



Mizzou JuJitsu KoDenKai

# Oku Te

Oku Te is the first list of DanZan Ryu JuJitsu CHUDEN or “middle level arts”. This list of arts is the beginning of a student’s final quest for Black Belt. OKU can be interpreted various ways - “hidden”, “deep within”, “esoteric”, or even “combination”. In truth it means all of these. These techniques are not what they seem! They are much deeper and require much more effort and study than the previous lists. A student **MUST** have an excellent knowledge of Yawara Te, Nage Te, and Shime Te, plus a very good background in anatomy to develop any expertise with these arts.

All of the arts on Oku require a great degree of control. You must be an excellent uke as well as tori. The falls are more dangerous and require much more attention to detail than the previous lists. **At no time are these techniques to be performed at full speed.** An injury will result - because that is one of the intentions of this list - to save your life or those of your family and friends.

Safety is extremely important on all of the lists but even more so on Oku. This list is designed to maximize the danger to your opponent. Flying arm bars, chokes, strangles, knee dislocations, neck breaks, and specialized striking and countering arts will permanently damage your opponent. In this is revealed another special level of Oku - **CONTROL**. You must be willing to develop control above all else, with these arts. Personal Mental and Physical Control will see you and your opponent safely through the techniques. That same control will help you beyond the mat and out into the real world. The study of ‘slow motion’ advanced fighting skills starts here.

All students at this level will study Seifukujitsu, Kappo/Katsu, and Meditation arts. Certain Plates of the Anatomy Coloring book will be required, as well as the completion of the basic Reading List and Essays. A well defined and standardized notebook is also a requirement from this point on.

All arts on Oku Te **MUST** be introduced to each student by Sensei only, and uke must be of equal rank or higher.

## Competition

Upon learning Oku Te in depth, the student is allowed and encouraged to practice it in sport form, and artistic forms before being taught it’s more dangerous and harmful applications. The student has their choice of performing the arts in A.J.J.F. sanctioned events in a Kata Contest (which includes a combat sequence), A.J.J.F. JuJitsu Freestyle, or in similar A.J.J.F. functions.

**NO Oku Te technique will be allowed in ANY Judo event or ANY OTHER sport form including other jujitsu competitions except those approved by Sensei by special permission.**



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# Oku Te

1. DeAshi HayaNada  
(Advancing Foot Quick Blade)
2. O'Goshi HayaNada  
(Major Hip Quick Blade)
3. Seoi HayaNada  
(Back Carry Quick Blade)
4. NoriMi  
(Riding the Body)
5. SumiGaeshi  
(Corner Overturn)
6. MizuKuguri  
(Underwater Dive)
7. MaeYamaKage  
(Front Mountain Shadow)
8. Komilri  
(Entering In)
9. KoteGaeshi  
(Forearm Overturn)
10. SakaNuki  
(Reverse Arm Throw)
11. GyakuTe Nage  
(Reverse Arm Throw)
12. Hon Tomoe  
(True Circle)
13. KataTe Tomoe  
(One Arm Circle)
14. ShiGarami  
(Arm Capture)
15. Gyaku ShiGarami  
(Reverse Arm Capture)
16. KoTe ShiGarami  
(Forearm Capture)
17. KoGuruma  
(Small Wheel)
18. Tora Nage  
(Tiger Throw)
19. \*Tora Katsugi  
(Tiger Shouldering)
20. Arashi Otoshi  
(Storm Drop)
21. Hiki Otoshi  
(Pulling Drop)
22. Kine Katsugi  
(Mallet Shouldering)
23. Kin Katsugi  
(Testicles Shouldering)
24. KazaGuruma  
(Wind Wheel)
25. Jigoku Otoshi  
(Hell Drop)

\* **Tora Katsugi** may only be practiced or performed in the presence of a Black Belt, and use that Black Belt's Obi.