

# **Secrets of Black Belt Combat Jujutsu**

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### Question 3 - Taisabaki Cat Step



#### Taisabaki 1 Tori

Stand in a relaxed natural position facing adversary. As adversary attacks with a hooking left punch, step forward into a right stance. Duck below the adversary's punch by dropping your hips. Keep your head up so you can react to any additional moves he may try.

#### Taisabaki 1 Uke

Stand in a relaxed natural position facing adversary. Step forward with your left foot. Execute a left hooking punch to the adversary's right cheek. Exhale sharply, yelling as you strike.



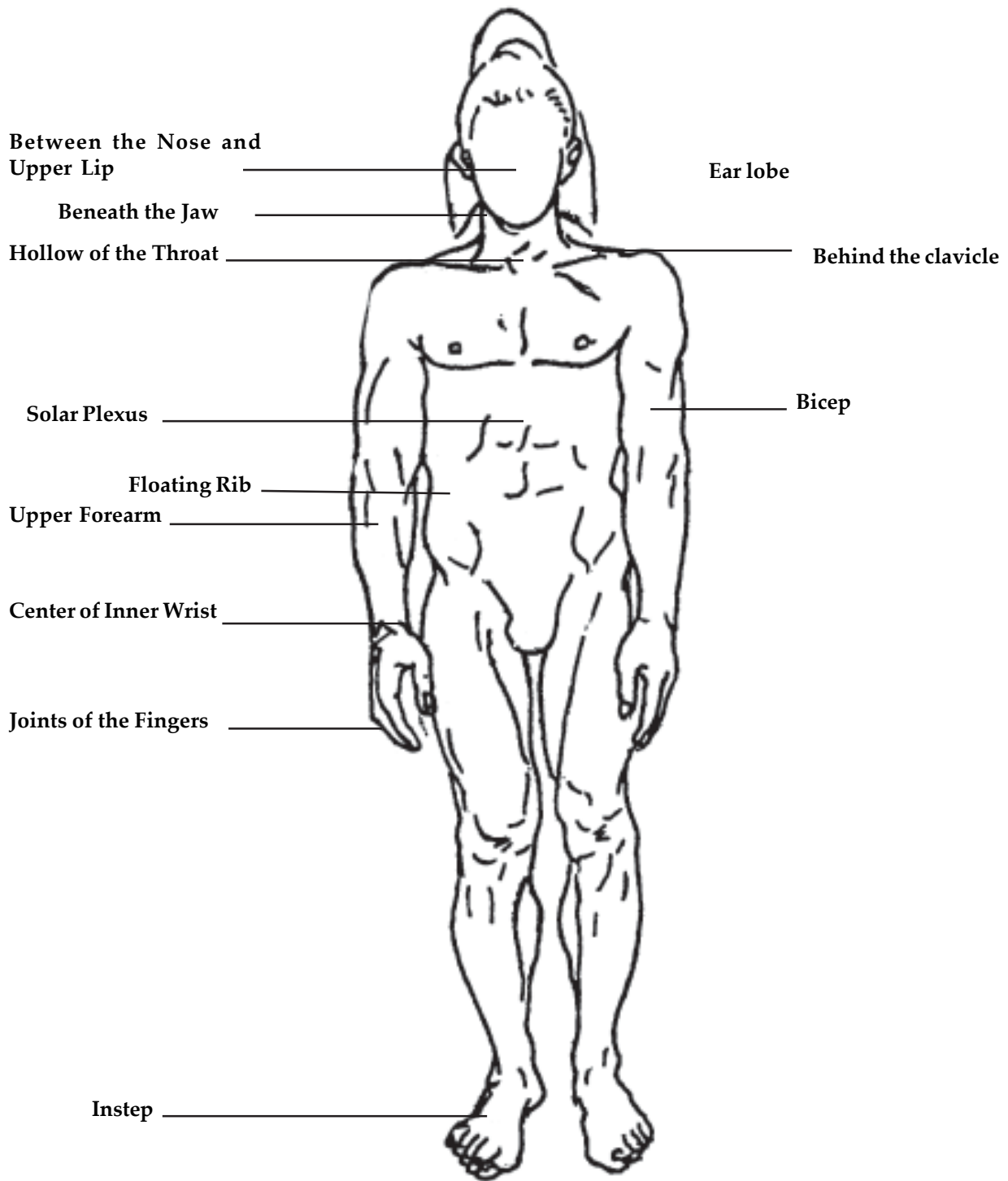
#### Taisabaki 2 Tori

Stand in a relaxed natural position facing adversary. As adversary attacks with a hooking right punch, step forward into a left stance. Duck below the adversary's punch by dropping your hips. Keep your head up so you can react to any additional moves he may try.

