

# GOSHIN JUTSU

Gishinjutsu was recently developed (1956) by the Kodokan for self-defense techniques. Its purpose is to defend against danger from others. Selected series of Judo techniques assembled to provide methods of attacking and defending. It is the same kind of kata as Kime no kata but revised for current life. ("Judo no Kata" by Kotani and Otaki)

## I BOWING, HOW TO HANDLE THE WEAPONS

### 1. BOWING

#### (1) Beginning

Uke has a pistol inside his judogi and a stick (about 3 feet in length, 1 inch in diameter and dagger (blade up) in right hand, pointing end of stick and dagger diagonally downward.

Tori is right side facing Shomen and Uke is left side. Tori and Uke are apart 5.4 meters (18 feet) and bow to Shomen. Then bow to each other.

#### (2) Ending

Uke hold the weapons in the same way as in the beginning, and standing at the same starting position. Then bow to each other and bow to Shomen.

### 2. HOW TO HANDLE THE WEAPONS BY UKE AT BEGINNING AND END

After bowing to each other, Uke draws his right foot back, then turns to his left 90 degrees facing Shomen and advances 3 meters forward. Then kneels down to Seiza position. Uke places the weapons on the mat, dagger first (dagger blade towards Uke and end of dagger pointing to Uke's left, stick and pistol nozzle also pointing to Uke's left). After placing the weapons down, Uke stands up and turns around to the right 180 degrees and advances with Aumiashi 3 meters and turns left 90 degrees to face Tori. Tori and Uke step forward left foot then right foot. They are now ready to begin the kata.

At the end of the kata, Uke already has a pistol inside of his judogi, Uke draws his right foot back, then turns to his left 90 degree facing Shomen and advances his left foot forward and walks toward the weapons with Aumiashi. When Uke reaches the weapons, Uke kneels down to Seiza. Uke takes the dagger and stick with his right hand and puts them on his right hip and stand up and turns around to the right 180 degrees and advances 3 meters and turns left 90 degrees to face Tori with Shizen hontai. Step back to Kiotsuke position and bow to each other and bow to Shomen.

### 3. KEY POINTS WHEN CHANGING FROM UNARMED ATTACK TO ARMED ATTACK

After finishing Yokogeri (Side-kick), Uke goes back to the original position and faces Tori and both stand in Shizen hontai. Uke draws the right foot back then turns to his left 90 degree (facing Shomen) and advances the left foot forward. Walk toward the weapons with aumiashi. When Uke reaches the weapons, he kneels down to place left knee on the mat,

and then puts a dagger inside of his judogi. Uke stands up and goes back to the original position and faces Tori. You now begin to perform the dagger attack and defense.

When changing from dagger attack to stick attack, and stick attack from pistol attack, Uke moves in the same manner as explained above.

#### 4. HOW TO HANDLE THE WEAPONS BETWEEN TECHNIQUES

When Uke handles the dagger, stick and pistol, Uke places the left knee on the mat as show in the pictures. Pictures below show how to pick the weapons up from the mat into your hand or into the judogi.

#### 5. KEY POINTS ON PERFORMANCE OF KATA

- (A) Tori and Uke switch sides after each technique. They walk to the original position where Tori and Uke stood after taking Shizen-hontai. When they reach the original position, they turn around and approach each other for the beginning of the next technique.
- (B) After the first seven techniques, Tori and Uke return to their starting positions to begin the attacks from a distance.
- (C) Uke's attacks are performed while moving toward Tori when Uke reaches the proper distance. (Except Kataude-dori.)

## II AGAINST UNARMED ATTACK

### 1. WHEN BEING HELD

#### (1) Ryote-dori (Two-hand-hold)

Tori's right side faces Shomen and Uke's left side faces Shomen. Tori and Uke stand in Shizen hontai. They start to approach each other.

As soon as Uke gets into Maai (proper distance), he advances his left foot forward and simultaneously grabs Tori's wrists and then tries to kick Tori's groin area with his right knee.

