

KODOKAN GOSHINJUTSU

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I BOWING, HOW TO HANDLE THE WEAPONS

1. BOWING

(1) Beginning

Uke has the dagger (cutting edge upward) and the staff (about 3 feet in length, 1 inch in diameter) in the right hand, the pistol in the jacket, weapons tops downward, i.e. 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 steps back with right foot, then turns to his left 90 degrees facing *Shomen* and steps forward toward *Shomen* about 3 meters stands with his both heels together. Kneeling in *Seiza* position, he sets the weapons on the mat, the staff down first and next the dagger nearest to him blade towards him and the point to the left, then the pistol (with the muzzle to the left, the grip to him) furthest. The right side edgeline of the pistol should be aligned to the bottom of the dagger hilt. 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 steps back with right foot, then turns to his left 90° facing *Shomen* and steps his left foot forward toward *Shomen* and walks toward the weapons with *Aumiashi* to collect the weapons. When Uke reaches the weapons, kneeling in *Seiza* from standing posture with his both heels together, he takes the dagger and the staff with his right hand and puts them on his right hip. The pistol is still in his jacket. Uke stands up and turns around to the right 180 degrees and advances 3 meters and turns left 90 degrees to face *Tori* with *Shizenhontai*. 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 *Shizenhontai*. Uke draws the right foot back then turns to his left 90° (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*(about 4 m). 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-dore (Two-hand-hold)

Tori's right side faces Shomen and Uke's left side faces Shomen. Tori and Uke stand in Shizenhontai. Uke and Tori go to the center.

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

Tori immediately spreads his arms outside and pulls them back slightly with extended fingers, steps to his left rear with his left foot, i.e. diagonally back (this action should make Uke off-balanced to his right front). Tori takes the grip off on his right wrist by bending his right arm towards his chest and freeing his right arm, then with atemi he strikes with Togatana (knife edge or shuto) of his right hand to Uke's temple (kiai). Tori grabs Uke's right wrist from top with his right hand (i.e. Tori turns Uke's wrist to Uke's centerline). He steps back with his right foot and opens his body, then steps diagonally with an applied Kote-hineri to Uke's wrist in a standing position (Tori clamps Uke's right arm under his left arm and twists Uke's right wrist), looking forward.

To submit Uke pats on his left leg twice when the kote-hineri is effective, he should not bend too much.

KEY POINT:

When Tori controls Uke's right wrist, Tori must clamp Uke's right arm.

(2) HidariEri-dori (Left-lapel Hold)

Tori's left side faces Shomen, and Uke's right side faces Shomen. Tori and Uke stand in Shizen-hontai. Uke and Tori go to the center.

As soon as Uke gets into Maai (proper distance), he steps forward with his right foot simultaneously grips Tori's left lapel in his right hand and tries to push Tori down on the back (No kiai).

Tori immediately grasps and opens his own left lapel outward with his left hand (holding just below Uke's right hand) stepping backward/leftward with his left foot, and strikes (Me-tsubushi atemi) with the back of his right open hand on Uke's face (kiai) while drawing his left foot diagonally back. Using Uke's pushing energy to make him off-balance. Then Tori immediately grabs Uke's right wrist from the top with his right hand and applies a Kote-hineri controlling Uke's right wrist. Tori places his left hand on Uke's right elbow and steps diagonally back from his right foot, opens his body to his right, with Tsugiashi, pulling Uke diagonally backward to his right with left hand and pushing the elbow down with thumb and forefingers round, he brings Uke down on the mat, controls with Te-gatame with left knee on Uke's back at the back of Uke's right shoulder blade, pushing his right arm toward his head and applies Ude-hishigiTe-gatame on Uke's right elbow.

Uke is lying on his stomach and pats the mat twice 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). 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.

(3) *MigiEri-dori* (Right-lapel Hold)

Tori's right side faces *Shomen* and Uke's left side faces *Shomen*. Tori and Uke stand in *Shizenhontai*. Uke and Tori go to the center.

As soon as Uke gets into *Maai* (proper distance), he grips Tori's rightlapelwith his right hand (four fingers inside),then he steps back with his left foot pulling strongly downTori to mat(No kiai).