#### Taisabaki 2 Uke

Stand in a relaxed natural position facing adversary. Step forward with your left foot. Execute a right hooking punch to the adversary's right cheek. Exhale sharply, yelling as you strike.

### Question 3 - Pressure Points (Useful for Pain Compliance)





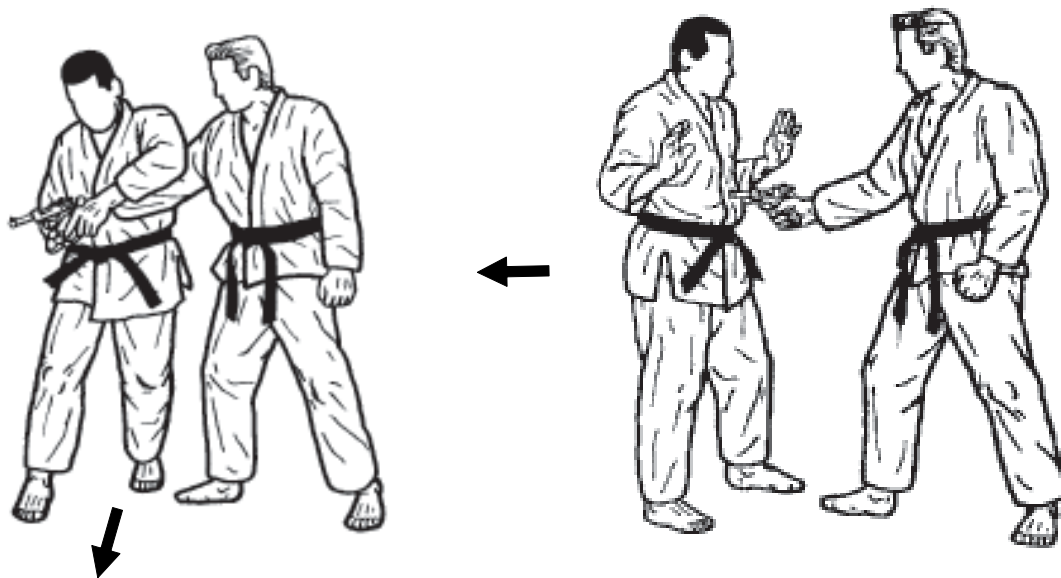
**Front Body Tackle      Tori**

The adversary grabs you in a front tackle. Strike him to his back with your elbow. Fall to your back shifting your hips between his legs. Throw him with Tomoenage. Kiai throughout the technique.

**Front Body Tackle      Uke**

Grab the adversary's legs in a front tackle. Kiai loudly. As you roll over his body be sure to tuck your head in.