Tori immediately spreads his arms outside and pulls them back slightly with extended fingers, draws his left foot diagonally back, (this action should make Uke off-balanced to his front). Now he bends his right arm hard toward his chest and freeing his right arm, (F3) strikes Uke's right temple with the knife edge of his right hand (shuto). (F4) Tori grabs Uke's right wrist from top with his right hand and applies Kote-hineri (Tori turns Uke's wrist toward Uke's centerline) (F5)(F5') He steps back with his right foot and opens his body to his right. Tori clamps Uke's right arm under his left arm and twists Uke's right wrist. (F6)

Uke gives submission signal by tapping two (2) times, either to his body or to Tori's body when the Kote-hineri is effective.

## KEY POINT:

**When Tori controls Uke's right wrist, Tori must clamp Uke's right arm as shown in picture (F6).**

(2) Hidari-eri-dori (Left-lapel-hold)

Tori's left side faces Shomen, and Uke's right side faces Shomen. Tori and Uke stand in Shizen-hontai. They start to approach each other.

As soon as Uke gets into Maai (proper distance), he advances his right foot forward simultaneously grabbing Tori's left lapel. He then tries to push Tori backward and down to the ground.

Tori immediately grabs his left lapel just below Uke's right hand and strikes at Uke's eyes with the back of his right hand while drawing his left foot diagonally back. Using Uke's pushing energy to make him off-balance. (F2) Then he immediately grabs Uke's right wrist from the top with his right hand and applies Kote-hineri. Tori places his left hand on Uke's right elbow (F4) and steps diagonally back from his right foot, opens his body to his right, with Tsugiashi. He brings Uke's body to the mat (F5), Tori places his left knee at the back of Uke's right shoulder blade, pushes Uke's right arm toward Uke's head and applies Ude-hishigi Te-gatame on Uke's right elbow.

Uke gives submission signal by tapping two times on the mat when the Te-gatame is effective.

## KEY POINTS:

**(A) When Tori strikes Uke's eyes, Tori should use the back of his hand. (Hand kept open). (F2) Do not make a fist.**

**(B) Keep Uke's right hand on your left lapel while Tori applies Kote- hineri against Uke's right wrist. (F3,4)**

(3) Migi-eri-dori (Right-lapel-hold)

Tori's right side faces Shomen and Uke's left side faces Shomen. Tori and Uke stand in Shizen hontai. They start to approach each other.

As soon as Uke gets into Maai (proper distance), he grabs Tori's right lapel then steps back with his left foot and tries to pull Tori down to mat. (F1)

Tori immediately steps forward with his right foot and delivers an uppercut with his right fist. (F2) Tori grabs Uke's right hand from the top with his left hand, (this should be in Kote-gaeshi - Tori turns Uke's wrist away from Uke's center line) (F3), and grabs Uke's right hand from bottom with his right hand and presses it firmly against his chest. (F3') Tori draws his left foot back and turns his body to his left to twist Uke's right wrist until he throws Uke on the mat. (F4)

## KEY POINTS:

**(A) When Tori grabs Uke's right hand to Kote-gaeshi, he keeps Uke's right hand grabbing his right lapel.**

**(B) Tori does not need to place right knee to Uke's right elbow to give an armbar after takes down Uke with Kote-gaeshi.**

\* Pictures taken from opposite side of Shomen.

(4) Kata-ude-dori (Single-hand-hold)

Tori's left side faces Shomen, and Uke stands at Tori's back right hand corner. Tori and Uke stand in Shizen-hontai.

From that position Uke takes Tori's right wrist with his right hand and then grabs Tori's right elbow with his left hand. Uke pushes Tori forward by stepping forward with his left foot, right foot and left foot. (F1,2)

Tori also steps forward with his left foot, right foot and left foot while maintaining his balance. At the third step, Tori takes a slightly larger step forward with his left foot and places it in front of Uke's left foot. And then Tori turns slightly left and simultaneously, gives a right side kick to the inside of Uke's left knee while making Uke off-balance to his front. (F3) Tori drops his right foot in front of Uke's right foot and steps forward with his left foot while grabbing Uke's right wrist from underneath, (F4, F4'), then Tori draws his right foot to his right while turning to his right. While Tori is turning to his right, Tori applies Wakigatame to Uke's right elbow.

Uke gives submission signal by tapping two times on Tori's body or his own body when Wakigatame is effective.

## KEY POINTS:

**(A) Tori does not move forward till Uke pushes him forward.**

**(B) When Tori grabs Uke's right wrist with Tori's right hand from underneath, Tori's right thumb is inside like shown in picture (F4').**

(5) Ushiro-eri-dori (Collar-hold from behind)

Tori's right side faces Shomen, and Uke stands behind Tori, both Tori and Uke stand in Shizen-hontai. Tori starts walking forward and Uke follows as they begin to walk forward, each starting with the left foot.