Tori immediately steps forward with his right foot and strikes Uke's chin with an uppercut of his right fist (kiai). Tori grips Uke's right wrist from the top with his left hand in a *Kotegaeshi*, (i.e. Tori turns Uke's wrist away from Uke's center line), and then holds it with his right hand, by grabbing Uke's right hand from bottom with his right hand and presses it firmly against his chest. He steps back with his left foot and turns in 180° rotation to throw Uke forward.

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*.

(4) *Kataude-dori* (Single-Hand Hold)

Starting position:Tori's left side faces *Shomen*, and Uke stands in *shizentai* at Tori's back right back corner. Tori and Uke stand in *Shizen-hontai*.

From that position,Uke stepsthe **left foot forward**, Uke takes Tori's right wrist with his right hand and then grabs Tori's right elbow with his left hand applies an arm lock to Tori's right elbow from behind (wrist and elbow). Uke pushes Tori and advances forward by stepping forward with his left foot, right foot and left foot (left-right-left).

Tori is forced also to advance forward with his left foot, right foot and left foot while maintaining his balance. Tori on the third step:he half turns towards Uke, taking 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, applies a lateral kick onthe inside of Uke's left knee with the side of his foot (kiai), while making Uke off-balance to his front. Tori puts his right foot down in front of Uke's right foot, advances his left foot and

steps forward diagonally with his left foot while grabbing Uke's right wrist from underneath, then Tori draws his right foot to his right while turning to his right. While Tori is turning to his right, Tori applies a Waki-gatame to Uke's right elbow in a standing position, looking forward.

To submit Uke pats on his **left leg** twice when *Wakigatame* is effective. Uke should not bend too much.

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

(5) *UshiroEri-dori* (Collar Hold from Behind)

Starting position: Tori's right side faces *Shomen*, Uke approaches from behind and 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.

When Tori reaches the center, Uke grabs the back of Tori's collar from behind and steps back with his left foot and tries to pull Tori down on his back (no kiai).

Tori follows Uke's pull and turns 180 ° to his left stepping back with his left foot. As Tori's left foot is placed behind his right foot, he turns to the left while pivoting on his right heel. Simultaneously, raises his left hand to protect his face and punches Uke in the solar plexus with his right fist, palm down (kiai). Tori blocks/clamps Uke's right wrist with his left shoulder and neck/left cheek, and immediately applies *Ude-hishigi-Ude-gatame* arm lock breaking Uke's balance to the right and backwards (of Tori).

To submit Uke pats on his **left leg** twice, when *Ude-hishigi-Ude-gatame* is effective. Uke should not bend too much.

KEY POINTS:

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

(6) *Ushirojime* (Choke from Behind)

Starting position: Tori's left side faces *Shomen*. Uke approaches from behind and 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. When Tori reaches the center, Uke attempts a standing right *Hadaka-jime* over Tori's right shoulder (No kiai).

Tori tucks in his chin defending himself with both hands pulling down Uke's right arm. He lowers his body, advances his right foot and turns to his left 180 ° while controlling Uke's right arm with his right shoulder and slips through under Uke's right armpit to free his head. Tori draws his left foot back behind his right foot changing grip to Uke's right wrist from below with his left hand, fingers and thumb toward him, and pressing on Uke's right elbow from above with his **right** hand. Tori steps back again with his left foot, pulls Uke to the ground and holds him there with a *Te-gatame* arm lock to Uke's right elbow to force him to the mat, face down.

Uke is lying on his stomach Uke gives submission signal: he pats twice 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 left 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)

Starting position: Tori's right side faces *Shomen*, Uke approaches from behind and 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.

When Tori reaches the center, Uke steps forward with right foot and holds around Tori's waist over the both arms from behind, i.e. grips Tori with a bear hug from behind (No kiai).