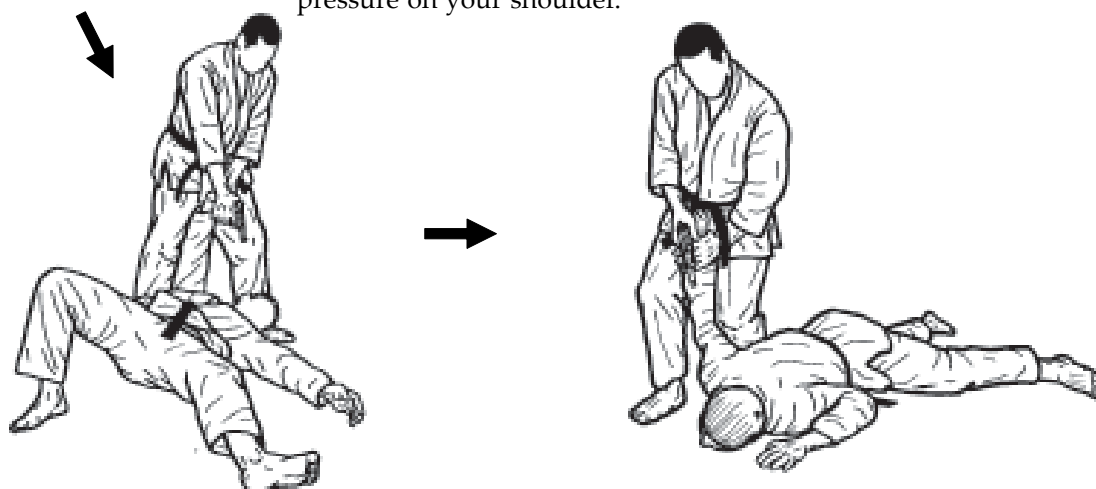
**Gun to Stomach Kotegaeshi Tori**

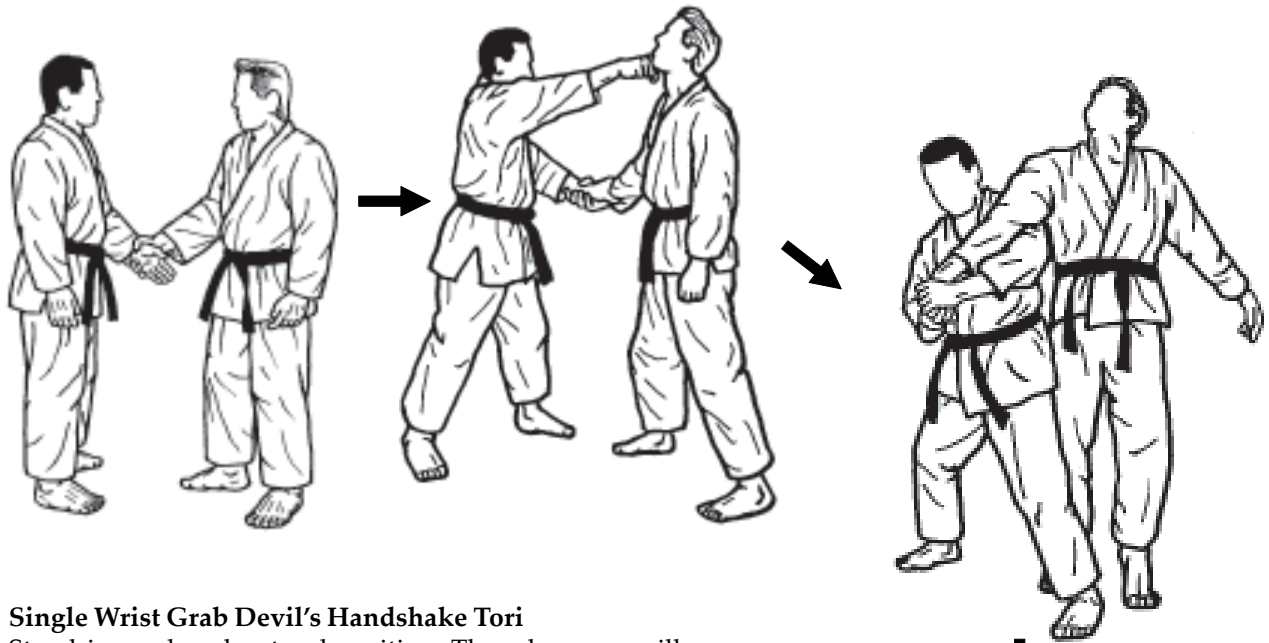
The adversary holds a gun to your stomach. Pivot your waist to the left side so that if he fires a shot you will receive only a graze. The best time to move is when the adversary is distracted, for example when he reaches for your wallet. Grab his gun hand with your left hand. Bring your right hand to meet your left and apply Kotegaeshi and break the adversary's wrist as you throw him to the ground. Follow with ground control.



**Gun to Stomach Kotegaeshi Uke**

Hold the gun to the adversary's stomach. Tell him to raise his hands. Reach for his wallet when he complies. Take a free fall when he applies Kotegaeshi. Slap the ground to indicate submission. Do not put your finger on the trigger of the gun because it may be broken during the fall or the disarm. Slap the mat when you feel pressure on your shoulder.