As soon as Uke gets into Maai (proper distance), he grabs Tori's back collar and tries to pull Tori down on the mat, simultaneously, Uke steps back with his left foot.

Tori follows Uke's pull by stepping back with his left foot. As Tori's left foot is placed behind his right foot (F3), he turns to his left while pivoting on his right heel. Simultaneously, he gives right punch, palm down, to Uke's solar plexus while protecting his face with his left arm. (F4) Tori clamps Uke's right arm with his left shoulder and left cheek, and immediately applies Ude-hishigi-Ude-gatame. (F5)

Uke gives submission signal by tapping two times on Tori's body or his own body when Ude-hishigi-Ude-gatame is effective.

**KEY POINTS:**

**(A) When Tori applies Ude-gatame to Uke's right elbow, he must put his right hand over his left hand.**

\* Pictures taken from opposite side of Shomen.

(6) Ushiro-jime (Choke from behind)

Tori's left side faces *Shomen*, and Uke stands behind Tori, both Tori and Uke stand in Shizen-hontai. Tori starts walking forward and Uke follows Tori, each starting with the left foot.

They take several steps forward. As Uke gets into Maai (proper distance), Uke applies right Hadaka-jime over Tori's right shoulder. (F2)

Tori tucks in his chin and pulls Uke's right arm down with both his arms. (F3) He lowers his body, advances his right foot and turns to his left while controlling Uke's right arm with his right shoulder and slips through under Uke's right armpit to free his head. (F4) Tori draws his left foot back behind his right foot and grips Uke's right wrist from below with his left hand, fingers and thumb toward him, and presses on Uke's right elbow from above with his left hand. (F5) Tori steps back again with his left foot, pulls and applies Te-gatame to Uke's right elbow to force him to the mat, face down. (F7)

Uke gives submission signal by tapping two times on the mat when the Te-gatame is effective.

**KEY POINTS:**

**(A) When Tori slips through Uke's right armpit, he grabs Uke's right wrist with his right hand, palm facing to him while he controls Uke's right arm by holding it tightly against his body with his arms.**

(7) Kakae-dori (Seize and hold from behind)

Tori's right side faces Shomen, and Uke stands behind Tori. Tori and Uke stand in Shizen-hontai. Tori starts walking forward and Uke follows Tori, each starting with the left foot. They take several steps forward.

As soon as Uke gets into Maai (proper distance), Uke steps forward with right foot and puts his arms around Tori in a bear hug. (F2)

At that instant, Tori stamps Uke's instep with his right heel, and immediately lower his body while expanding both of his elbow outward to free his body from Uke's hold. Tori grabs Uke's right wrist from the top, bring his left foot around his right foot (F3), Tori turns his body to his left. Tori places his right forearm on Uke's right elbow (F4), using his arm to control Uke's right arm. He steps forward with his left foot (f5). Tori then

steps backward with his right foot and turns to his right. Tori throws Uke to his right back corner by twisting and pushing his right arm. (F7)

Uke takes left Zenpo-kaiten ukemi. After Uke takes one breath, he gets up naturally and takes the position for Naname-uchi, the next technique.

#### KEY POINTS:

**(A) When Tori controls Uke's right arm with his arms in picture F4 and F5, he lowers his body and grabs Uke's right wrist from top and thumb side, pushes Uke's right arm toward Uke's body while placing the right forearm at Uke's right elbow and pulling toward Tori. After completely facing Uke, Tori's body comes up to apply more pressure to Uke's right elbow while pushing Uke's right arm toward Uke's body and pulling toward Tori with the right forearm at Uke's right elbow.**

#### 2. AT A DISTANCE

##### (1) Naname-uchi (Slanting-strike)

Tori's right side faces Shomen and Uke's left side faces Shomen. Tori and Uke stand in Shizen hontai. They start to approach each other.

As soon as Uke gets into *Maai* (proper distance), he raises his right arm (F1) and steps forward with his right foot while aiming a blow at the side of Tori's temple with the bottom of his fist.