As soon as he touches Tori, Tori stomps on Uke's right instep with his right heel (kiai), and then immediately lowers his hips and forces his elbows out to release the hold. Tori grabs Uke's right wrist from the top with his left hand, turns 180 ° to his right to face Uke stepping with his left foot around his right foot and applies an arm lock with left hand on Uke's right wrist and putting with his right forearm with open hand over Uke's elbow. He steps forward with his left foot controlling Uke's right elbow, then steps backward with his right foot and turns to his right, steps forward diagonally with his right foot and throws Uke forward diagonally to his right back corner by twisting and pushing his right arm.

Uke takes left *Zenpo-kaiten ukemi*. Uke doesn't stand up. Tori takes *shizentai*. 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, 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.

1) *Naname-uchi* (Slanting Strike)

Tori and Uke go to the center. Tori's right side faces *Shomen* and Uke's left side faces *Shomen*. Tori and Uke stand in *Shizenhontai*. They start to approach each other.

As soon as Uke gets into *Maai* (proper distance), Uke attacks to strike with his right fist on Tori's temple by raising his right arm and stepping forward with his right foot while aiming a blow at the side of Tori's temple with the bottom of his fist (left-right foot, *kiai*).

Tori steps back with his right foot, and dodges by turning his body slightly to his right, and parries Uke's right arm with his left hand (little finger upward) and immediately, Tori gives Uke a right uppercut (*kiai*) with his right fist to Uke's chin. Tori: reversing his left hand, blocks Uke's right upper arm against his (*Uke's*) side, he places his right hand in *Yahazu* (V shape) onto Uke's throat and throws Uke with *O-soto-otoshi*.

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*. Tori and Uke go to the center.

As soon as Uke gets into *Maai* (proper distance), he steps forward and attacks to strike on Tori's chin with an uppercut (right foot forward, *kiai*).

Tori steps slightly back with his left foot and deflects the blow from below with his right hand. Immediately, he 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 turns and lifts Uke's arm (elbow upward) towards his face, twisting the Uke's right arm into an arm lock. Keeping Tori's left arm extended and locking Uke's elbow, Tori steps forward with his left foot pushing forward Uke's right elbow with his left hand and throws Uke diagonally forward.

Uke takes a left *zenpo-kaiten ukemi*. Uke doesn't stand up. After Uke takes one breath, he gets up naturally and takes a position for the next technique.

(3) *GammenTsuki* (Thrust-Punch to face)

Tori's right side faces *Shomen* and Uke's left side faces *Shomen*. Tori and Uke stand in *Shizenhontai*. Tori and Uke go to the center.

Uke: takes a left stance three steps distance (Tori stops). As soon as Uke gets into *Maai* (proper distance), he steps forward with his left foot, and attacks strikes at Tori's face with left fist at the moment he reaches the appropriate distance (*kiai*).

Tori avoids the blow by stepping diagonally forward to his right side with his right foot and dodging Uke's punch, at the same time punching Uke in the left ribs with his right fist (*kiai*). Tori moves behind Uke with his right-left foot *intsugiashi* from his right and left foot to get behind Uke (both feet aligned) and applies his right *Hadaka-jime* over his right shoulder by stepping back with his left foot and then right foot in *tsugi-ashi* to make Uke's body off-balanced to his back.

Uke defends by trying to escape the *Hadaka-jime* pulling down Tori's right forearm with his. But Uke cannot escape, so he then pats the mat twice to submit with his foot.

Tori releases Uke, moves to his left and lets him [Uke] fall down to the Uke's back. Uke will naturally fall backward and takes *ukemi*.

(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*. Tori and Uke go to the center.

As soon as Uke gets into *Maai* (proper distance), he steps forward with his left foot and attacks to kick Tori with *Mae-geri* kicking at his groin with the ball of his right foot (*kiai*).

Tori steps back with his right foot and turns right to avoid the attack, and deflects the Uke's *Mae-geri*. He grabs the right ankle with both hands by grabbing from underneath with his left hand, with his right hand grabs and turns around the ball of Uke's right foot anti clockwise so that Uke loses the balance, then pushes forward in *tsugi-ashi* and throws Uke down on the back by scooping up and pushing Uke's right foot with his both hands.

Uke takes *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 pushing his right leg.

