

GSMA 2nd Brown belt-Nikyu Oku arts

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2nd Brown belt-Nikyu Oku arts

#7 Mae Yama Kage “front Mountain shadow” back to back throw



DanZan Ryu- Back to back throw. Block Uke's Seoi Nage with a palm strike to Uke's left shoulder. Grab their collar behind their neck with your left hand. At the same time push Uke's right hip with your right hand to keep Uke off-balanced to their rear (Not shown). Step to Uke's left heel with your right heel and grab Uke's collar on the right side of your left hand. Pull Uke up and above your right shoulder as you step with your left heel to the rear of Uke's right foot. Uke places their hands on your hips to center their rear end in the small of your back (not shown). Throw Uke across your back with a high Seoi Nage motion. Uke places their hands above their head and looks up. Uke draws their knees up to their chest and then lands on their feet. You faint a left knee to Uke's face. Uke does a cross block as your left foot kicks to Uke's groin. Pull Uke into a front fall by stepping back with your left foot.

Links for Tanto and Tanju

Black Belt Resource Page
at

www.bobasan.net

10 Sakanuki “reverse draw” sumo stomp, stomach bump, throw, and armlock



DanZan Ryu-Do 3 sumo stomps. Do a mutual stomach bump with Uke then do #3 Katate Tori San from the Goshin Jitsu list. Kazushi Uke up as you turn Uke’s wrist to the right while turning to your right to face the same direction as Uke. Stretch Uke’s arm straight with their palm up. Strike Uke’s abdomen with your knife edge right hand causing Uke to bend over. Place your left palm in Uke’s right armpit. Circle Uke’s arm up and around to the left as you push Uke’s armpit up. I throw just before I drop to my back knee while on the ball of my left foot so I can project Uke up and forward better. Drop to your left knee after the throw. Make sure Uke’s head clears the mat into a flat fall. Keep hold of Ukes wrist with a left hand Katate Tori on Uke’s right hand. Turn to the left into a horse stance. Place Uke’s right hand down on the mat as you Stretch Uke’s right arm on the mat. Turn to face Uke and kneel on Uke’s right elbow with your dropping right knee. Do a controlled release and step back into a defensive stance. **Variation**-grab Uke’s right arm at wrist with both hands as you drop to your left knee. Put Uke’s right hand on the mat so Uke does a stemi over it. Place your right foot on Uke’s right elbow for armbar to finish art as Uke is further away than in the Kata art.

#12 Hon Tomoe “basic circle” two foot tomoe nage to choke

12. Hon Tomoe “Basic circle”



DanZan Ryu- Two foot throw and strangle. Uke counters your Tomoe Nage by stepping to their left with his left foot and squatting. Put both feet on top of Uke's front hips and do a cross gi choke. As you choke, Uke pulls you up. Slide in between Uke's legs throwing Uke over your left shoulder. Keep your feet on Uke's hips and do a back roll, ending up on top of Uke for choke. **Standing variation-**Take cross gi choke and step up on Uke's thighs. Stay close to Uke with your back straight and sit close to Uke. Swing through as above. Finish with a choke. Do a controlled release and step back into a defensive stance.

#14 Shigarami “fist entanglement” block punch armbar throw Seoi Nage over opposite shoulder



DanZan Ryu- Break Uke’s arm and throw over your left shoulder. Uke does a right punch. As you step to your left, parry Uke’s punch to your right. Grab Uke’s right lower arm with your right hand then with your left hand. Step under Uke’s right arm with your right foot toes facing the same direction as Uke. Step in front of Uke with your right foot. Simulate breaking Uke’s right elbow on your left shoulder, Uke’s right palm up. FOR Safety-extend Uke’s right arm so your left shoulder is over Uke’s right armpit, ensuring that the throw safe to do for practice. You are in a closed judo stance your left hip to the left. Uke puts their left hand on your left extended hip to help their right handed flat fall. Circle Uke’s captured arm from your left to your right. Do a controlled release and step back into a defensive stance/**Variation:** Bring Uke’s arm over your head to do a regular Seoi Nage throw. You can throw with Uke’s right palm down for extra safety. I sometimes duck under Uke’s arm and turn to the right to do a Kotemaki rear takedown.

