

Nihon-Ryu Jujutsu Basics

<u>Japanese</u>	<u>English Translation</u>	<u>Common Name</u>
Nage Waza	Throwing techniques	
Hane goshi	spring hip throw	leg to leg throw
Ko uchi gari	minor reaping inside	inside leg hock
Ashi guruma	leg wheel	ankle sweep
Uchi mata nage	inner thigh throw	inside leg hip throw
Tani otoshi	valley drop	
O soto gari	major outer reaping	
Ko soto gari	minor inner reaping	
Tai otoshi	body drop	belly sweep
O goshi	major hip throw	
Ippon seoi nage	one armed shoulder throw	
Ude garuma	arm wheel	
Ude garuma maki komi	arm wheel wrapping pulling	
Ashi kani hasami	flying leg scissors	jumping leg scissors
Kata guruma	shoulder wheel throw	
Irimi nage	entering throw	
Shiho nage	four corner throw	
Ushiro goshi	back hip throw	reverse hip throw
Ushiro ashi nage	back leg throw	reverse leg throw
Te nage	hand throw	
Harai goshi	sweep hip throw	
Sode goshi	sleeve hip throw	
Hiza garuma	knee wheel	
Tomoe nage	stomach throw	
Sumi otoshi	corner drop	Captain Kirk
Uki goshi	floating hip throw	
Juji guruma	crossing wheel throw	cross-arm throw

Aiki otoshi	aiki drop	pancake
Kubi nage	neck (head) throw	green belt rip
Kokyu nage	breath throw	cowboy throw
Morote seoi nage	two arm shoulder throw	

Shime waza Choking techniques

Hadake jimi	naked choke/strangle	sleeper hold
Juji eri jimi	cross collar choke	

Tekubi waza Wrist techniques

Kote gaeshi	wrist out-turn (reversal)	(minor hand reversal)
Kote hineri	wrist twist	
Tekubi te	wrist to hand	cobra

- Japanese Weapons -

Tengu-Ryu Han-bo
 Naginata - Sho
 Naginata - Ni
 Tengu-Ryu Ken-Jutsu - Sho
 Tengu-Ryu Ken-Jutsu - Ni
 Tengu-Ryu Ken-Jutsu - San
 Tengu-Ryu Ken-Jutsu - Shi
 Tengu-Ryu Ken-Jutsu - Go

- Kobudo/ Kobujutsu -

Kihon Bo
 Washin Bo
 Kochinda No Kun
 Tawada No Sai Sho
 Soken No Kun Sho
 Soken No Sai Sho
 Tsuken Bo
 Suji No Kun
 Hei An Za No Eiku Di
 * Tokumine No Kun
 * Kusanku No Sai

- * Urashi Bo
- * Chatan Yara No Sai

* Additionally in the Isshin-ryu program