Fall
Flat Fall
Bridge Fall
Sutemi



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Course 3 - Yonkyu

Green Belts are responsible for all Blue Belt and White Belt requirements plus the following techniques and principles:

<u>Shime</u>	<u>Shime</u>	<u>Goshin Jitsu</u>	<u>Kappo</u>
1. Eri Gatame Lapel Hold Down	14. Dakikubi Jime Embracing Neck Constriction	1. Kataeri Hazushi Singel Lapel Escape	1. Se Katsu Back Resuscitation
2. Kata Gatame Shoulder Hold Down	15. Osaegami Jime Holding Hair Constriction	2. Katate Tori Ni Single Hand Hold Two	2. Nuki Katsu Shoot Through Resuscitation
3. Juji Gatame Crossmark Hold Down	16. Kote Jime Forearm Constriction	3. Katate Tori San Single Hand Hold Three	3. Ashi Katsu Foot Resuscitation
4. Shiho Gatame Four-Sided Hold Down	17. Tenada Jime Arm Blade Constriction	4. Katate Tori Shi Single Hand Hold Four	
5. Sankaku Gatame Triangle Hold Down	18. Dho (Do) Jime Body Constriction	5. Imon Tori Ni Lapel Crossing Hold Two	
6. Ushiro Gatame Rear Hold Down	19. Ashikarami Jime Leg Lock Constriction	6. Kata Mune Tori Single Chest Hold	
7. Namijuji Shime Normal Crossmark Choke	20. Ashinada Jime Leg Blade Constriction	7. Ude Tori Arm Hold	
8. Gyakujuji Shime Reverse Crossmark Choke	21. Ashiyubi Jime Toe Constriction	8. Gekotsu Ude Tori Fist Arm Hold	
9. Ichimonji Shime Straightline Choke	22. Momo Jime Thigh Press	9. Ude Gyaku Ichi Arm Reverse One	
10. Tsukikomi Shime Thrusting Into Choke	23. Shikano Itsusoku Jime Deer's One-Leg Constriction	10. Ude Kyaku Ni Arm Reverse Two	
11. Hadaka Jime Ichi Naked Choke One	24. Shidare Fuji Jime Hanging Wisteria Constriction	11. Ninin Yubi Tori Two-Person Finger Hold	

12. Hadaka Jime Ni Naked Choke Two	25. Tatsumaki Jime Dragon Winding Constriction	12. Kataeri Tori Single Lapel Hold	
13. Hadaka Jime San Naked Choke Three		13. Ushiro Gyaku Rear Reverse	
		14. Kata Hagai Single Wing Capture	



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Course 4 - Sankyu

3rd Degree Brown Belts are responsible for all Green Belt, Blue Belt, and White Belt requirements in addition to the following techniques and principles:

<u>Oku</u>	<u>Kappo</u>	<u>Goshin Jitsu</u>
1. Deashi Hayanada Advancing Foot Quick Blade	Kin Katsu Ichi Testicle Resuscitation One	15. Tekubi Shigarami Wrist Arm Capture
2. Ogoshi Hayanada Major Hip Quick Blade	Kin Katsu Ni Testicle Resuscitation Two	16. Genkotsu Otoshi Fist Drop
3. Seoi Hayanada Back Carry Quick Blade	Kin Katsu San Testicle Resuscitation Three	17. Hon Gyaku Ichi Basic Reverse One
4. Norimi Riding the Body	Hanji Tome Stop Nose Bleed	18. Hon Gyaku Ni Basic Reverse Two
5. Sumigaeshi Corner Overturn	Eri Katsu Lapel Resuscitation	19. Ushiro Daki Nage Rear Embracing Throw
6. Mizukuguri Under Water Dive	Tanden Katsu Abdominal Resuscitation	20. Mae Daki Nagi Ichi Front Embracing Throw One
7. Maeyamakage Front Mountain Shadow	Hon Katsu Basic Resuscitation	21. Mae Daki Nagi Ni Front Embracing Throw Two
8. Komiiri Entering Into		22. Kataguruma Shoulder Wheel
9. Kotegaeshi Forearm Overturn		23. Hizagarami Knee Lock
10. Sakanuki Reverse Pull Out		24. Mae Osaegami Nage Front Holding Hair Throw
11. Gyakute Nage Reverse Arm Throw		25. Ushiro Osaegami Nage Rear Holding Hair Throw
12. Hon Tomoe True Circle		26. Kesa Nage Scarf Throw
		27. Ashi Karami Leg Lock
		28. Sannin Nage Three Person Throw



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Course 5 - Nikyu

2nd Degree Brown Belts are responsible for all Sankyu requirements plus the following techniques and principles:

Oku	Atemi	Uke Te
13. Katate Tomoe One Arm Circle	1. Atemi Ichi Body Strike One	1. Jodan Uke Upper Level Block
14. Shigarami Arm Capture	2. Atemi Ni Body Strike Two	2. Nagashi Uke Parry Block
15. Gyakute Shigarami Reverse Arm Capture	3. Atemi San Body Strike Three	3. Shuto Uke Knife-hand block
16. Kote Shigarami Forearm Capture	4. Atemi Shi Body Strike Four	4. Gedan Uke Lower-level block
17. Koguruma Small Wheel	5. Katsumi Dori Side of Neck Strike	
18. Tora Nage Tiger Throw	6. Hibara Uchi Side of Body Strike	
19. Tora Katsugi Tiger Shouldering	7. Sui Getsu Solar Plexus Strike	
20. Arashi Otoshi Storm Block	8. Hon Getsu Below Navel Strike	
21. Hiki Otoshi Pulling Drop	9. Hiza Kin Geri Knee Testicle Strike	
22. Kine Katsugi Mallet Shouldering		
23. Kin Katsugi Testicle Shouldering		
24. Kazaguruma Wind World		
25. Jigoku Otoshi Hell Drop		

Kiai no Maki

<u>Tanju no Maki</u>	<u>Tanto no Maki</u>
1. Me Hazushi Eye Escape	1. Hibara Hazushi Single Body Escape
2. Mune Hazushi Chest Escape	2. Katate Hazushi Single Hand Escape
3. Hibara Hazushi Ichi Side Body Escape One	3. Tsukkomi Hazushi Thrusting Into Escape
4. Hibara Hazushi Ni Side Body Escape Two	4. Ryote Dome Two Hand Stop
5. Hibara Hazushi San Side Body Escape Three	
6. Hibara Hazushi San Side Body Escape Four	
7. Ushiro Hazushi Ichi Rear Escape One	
8. Ushiro Hazushi Ni Rear Escape Two	



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Course 6 - Ikkyu

1st Degree Brown Belts for all Nikyu requirements plus the following techniques and principles:

Shinnin
1. Isami Tasuki Nage Description Withheld
2. Obi Hane Goshi Description Withheld
3. Tsurikomi Taoshi Description Withheld
4. Momiji Nage Description Withheld
5. Gyaku Hayanada Description Withheld
6. Hiza Nage Description Withheld
7. Osaekomi Gyakute Tori Description Withheld
8. Kobushi Shime Description Withheld
9. Kesa Hazushi Description Withheld
10. Kubi Shime Tomoe Gyakute Description Withheld