

Stanford Jujitsu Club



Aiki Jujitsu charts

Nome

Class Info

Curriculum

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Zen Budokai

Links


Aiki Jujitsu #1		
No.	Attack	Defense
1.	Right & left roundhouses (block)	Spin--sakotsu shuto
2.	Right roundhouse (block)	Ganmen shuto
3.	Front choke (parry)	Haitto--cross shuto
4.	Attempted side headlock (parry)	Sakotsu shuto
5.	Club blow (juji uke)	Armbreak--sakotsu shuto
6.	Pistol (parry)	Flex throw
7.	Bent lapel	Flex bow
8.	Right roundhouse (block)	Ulna press
9.	Double wrist grab	Ulna press
10.	Side headlock	Hair hammerlock
11.	Front headlock (hadake)	Haitto (pivot)--kick--sakotsu shuto
12.	Front hug (arms pinned)	Windmill--sakotsu shuto
13.	Rear hug (arms pinned)	Double windmill--sakotsu shuto
14.	Police hammerlock	Hiji--arm break--sakotsu shuto
15.	Right roundhouse (block)	Hiji--sakotsu shuto
16-20.	Katame Waza #1 (1-9)	
21.	Knife thrust (parry)	Inside armtwist
22.	Knife thrust (parry)	Flex throw
23.	Two on one wrist grab	Ulna press
24.	Side headlock	Hair throw
25.	Front choke	Winglock
26.	Double wrist grab	Tekubi tori
27.	Knife thrust (parry)	Rear hadake jime
28.	Right & left roundhouses, (block)	Front hadake jime
29.	Right roundhouse (block)	Stretch bar--twist throw
30.	Right roundhouse (block,	Hair hammerlock





	pivot)	
31.	Tai Chi Defense	#1-#5 Sequence: Two person attack
32.	Osoto Gari Defense	#1-#10 of Osoto series
33.	Nerve Touch Defense	Eyes--Neck--Temples--Ribs--Hand--Calf



Aiki Jujitsu #2			
No.	Attack	Block	Defense
1.	Boxer's left		Nelson strangle
2.	Straight right	Parry	Nelson strangle
3.	Right & left		Face-ulna throw--juji gatame
4.	Right & left		Hammerlock
5.	Straight right	Parry	Mawashi geri--inside armtwist
6.			Front flex comealong
7.			Judolock comealong
8.			Cross twist--yubi tori comealong
9.			Pivot yubi tori comealong
10.			Ulna press--barflex comealong
11.	Right & left		Mae geri--osoto gari
12.	Front choke	Parry	Yoko geri--inside armtwist
13.	Knife thrust		Wrist twist--yubi tori
14.	Front choke		Ude tori
15.	Right & left		Wristlock--hammerlock
16.	Rear hug (free)		Wristlock--hammerlock
17.	Two-on-one rear elbow		Ulna press--barflex
18.	Knife thrust	Gedan shuto	Cross twist--flex
19.	Straight right	Parry	Ude tori--rear otoshi
20.	Front headlock		Haitto--pivot--front flex

Aiki Jujitsu #3

1. Double wrist: Judolock
2. Front headlock: Yubi tori

3. Rear hug (free): Flex comealong
4. Straight right, parry: Forearm otoshi
5. Double wrist: Shiho nage--moro yubi tori
6. Front choke: Cross twist--front flex
7. Front choke: Cross twist--yubi tori
8. Front choke: Cross twist--flex--hammerlock
9. Right blow, block: Ulna press--barflex--otoshi--yubi tori
10. Front choke: Reverse armbar--barflex
11. Right & left: Shiho nage--moro yubi tori 
12. Double wrist: Ulna press--kosoto gari--rear kneeling bar--barflex--otoshi--yubi tori
13. Front choke: Ude tori--reverse hadake
14. Knife, parry: Hadake jime
15. Knife, parry: Wrist twist--front flex
16. Knife, parry: Nelson strangle
17. Knife, parry: Twist (to mat)--yubi tori
18. Knife, parry: Mawashi geri--rear strangle
19. Knife, parry: Mawashi geri--inside armtwist
20. Knife, parry: Ude tori--otoshi--yubi tori
21. Club blow, juji uke: Ulna press--barflex--otoshi--yubi tori
22. Club blow, age uke: Ippon seoi--club yawara
23. Club blow, age uke: Shoulder crank--club choke
24. Club blow, age uke: Bodyslam--ashi hishigi
25. Club blow, juji uke: (Neck) chop--ura tsukis--(arm) chop--lapel guruma
26. Knife, left gedan: Cross twist (to mat)--front flex
27. Knife (up thrust): Cross twist (sutemi)--roll (to mat)--reverse twist--front flex
28. Knife (up thrust): Reverse armbar (to mat)--barflex--otoshi
29. Knife (cross slash): Choke and armbar
30. Knife, parry: Reverse ulna--arm guruma

Aiki Jujitsu #4		
No.	Attack	Defense
1.	Police hammerlock	Alligator roll 
2.	Right & left	Sutemi winglock
3.	Front headlock	Osoto gari sutemi
4.	Front headlock	Sit-sutemi -- hammerlock 
5.	Front headlock	Cross-over -- face hold 
6.	Right blow	Kneeling ippon seoi 
7.	Collar hold	In-and-out kneeling throw
8.	Knife (parry)	Mawashi geri (from mat) -- fumi komi (to mat)
9.	Knife threat	Mikazuki geri -- ushiro geri
10.	Knife (parry)	Reverse hadake gatame

11.	(Straight right) -- full nelson	Leg pull -- ashi kubi hishigi 
12.	Front hug (pinned)	Osoto guruma -- carotid jime 
13.	Right blow (block)	Kata guruma -- morote gatame 
14.	Front choke	Sutemi legover juji gatame 
15.	Right blow (block)	Sake nuke -- smother gatame
16.	Front choke	Tomoe nage jime
17.	Right & left	Front hadake -- tora nage
18.	Right & left	Wristlock uke waza -- keylock 
19.	Right & left	Seoi goshi -- bear claw
20.	Collar hold	Yoko wakare 
21.	Right & left	Airplane spin -- ashi hishigi
22.	Knife (parry)	Belt choke otoshi