Tori steps back with his right foot and turns his body slightly to his right, he parries Uke's right arm with his left hand (F2). Immediately, Tori delivers an uppercut with his right fist to Uke's chin, (F3), grabs Uke's throat with his right hand, his thumb to the left, while taking Uke's right upper arm in his left hand (F4) and throw him with a right *Osto-otoshi*. (F5)

#### KEY POINT:

**Tori must keep Uke's right arm pushed inside, when he changes his left hand from Uke's wrist area to his upper arm.**

##### (2) Ago-tsuki (Uppercut)

Tori's left side faces Shomen, and Uke's right side faces Shomen. Tori and Uke stand in Shizen-hontai. They start to approach each other.

As soon as Uke gets into *Maai* (proper distance), he steps forward with his right foot, and aims a right uppercut at Tori's chin. (F1)

Tori steps slightly back with his left foot and deflects the Uke's uppercut from below with his right hand (F2). Immediately, Tori grabs Uke's right wrist with his right hand, thumb down, and Uke's elbow with his left hand. Tori twists Uke's wrist away from him and pushes Uke's elbow toward his face (F3). Keeping Tori's left arm extended and locking Uke's elbow. Tori takes a big step forward with his left foot and throws him forward. (F4)

Uke takes a left zenpo-kaiten ukemi. After Uke takes one breath, he gets up naturally and takes a position for the next technique.

\* Pictures taken from opposite side of Shomen.

### (3) Ganmen-tsuki (Thrust-punch to face)

Tori's right side faces Shomen and Uke's left side faces Shomen. Tori and Uke stand in Shizen hontai. They start to approach each other.

As soon as Uke gets into Maai (proper distance), he steps forward with his left foot, and punches at Tori's face with his left fist. (F1)

Tori steps diagonally forward to his right side with his right foot and dodges Uke's punch, at the same time Tori punches Uke in Uke's side with the right fist. (F2) Tori moves by *tsugiashi* from his right and left foot to get behind Uke. Tori applies his right Hadaka-jime over his right shoulder (F3), stepping backward with his left foot, then right foot to make Uke's body off-balanced to his back. (F4)

Uke tries to escape the Hadaka-jime by grabbing Tori's right forearm with his arms and pulls it down. But Uke can not escape, and gives the submission signal by stamping the mat twice with his foot.

Tori releases the Hadaka-jime and side steps to the left. Uke will naturally falls backward and takes ukemi.

\* Pictures taken from opposite side of Shomen.

### (4) Mae-geri (Front-kick)

Tori's left side faces Shomen, and Uke's right side faces Shomen. Tori and Uke stand in Shizen-hontai. They start to approach each other.

As soon as Uke gets into Maai (proper distance), he steps forward with his left foot and attempts to kick Tori's groin area. (F1,2)

Tori steps back with his right foot and deflects the Uke's Mae-geri. Tori grabs Uke's right ankle from underneath with his left hand (F2) and the ball of Uke's right foot with his right hand (F3) and lifts and pushes back Uke's right leg with his hands until he falls on his back. (F4)

Uke takes a ukemi and he gets up naturally and takes a position for the next technique.

#### KEY POINT:

**Tori should twist Uke's right ankle outward with his right hand that is holding the ball of Uke's right foot, then throw on his back by lifting and pushing his right leg. (F3)**

\* Pictures taken from opposite side of Shomen.

(5) Yoko-geri (Side-kick)

Tori's right side faces Shomen and Uke's left side faces Shomen. Tori and Uke stand in Shizen hontai. They start to approach each other.

As soon as Uke gets into Maai (proper distance), he steps forward with his left foot and attempts to kick Tori in the right side with the outside of Uke's right foot. (F1,2)

Tori steps diagonally forward to his left side with his left foot and then his right foot and performs right Gedan-barai against Uke's right Yoko-geri. (F3,4) Tori immediately steps with his left foot forward until he is directly behind Uke. Tori puts his hands on Uke's shoulders. (F5) Tori drops to his left knee and pulls Uke down on his back to the right.

Uke falls backward and takes ukemi and gets up to take a position for the next technique.

**KEY POINTS:**

**(A) When Tori gives right gedan-barai against Uke's yoko-geri, he should block with his right forearm with his right hand open and fingers are fully extended while taking steps to his left with his left foot then his right foot.**

**(B) Tori should pull Uke down with the hands when Uke tries to recover his balance and starts to raise his body up after Tori blocks Uke's kick.**

\* Pictures F1 - F4 taken from opposite side of Shomen.

