



# Mizzou JuJitsu KoDenKai

## Goshin Jitsu

Goshin Jitsu is a list of A.J.J.F. Self-Defense techniques that can be taught as a “course”. It is based on Professors Okazaki’s Women’s Self-Defense List and Book (1920’s). The list has had several names in the past, such as Advanced Yawara, or Jokyu Yawara and is now called Goshin (Self-Defense) Jitsu (Techniques).

To be proficient in all the techniques of the Goshin Jitsu list requires a very good knowledge of Yawara. Many of the techniques are extensions of Yawara principles and arts. The Goshin arts borrow from several advanced lists, and are used here at in the context of which arts on the Goshin Jitsu list can prepare you for the advanced lists as well as give you a more well rounded view of them. Think of this training as a “primer” for broadening and deepening your understanding of the other lists of DanZan Ryu JuJitsu.

The techniques are simple and direct. They require KUZUSHI on every level in order to work well. Goshin Jitsu can be studied on many levels and is an important set of arts that can benefit your studies as a Blue Belt or Black Belt. It is an excellent list to base further Self-Defense courses on. At the Assault Prevention Course is based in part on the Goshin Jitsu list.

### *Note:*

Very few if any of the techniques on this list can be used in any Sport Forms (such as Judo or Karate) and would require permission from Sensei to use them in any situation besides real self-defense.

The techniques in this list are re-arranged from the AJJF Kata Manual so they can be learned as groups of similar techniques.



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# Goshin Jitsu

1. Kata Eri Hazushi  
(Single Collar Escape)
2. Kata Mune Tori  
(Single Chest Hold)
3. Katate Tori Ni  
(Single Hand Hold #2)
4. Katate Tori San  
(Single Hand Hold #3)
5. Katate Tori Shi  
(Single Hand Hold #4)
6. Imon Tori Ni  
(Bowling Hold #2)
7. Ninin Yubi Tori  
(Two Person Finger Hold)
8. Ude Tori (Ni)  
(Forearm Hold #2)
9. Genkotsu Ude Tori  
(Fist Arm Hold)
10. Ude Gyaku Ichi  
(Forearm Reversal #1)
11. Ude Gyaku Ni  
(Forearm Reversal #2)
12. Kata Eri Tori  
(Single Lapel Hold)
13. TeKubi Shigarami  
(Wrist Entanglement)
14. Ushiro Gyaku  
(Rear Reversal)
15. Kata Guruma  
(Shoulder Wheel)
16. Hon Gyaku Ichi  
(Basic Reversal #1)
17. Hon Gyaku Ni  
(Basic Reversal #2)
18. Ushiro Daki Nage  
(Rear Embracing Throw)
19. Mae Daki Nage Ichi  
(Front Embracing Throw #1)
20. Mae Daki Nage Ni  
(Front Embracing Throw #2)
21. Mae OsaeGami Nage  
(Front Hair Hold Throw)
22. Ushiro OsaeGami Nage  
(Rear Hair Hold Throw)
23. Genkotsu Otoshi  
(Fist Drop)
24. Kata Hagai  
(Single Wing Pinion)
25. Kesa Nage  
(Scarf Throw)
26. Hiza Garami  
(Knee Lock)
27. Ashi Garami  
(Foot Entanglement)
28. Sannin Nage  
(Three Person Throw)