(5) *Yoko-geri* (Side Kick)

Tori's right side faces *Shomen* and Uke's left side faces *Shomen*. Tori and Uke stand in *Shizenhontai*. Tori and Uke go to the center.

As soon as Uke gets into *Maai* (proper distance), he steps forward diagonally with his left foot and attempts to kick Tori in the right side in *Yoko-geri* with the outer edge of his right foot (*kiai*).

Tori steps forward diagonally to his left side left-right foot, i.e. with his left foot and then his right foot, and parries Uke's kick with his right forearm with extended fingers. He (Tori) immediately steps behind Uke with his left foot forward until he is directly behind Uke placing his hands on Uke's shoulders. Tori puts down his left knee and pulls Uke down on the back to his right of Tori.

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.

III AGAINST ARMED ATTACK

Buki (against armed attack): ways of returning the weapons to Uke

Dagger: Tori gives it back to Uke with his both hands, the cutting edge towards himself and the point to the right.

Staff: Tori gives it back to Uke with his both hands.

Pistol: Tori gives it back to Uke with his both hands, the grip, i.e. butt, towards Uke and the muzzle to his the right.

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 collects the dagger kneeling (right knee up), places the dagger cutting edge upward inside of the jacket and comes back to the original position. Tori and Uke stand in *Shizenhontai*. They start to approach each other.

Tori and Uke go to the center and they stop at half a step distance. Uke draws the dagger stepping backward with his right foot at the moment he reaches the appropriate distance by reaching inside the fold of his judogi with right hand, and taking out the dagger, which he holds at his right side (No *kiai*). 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 deeply with **right-left foot** to the left side of Uke, then taking Uke's left elbow to push to his left with his right hand, thumb up, pushing to the left, applies *Me-tsubushi* on Uke's eyes with his left palm by flicking his left hand in front of Uke's eyes (striking eye)(kiai). Tori grips Uke's left wrist with his left hand to twist and lift it away from Uke, simultaneously changing his right hand (**palm down**) on Uke's left elbow and pushes it up. Tori steps back to his left corner with *tsugiashi* from the left foot and he drags Uke to the ground (onto Uke's stomach by putting pressure on Uke's elbow) and controls Uke's left elbow with *Te-gatame*. Tori does not need to put his right knee to the left side of Uke's back.

Uke lies down on his stomach and pats the mat twice to give a submission signal with his right hand holding the dagger. 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.

(2) *Choku-zuki* (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 go to the center.

Uke advances with his left foot at the moment he reaches the appropriate distance while reaching inside the fold of his judogi with the right hand and drawing out a dagger (Tori stops). Uke advances with the right foot forward, blade up, and attempts to stab Tori in the stomach (kiai).

Tori steps diagonally forward to the left with his left foot, turns his body slightly to the right to parry the thrust and control with his left hand on Uke's elbow, i.e. grabs Uke's right elbow with the left hand, fingers pointing down, he simultaneously applies a right uppercut to his (Uke's) chin with his right fist (kiai). Tori grabs the right wrist with his both hands by bringing his right hand under Uke's right arm and grabbing Uke's right wrist from below and simultaneously grabbing Uke's right wrist from above with the left hand, and pulls Uke forward diagonally applying *Waki-gatame*, in a standing position, looking forward, i.e. 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.

To submit Uke **pats on his left leg** twice with his left hand and should not bend too much. 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*.

(3) *Naname-zukie* (Slanting Stab)

Tori's right side faces *Shomen* and Uke's left side faces *Shomen*. Tori and Uke stand in *Shizenhontai*. Tori and Uke go to the center.

Uke advances with his left foot at the moment he reaches the appropriate distance while pulling the dagger out of his jacket with his right hand in a reverse grip, blade up and raises it to strike by raising his right hand up above the right side of his head (Tori stops). Uke steps forward with right foot and attempts to stab Tori in the left side of the Tori's neck (kiai).

