



Middletown Judo Club

Goshin Jutsu (*Forms of Self Defense*)

柔道

Unarmed Close-in Attacks by Holding



Ryote Dori
(Two Hand Hold)



Hidari Eri Dori
(Left Lapel Hold)



Migi Eri Dori
(Right Lapel Hold)



Kata Ude Dori
(Single Hand Hold)



Ushiro Eri Dori
(Back Collar Hold)



Ushiro Jime
(Rear Choke)



Kakae Dori
(Rear Seizure)



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Unarmed Attacks at a Distance



Naname Uchi (*Slanting Strike*)



Ago Tsuki (*Uppercut*)



Gammen Tsuki (*Jab*)



Mae Geri (*Front Kick*)



Yoko Geri (*Side Kick*)

Armed Attacks - Knife



Tsukkake (*Close-in Thrust*)



Choku Zuki (*Straight Thrust*)



Naname Zuki (*Slanting Stab*)

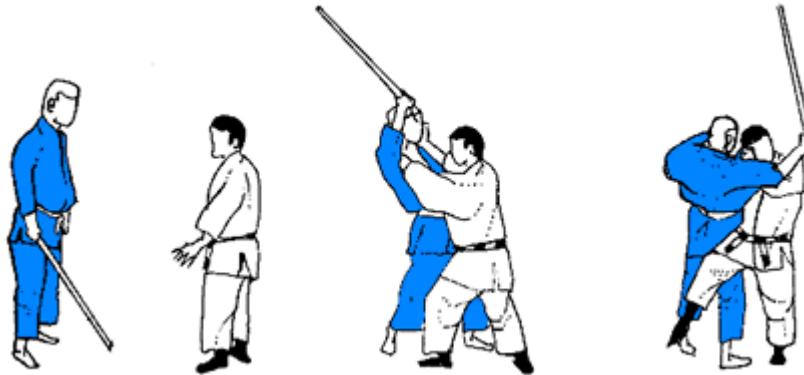


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Armed Attacks - Stick



Furiage (*Upswing*)



Furioroshi (*Downswing*)



Morote Zuke (*Two Hand Thrust*)



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Armed Attacks - Gun



Shomen Zuke (*Pistol to Abdomen*)



Koshi Gamae (*Pistol at Side*)



Haimen Zuke (*Pistol Against The Back*)