

2011 USA Judo Silver Medalists Mindy Buehman & Scott Huitt

Goshin Jutsu (護身術)

The Self Defense Kata

Saturday, November 26, 2011

Clinic: 9A–12P

Fee \$35.00

(Make checks payable to Tomodachi Judo, an additional fee will be required for certification)

Tomodachi Dojo - Boca

104 Crawford Blvd., Boca Raton, FL 33432

The intent in this kata is different than with normal Judo practice, in that this is a self-defense kata. The intent on the part of both participants is to hurt the other. While the actions are controlled, so that the attacker is not hurt, the defender's actions can easily be modified to disable the attacker. It is important to realize that all of the techniques in this kata are consistent with the principles of Judo.

Against unarmed attack

When held

Ryote-dori (Two-Hand Hold)
Hidari-eri-dori (Left-lapel Hold)
Migi-eri-dori (Right-lapel Hold)
Kataude-dori (Single-Hand Hold)
Ushiro-eri-dori (Collar Hold from Behind)
Ushiro-jime (Choke from Behind)
Kakae-dori (Seize and Hold from Behind)

At a distance

Naname-uchi (Slanting Strike)
Ago-tsuki (Uppercut)
Gammen-tsuki (Thrust-Punch to Face)
Mae-geri (Front Kick)
Yoko-geri (Side Kick)

Against armed attack

Dagger

Tsukkake (Thrust)
Choku-zuki (Straight Thrust)
Naname-zuki (Slanting Stab)

Stick

Furiage (Upswing against Stick)
Furiroshi (Downswing against Stick)
Morote-zuki (Two-Hand Thrust against Stick)

Pistol

Shomen-zuke (Pistol at the Abdomen)
Doshi-gamae (Pistol Held at the Side)
Haimen-zuke (Pistol against the Back)

Goshin Jutsu standards, are posted at <http://www.usjudo.org/goshinjutsu.pdf>

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