Tori steps back with his right foot and turns his body slightly to the right, avoiding the thrust and at the same time, grabs Uke's right wrist from the top with his left hand (little finger up) and he grabs Uke's wrist from underneath with his right hand in *Kote-gaeshi* while stepping forward with his right foot first then back quickly with his left foot and turning a 180° in *Tai-sabaki* to throw Uke on the mat. 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. Tori applies *Te-gatameon* Uke's right arm controlling with his right knee on Uke's right side. Uke pats the mat twice with his left hand. Tori takes the dagger away from Uke's right hand with his left hand. Tori takes it away without gripping the blade edge side when he takes Uke's dagger away from Uke's right hand.

Uke stands up. Tori hands the dagger to Uke by holding dagger with two hands, palms up, and blade facing Tori and pointed **to his right**. 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*.

1. AGAINST KNIFE ATTACK

(1) *Furiage* (Upswing against Stick)

Tori's right side faces *Shomen* and Uke's left side faces *Shomen*. Uke goes to the weapon area and replaces the dagger back down on the mat and collects the staff kneeling (right knee up), holding the end of the staff in his right hand, pointing down. Uke goes back to original position to face Tori. Tori and Uke stand in *shizenhontai*. Tori and Uke go to the center and they stop at half step distance.

Uke takes one step backward with right foot at the moment he reaches the appropriate distance, attempts an attack by raising the staff above his head (No kiai).

As Uke raises the stick over his head, Tori immediately steps forward deeply with his left foot blocking Uke's right arm with his left forearm, and at the same time pushes Uke's chin up (giving a right *Shotei*) with the bottom of his right palm to break his balance backwards (kiai). Tori throws Uke with a right *Osoto-gari* while wrapping Uke's right arm with his left arm and grabbing Uke's left lapel with his right hand.

KEY POINT:

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

(2) *Furioroshi* (Downswing against Stick)

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

As soon as Uke gets into *Maai* (proper distance: three steps distance), he advances with his left foot at the moment he reaches the appropriate distance, and raises the staff up on his right side with both hands (Tori stops). Uke then steps forward with his right foot attacking diagonally on Tori's left head (left *yokomen*) (*kiai*).

Tori steps back diagonally to avoid the staff with his right foot in *Tai-sabaki*, then immediately, Tori steps forward into Uke with *tsugi-ashi* with his left foot and then his right foot, and with *atemi* strikes Uke in the face with the back of his left fist (*Uraken*) (*kiai*). Tori grabs the staff with his right hand striking Uke again in *atemi* with his left *Te-gatana* at the middle of Uke's eyebrow with Tori's *Shuto* (knife edge of your left hand) (*kiai*). Tori steps forward with his left foot then pushes Uke's head down backwards hard with the left hand so that he falls down, pulling the staff out of Uke's hands.

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

(3) *Morote-zuki* (Two-Hand Thrust against Stick)

Tori's right side faces *Shomen* and Uke's left side faces *Shomen*. Tori and Uke stand in *Shizenhontai*. Uke holds a stick in his right hand. Tori and Uke go to the center.

Uke: at three steps distance steps forward with his left foot and stands in a left stance pointing the stick to Tori's mid-section while putting his left hand on middle part of the stick to be ready to hit Tori in the solar plexus with the top of the staff at the moment he reaches the appropriate distance (Tori stops). Then Uke attacks advancing in *tsugi-ashi* by stepping forward with his left foot and attempting to thrust the stick into Tori's solar plexus (*kiai*).

Tori steps forward diagonally in *Tai-sabaki* with his right foot while turning his body slightly to the left on his left foot in *Tai-sabaki* and sweeps the staff to deflect it with his right hand (four fingers upward), to his left. Immediately Tori grabs the end of the staff at the front of Uke's left grip from the top with his left hand (four fingers upward), then grabbing the staff with his right hand from the top between Uke's two hands with his right hand (four fingers upward) while stepping forward with his right foot in front of Uke's feet. He moves forward diagonally by *tsugi-ashi* with his right foot controlling with an arm lock on Uke's left elbow. Putting pressure on the left elbow, i.e. against Uke's left elbow with the right forearm, he then throws Uke to his right front corner keeping the staff, then he takes left stance changing his left grip on the staff and pointing the end of staff toward Uke.

After Uke takes right *zenpo-kaiten ukemi*, Uke doesn't stand up. 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*.