**III AGAINST ARMED ATTACK**

1. AGAINST KNIFE ATTACK

(1) Tsukkake (Thrust)

Tori's right side faces Shomen and Uke's left side faces Shomen. Uke goes to the weapon area and places the dagger inside of his judogi and comes back to the original position. Tori and Uke stand in Shizen hontai. They start to approach each other.

As soon as Uke gets into Maai (proper distance), he steps back with his right foot and reaches inside the fold of his judogi with right hand, takes out the dagger, which he hold at his right side. (F1, 2) Uke's left hand should be at his belt to hold an imaginary scabbard as he draws the dagger.

Before Uke can stab Tori, Tori immediately steps diagonally forward to the Uke's left with his right foot, then takes Uke's left elbow in his right hand, thumb up, and applies Metsu-bushi ( striking eye) with his left palm. (F3, 4) Tori grabs Uke's left wrist

with his left hand and twists it away from Uke, simultaneously places the right hand, palm up, on Uke's left elbow and pushes it up. (F5) Tori steps back to his left corner with tsugi ashi from the left foot and pulls Uke down on Uke's stomach by putting pressure on Uke's elbow. Tori applies Ude-hishigi Te-gatame on his left elbow. **Tori does not need to put his right knee to the left side of Uke's back. (F6)**

Uke gives submission signal by tapping two (2) times with his right hand. Uke stands up while putting the dagger inside of his judogi.

**KEY POINT:**

**The blade of the dagger should be up when Uke takes a dagger out to stab Tori and he holds it in front of his right hip.**

\* Pictures taken from opposite side of Shomen.

(2) Choku-tsuki (Straight-thrust)

Tori's left side faces Shomen, and Uke's right side faces Shomen. Tori and Uke stand in Shizen-hontai. Tori and Uke begin to walk toward each other.

As soon as Uke gets into Maai (proper distance), Uke steps forward with his left foot and reaches inside the fold of his judogi with the right hand (F1) and takes out a dagger, then steps with the right foot forward, blade up, and attempts to stab Tori in the stomach. (F2)

Tori steps diagonally forward to the left with his left foot, turns his body slightly to the right, grabs Uke's right elbow with the left hand, fingers pointing down, simultaneously gives a right uppercut to his chin. (F2) Tori brings his right hand under Uke's right arm and grabs Uke's right wrist from below (F3) and simultaneously grabs Uke's right wrist from above with the left hand. (F4) Tori breaks Uke's balance to Uke's right front corner, clamps the left arm over Uke's right arm and applies Ude-hishigi Waki-gatame to Uke's right elbow. (F4,5)

Uke gives the submission signal by tapping on Tori's body or his own body twice with his left hand. While moving into the next technique, Uke places the dagger inside of his judogi.

**KEY POINT:**

**When Tori applies Waki-gatame to Uke's right elbow, he should advance his feet to his right front corner naturally, using Tsugiashi.**

\* Pictures taken from opposite side of Shomen.

(3) Naname-tsuki (Slanting-stab)

Tori's right side faces Shomen and Uke's left side faces Shomen. Tori and Uke stand in Shizen hontai. They start to approach each other.

As soon as Uke gets into Maai (proper distance), Uke steps forward with his left foot and takes out the dagger with his right hand, blade up. Uke raises his right hand up

above the right side of his head. (F1) Uke steps forward with right foot while attempting to stab the left side of the Tori's neck. (F2)

Tori avoids the attack by stepping back with his right foot and turns his body slightly to the right. (F2) At the same time, Tori grabs Uke's right wrist from the top with his left hand and puts his right hand on the bottom of Uke's right wrist and applies Kote-gaeshi while stepping forward with his right foot and drawing his left foot around his right foot to throw Uke on the mat. (F3, 4) Tori places his right knee to Uke's right armpit and inserts his right hand through and underneath Uke's right elbow. He then grabs Uke's right wrist with his right hand. (F5) Tori applies Te-gatame to Uke's right elbow and takes the dagger from Uke's right hand with his left hand. **Tori does not grab the blade, when he takes Uke's dagger away from Uke's right hand. (F6)**

Uke gives submission signal by tapping two (2) times with his left hand and Uke stands up. Tori hands the dagger to Uke by holding dagger with two hands, palms up, and blade facing Tori and pointed away from Shomen. Uke reaches with his hands, left palm up and right palm down, to the dagger and places it inside of his judogi.

