



Yawara

DanZan Ryu JuJitsu is made up of 3 levels of traditional arts. This first level is the SHODEN. The SHODEN is made up of 3 lists of martial arts studies. Each list has 20 to 25 techniques arranged in a specific order of learning. **Yawara** is the first list of the first level. It incorporates 20 hand techniques developed by Master Okazaki from the very oldest forms of JuJitsu. **Yawara** (the kanji) can be interpreted as JuJitsu or various other similar meanings, like “soft”, “pliable”, or “adaptable”.

Yawara is the root of all basic weapon arts, and most basic countering techniques as well as the core of fundamentals to influence the success of all arts, on and off the mat. There is little wonder that later martial art systems coming in after the success of systems like DanZan Ryu (such as the Aikido, Aikijutsu, and other similar systems) have made an entire martial art of just these principles.

All the basic components of the martial arts of any kind are included in the practice of **Yawara**, such as off-balancing, maintaining proper balance, momentum, leverage, and striking combined with the variants of speed, strength, and timing. A new student will cover all aspects of walking, bending, kneeling, breathing, standing, and pivoting and flow of energy - in accordance to this list of impressively simple yet amazingly effective arts.

Yawara is the first list of many different lists of many martial art aspects, and techniques in DanZan Ryu. It is not to be taken lightly, nor to be thought of as a beginners list. In reality it takes many years to master **Yawara**. In general it embodies the spirit of all JuJitsu techniques, tactics and strategies. In the DanZan Ryu system, Yawara techniques are among the first to be studied and usually the last to be understood and appreciated.



Yawara

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| 1. KataTe Hazushi Ichi
(Outside Wrist Escape) | 11. RyoTe Tori
(Two-Hand Wrist Lock) |
| 2. KataTe Hazushi Ni
(Inside Wrist Escape) | 12. TeKubi Tori Ichi
(Wrist Hold Reversing Lock #1) |
| 3. RyoTe Hazushi
(Two-Hands on Two Wrists Escape) | 13. TeKubi Tori Ni
(Wrist Hold Reversing Lock #2) |
| 4. MoroTe Hazushi
(Two-Hands on One Wrist Escape) | 14. Emon Tori
(To Politely Capture a Push) |
| 5. Yubi Tori Hazushi
(Fingers Grip Escape) | 15. RyoEri Tori
(Lapel Hold Reversing Lock) |
| 6. Momiji Hazushi
(Front Hand-Choke Escape) | 16. Akushu KoTe Tori
(Wrist Lock and Thumb Lock) |
| 7. RyoEri Hazushi
(Two-Hand Lapel Escape) | 17. Akushu Ude Tori
(Elbow Lock) |
| 8. Yubi Tori
(Single Finger Lock) | 18. Akushu KoTeMaki Tori
(Wrist, Elbow, & Shoulder Lock) |
| 9. Moro Yubi Tori
(Multiple Finger Lock) | 19. Kubi Nuki Jime
(Neck Lock Reversal & Wrist Lock) |
| 10. KataTe Tori
(Single Wrist Lock) | 20. Hagai Jime
(Shoulder Lock from Strike) |