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 replaces the staff back down on the mat and collects the pistol in his hands by kneeling (right knee up), and puts it inside his jacket. Uke goes back to original position to face Tori. Tori and Uke stand in *Shizenhontai*. Tori and Uke go to the center.

As soon as Uke gets into *Maai* (proper distance), Uke draws the pistol from inside his judogi and orders Tori to raise his hands up by saying "Te wo agero!". Tori raises his hands slowly. Uke steps forward and presses the muzzle of the pistol into the stomach of Tori (Uke's right foot is a half step forward). Tori raises his hands slowly. Uke searches the right side of Tori's waist with his left hand.

When Uke looks down to search the right side of Tori's hip with his left hand for Tori's wallet, Tori immediately twists his hips without moving his feet on his right in order to dodge the muzzle and grabs the barrel of the pistol with his left hand, thumb on top. This action makes the pistol point to Tori's right side and no longer pointing at him. And Tori then at the same time grabs Uke's right wrist from top with his right hand. He pulls Uke's right wrist forward with his right hand toward himself while pushing the barrel of the pistol down to point the muzzle in towards Uke's right armpit, and takes the pistol away (i.e. disarms him) from Uke's right hand (using just hip movement).

Tori gives it back to Uke with his both hands, the grip towards Uke and **the muzzle to his right**.

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.

(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*.

Tori and Uke go to the center. As soon as Uke gets into *Maai* (proper distance), Uke draws the pistol from inside his judogi and orders Tori to raise his hands up "Te wo agero!" Uke holds the

pistol at his side and points it at Tori's abdomen (left foot forward). Tori raises his hands slowly and Uke steps in closer with his left foot and points a pistol against Tori's abdomen while keeping the pistol on his right hip away from Tori.

When Uke looks down to search for the right side of Tori's hip with his left hand (left foot forward) for Tori's wallet, Tori immediately twists his hips to his left without moving his feet, grabs the top of the barrel of the pistol with his right hand, four fingers on top to point the muzzle of the pistol away from him, and then grabs the bottom of the pistol 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. Tori, pulling the pistol to his right side (using hips movement by twisting his hips to the right), pulls in that direction with both hands. The pressure on his (Uke's) right wrist, i.e. the bending of Uke's right wrist outward, forces Uke to let go of the pistol. Tori takes it away from Uke and then hits Uke in the face with the bottom of the pistol grip (*kiai*).

Tori gives it back to Uke with his both hands, the grip towards Uke and **the muzzle to his right**.

KEY POINT:

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

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

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

Uke comes from behind Tori. Uke draws the pistol from inside his judogi and orders Tori to raise his hands up by saying "Te wo agero!" when Tori arrives in the center. Tori raises his hands slowly. Uke steps forward with his right foot and presses the muzzle of the pistol against the middle of Tori's back (right foot a half step forward). Uke searches the left side of Tori's waist with his left hand.

When Tori feels Uke's hand on the left side of his hip, on his wallet he (Tori) immediately rotates round quickly turning his body to his right slightly leaning to the right while bringing his right arm underneath of Uke's right hand. Tori continues turning to his right to face Uke while stepping to his right with his left foot in order to dodge the muzzle of pistol with his right elbow, and wraps his right arm around Uke's right arm by blocking Uke's right forearm at the elbow against his body with his right arm so that the pistol points upward, i.e. Tori pulls his right forearm toward his body with his right arm and controls Uke's body, and then he takes (grabs) the muzzle of the pistol barrel with his left hand, (thumb up), controlling it and then Tori **rotating forward quickly to his left side** on his right foot, i.e. by drawing his left foot back, he throws Uke down onto the mat while taking the pistol away from him (i.e. 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.

After Uke stands up, Tori hands the pistol back to Uke. Uke puts the pistol back into his judogi. They go back to their starting 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 *aumiashi* from his left foot. When Uke reaches the weapons, he kneels down to *Seiza*. Then he takes the dagger and staff 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*.

Combined US Standards and IJF Evaluation Criteria
(changes from IJF Evaluation Criteria are in bold)
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