Zenyo-From Uke’s right punch do an outside right hand parry and grab Katate Tori San #3 from Goshin Jitsu list with both of your hands. Uke punches with their left hand. Block Uke’s punch with his right arm by turning their arm to the right palm up. Do the arm break over your left shoulder and throw as above.

#16 Kote Shigarami “wrist fist entanglement” take down with Kotegaeshi hold to mat



DanZan Ryu- Kotemaki to hold-down with one hand. Do an upper Jodan left forearm block as you step outside of Uke’s right foot. Hook your right thumb behind Uke’s right elbow. Pull Uke’s elbow up as you push down on their wrist. On the way down, feed Uke’s wrist to your right hand, palm to palm grip. Uke is now on their back with the back of their right wrist flat on the mat. Put your right knee on top of Uke’s right shoulder in their armpit. Pull Uke’s right wrist to you and away for submission. Do a controlled release and step back into a defensive stance.

#17 Koguruma “little wheel” counter Mizukuguri drop on head



Lean back simulate dropping Uke on their head



DanZan Ryu- Counter for Mizukuguri (#6 on Oku list). Come in for Mizukuguri. Grab the bottom of Uke’s thighs from the outside with your hands (not shown). Lean back, taking Uke off their feet while their head is captured between your legs. Simulate a pile driver with a kiai and a squat. Release Uke by sitting on your right hip near your right heel and let Uke into gentle side fall to your right. Prof Demonstrates **Zenyo**-Instead of grabbing Uke’s thighs, lock Uke’s arms by grabbing Uke’s obi at their spine and do the basic art as above.

Koguruma old school spin



Reach around Uke’s waist locking your wrists together at their waist. Lean back and stand up. Spin Uke to the right then to left and throw Uke to their back to end the art.

#19 Tora Katsugi “tiger shouldering” Obi throw around the neck



DanZan Ryu- Obi around neck do #7 Mae Yama Kage on the Oku list. Double your Obi and grab it shoulder width, palms down. Roll your hands to double grip around your hand. Step to your left with your left foot. Block Uke's right punch in a snapping motion. Your left hand is next to the outside of Uke's right arm. While blocking Uke's right arm, circle the right hand side of your gripped obi around the left side of Uke's neck. Step behind Uke as you pull your left hand Obi over Ukes right shoulder. Wrap the right hand obi around the straight left obi then re grip both ends with your right hand. Uke places their hands on your hips to center their rear end in the small of your back. As you throw Uke across your back with a Seoi Nage motion without pulling Ukes neck up. Uke places their hands above his head and looks up and draws their knees to their chest to spot their landing. Uke lands on their feet. Pull Uke into a front fall by stepping back with your left foot and guide Uke gently to the mat.

#22 Kine Katsugi “mallet shouldering” over the shoulders throw
22. Kine Katsugi “Mallet shouldering”



DanZan Ryu- Fireman’s carry throw. Uke does a right over head strike. You do a left handed inside parry. Grab Uke’s inside right sleeve thumb down. Duck under your left arm as you step deep between Uke’s feet, dropping your right shoulder under Uke’s groin. Extend your left arm while grabbing Uke’s right sleeve. Bring your left foot to your right as you strike up through Uke’s legs with your right fist to the ceiling. Stand up as Uke’s weight is transferred from your right shoulder across to your left. By looking up your back is straight. Throw Uke over to a flat fall.

#23 Kin Katsugi “testicle shouldering” # 22 with testicle grab



DanZan Ryu -Do Kine Katsugi but simulate grabbing and retaining Uke’s testicles as you throw.

#25 Jigoku Otoshi “hell drop” fireman’s carry throw or airplane spin
25. Jigoku Otoshi “Hell drop”



DanZan Ryu- Kine Katsugi airplane spin throw. Do #22 Kine Katsugi on the Oku list to hold across your shoulders. Feed Uke’s right sleeve into your right hand with your left hand (not shown) spin Uke 3 times to your left then 3 times to your right. Turn to left and throw Kine Katsugi.

Jigoku Otoshi hell drop variation



Do #22 Kine Katsugi airplane spin on the Oku list. Hold Uke across your shoulders. Feed Uke’s right sleeve into your right hand with your left hand (not shown). Spin Uke 3 times to your left then 3 times to your right. Your left hand is gripping Uke’s right sleeve. You hook Uke’s right leg with your right arm. Bend at your waist. Uke rolls of your back into a right flat fall at your feet.