Tori goes back to the left side and Uke goes back to the right side as seen from Shomen, and they face each other in shizen-hontai.

## 2. AGAINST STICK ATTACK

### (1) Furi-age (Upswing)

Tori's right side faces Shomen and Uke's left side faces Shomen. Uke goes to the weapon area and places the dagger on the mat and he takes the stick in his right hand, holding the end of the stick. The other end is pointing downward. Uke goes back to original position to face Tori. Tori and Uke stand in shizen hontai. They start to approach each other.

As soon as Uke gets into Maai (proper distance), he steps back with his right foot and raises the stick over his head. (F2)

As Uke raises the stick over his head, Tori immediately steps in with his left foot and blocks Uke's right arm with his left forearm, at the same time gives a right Shotei (bottom of palm) punch to his chin. (F2, F3) Tori throws Uke with right Osoto-gari while wrapping Uke's right arm with his left arm and grabbing Uke's left lapel with his right hand. (F4, F5)

### KEY POINT:

**Uke maintains hold of the stick while taking the *ukemi*.**

\* Pictures taken from opposite side of Shomen.

### (2) Furi-oroshi (Downswing)

Tori's left side faces *Shomen*, and Uke's right side faces Shomen. Tori and Uke stand in Shizen-hontai. Uke holds the stick in his right hand as they approach each other.

As soon as Uke gets into Maai (proper distance), Uke steps forward with his left foot and raises the stick to his side while bringing his left hand to end of the stick. (F1) Uke then steps forward with his right foot and attempts to strike Tori on the left side of his head. (F2)

Tori avoids the blow by bringing his right foot back slightly. (F2) Immediately, Tori steps into Uke with tsugi-ashi from his left foot and then his right foot and gives left Uraken (back fist) to Uke's face. (F3, F4) Tori hits Uke again by striking Uke between Uke's eyes with Tori's Shuto (knife edge of left hand) (F5), and simultaneously grabs the stick with his right hand. (F5) Tori steps forward with his left foot while pushing Uke's head backward hard with the left hand and throws Uke on Uke's back and takes the stick away from his hands. (F6, F7)

After Uke stands up, Tori hands the stick back to Uke and they take a position for the next technique, Morote-tsuki.

\* Pictures taken from opposite side of Shomen.

### (3) Morote-tsuki (Two-hand-thrust)

Tori's right side faces Shomen and Uke's left side faces Shomen. Tori and Uke stand in Shizen hontai. Uke holds a stick in his right hand. They start to approach each other.

As soon as Uke gets into Maai (proper distance), Uke steps forward with his left foot and points the stick to Tori's mid-section while putting his left hand on middle part of the stick. (F1) Then Uke again steps forward with his left foot and attempts to thrust the stick into Tori's solar plexus. (F2)

Tori avoids the attack by stepping diagonally forward to his right with his right foot while turning his body slightly to the left and sweeps the stick with his right hand, fingers on top, to his left. (F2) Immediately Tori grabs the end of the stick from the top with his left hand, and steps forward with his right foot in front of Uke's feet while grabbing the stick from the top between Uke's hands with his right hand. (F3) Tori advances forward with tsugi-ashi, putting pressure against Uke's left elbow with the right forearm (F4), and throws Uke to his right front corner.

After Uke takes right zenpo-kaiten ukemi, he takes one breath on the mat, then Uke stands up naturally. Tori hands the stick back to Uke. Tori goes back to the left side and Uke goes back to the right side as seen from Shomen. Both face each other in shizen-hontai.

\* Pictures taken from opposite side of Shomen.

## 3. AGAINST PISTOL ATTACK

### (1) Shomen-zuke (Pistol at the abdomen)

Tori's right side faces Shomen and Uke's left side faces Shomen. Uke goes to the weapon area and places the stick on the mat and he takes the pistol in his hands, places it inside of judogi and Uke goes back to original position to face Tori. Tori and Uke stand in Shizen hontai. They begin to approach each other.

As soon as Uke gets into Maai (proper distance), Uke draws the pistol from inside his judogi and tells Tori to raise his hand by saying "Hands up". (F1) Uke steps forward with his right foot and presses a pistol against Tori's abdomen. Tori raises his hands slowly. Uke searches the right side of Tori's waist with his left hand. (F2)

As Uke searches the right side of Tori's waist with Uke's left hand, Tori immediately twists his hips without moving his feet to his right while grabbing the barrel of the pistol with his left hand, thumb on top. (F3) This action makes the pistol point to Tori's right side and no longer pointing at him. Tori then grabs Uke's right wrist from top with his right hand. (F4) Tori pulls his right hand toward himself and pushes the barrel of the pistol toward Uke's right armpit (F5, F5'), and takes the pistol away from Uke's right hand.

Tori hands the pistol back to Uke, handle side facing him, barrel pointing away from Shomen.

#### **KEY POINT:**

**(A) Tori stops walking when Uke says "Hands up".**

**(B) When Tori takes the pistol away from Uke, he is also applying a wrist and fingerlock to his right hand.**

**(C) Tori does not need to strike Uke with the pistol after he takes it away from him.**

\* Pictures taken from opposite side of Shomen.

(2) Koshi-gamae (Pistol held at the side)

Tori's left side faces Shomen, and Uke's right side faces **Shomen**. Tori and Uke stand in Shizen-hontai. Uke holds the stick in his right hand as they approach each other.

As soon as Uke gets into Maai (proper distance), Uke draws the pistol from inside his judogi and tells Tori to raise his hand by saying "Hands up". (F1) Uke steps forward with his left foot and points a pistol against Tori's abdomen while keeping the pistol on his right hip away from Tori. Tori raises his hands slowly. Uke searches the right side of Tori's waist with his left hand. (F2)

Tori immediately twists his hips to his left without moving his feet while grabbing the top of the barrel with his right hand, four fingers on top, and then with his left hand from underneath of Uke's right hand. This action makes the pistol point to Tori's left side and no longer pointing at tori. (F3, F3', F3'') Tori twists his hips to the right and pulls in

that direction with both hands. The pressure on Uke's right wrist will force Uke to let go of the pistol. (F4) Tori takes it away from Uke and hits Uke in the face with it. (F5)

Tori hands the pistol back to Uke, the handle side facing Uke, barrel pointing away from Shomen.

**KEY POINT:**

**When Tori takes the pistol away from Uke, he is also applying a wrist and fingerlock to his right hand. (F3")**

\* Pictures taken from opposite side of Shomen.

(3) Haimen-zuke (Pistol against the back)

Tori's right side faces Shomen and Uke stands behind Tori. Tori and Uke stand in Shizen hontai. Tori starts to walking forward and then Uke follows Tori.

As soon as Uke gets into Maai (proper distance), Uke draws the pistol from inside his judogi and tells Tori to raise his hand by saying "Hands up". (F1) Uke steps forward with his right foot and holds a pistol against the middle of Tori's back. Tori raises his hands slowly. Uke searches the left side of Tori's waist with his left hand. (F2)

Tori immediately turns his body to his right slightly leaning to the right while bringing his right arm underneath of Uke's right hand. (F3) Tori continues turning to his right while stepping with his left foot twisting to the right and wraps his right arm around Uke's right arm. Tori pulls his right forearm toward his body with his right arm and controls Uke's body, and then grabs the barrel with his left hand, thumb up. (F4) Tori pivots on his right foot by drawing his left foot back and pulling the barrel hard. This makes Uke's wrist be locked like a kote-gaeshi. Tori takes the pistol away while throwing Uke on the mat. (F5, F6)

After Uke stands up, Tori hands the pistol back to Uke. Uke puts the pistol back into his judogi. Both go back to their original position, Tori is on the left side and Uke is on the right side seen from Shomen. They face each other in shizen-hontai. Uke draws his right foot back then turns to his left 90 degrees (facing Shomen) and walks toward the weapons with aumi ashi from his left foot. When Uke reaches the weapons, he kneels down to Seiza. Then he takes the dagger and stick and place them on his right hip. Uke stands up and turns around to the right 180 degrees and advances 3 meters. He then turns to the left 90 degrees to face Tori with shizen hontai. They step back to Kiotsuke position and bow to each other and then bow to Shomen.

## INDEX

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\* Pictures taken from opposite side of Shomen except where designated.