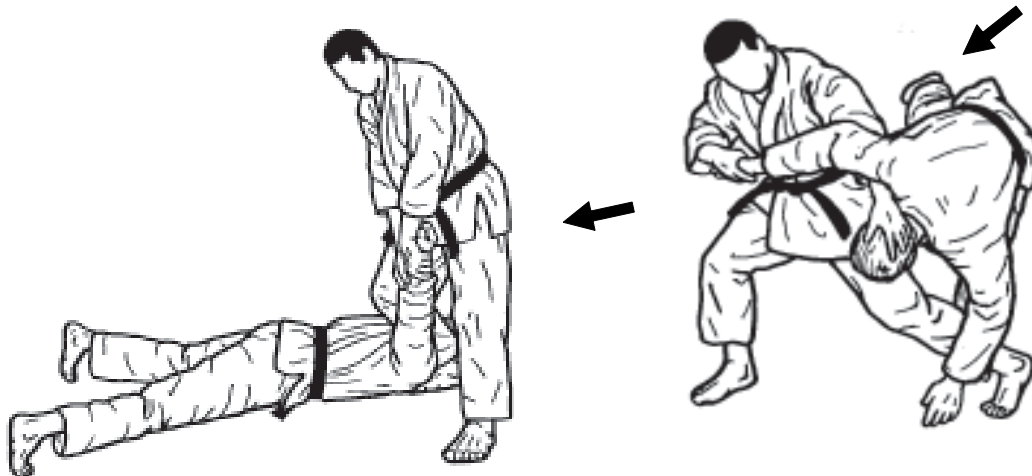
**Single Wrist Grab Devil's Handshake Tori**

Stand in a relaxed natural position. The adversary will grab your wrist. Grab his right wrist with your left hand. Your fingers should be up, palm toward his inner wrist. Strike with left Seiken to the adversary's face. Step across his body with your left leg and redirect his arm to your right hand. Pull his hand forward across the front of your body. Turn his wrist towards his thumb and reach up and place your left hand behind his neck by sliding your arm under his outstretched arm. Pull down fracturing his elbow across your bicep. Throw him over your extended leg and apply a ground control. Kiai throughout the technique.



**Single Wrist Grab Devil's Handshake Uke**

Grab the defender's wrist. Go up on your toes as you feel the pressure on your elbow. Take a fall over his extended leg and slap when pressure is applied to your elbow.





#### **Knife Stomach Thrust Hadaka Shime Tori**

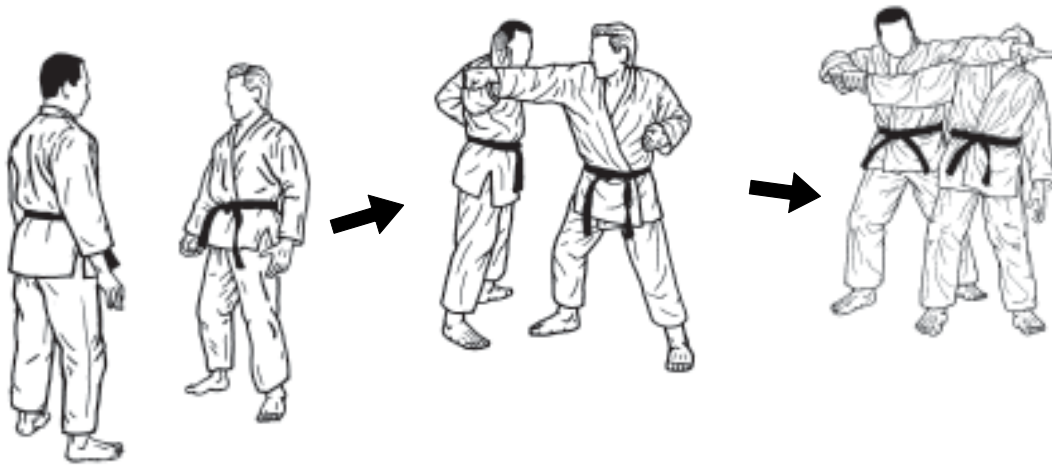
The adversary attacks with a right sided thrust to your stomach. Step forward and turn 90 degrees clockwise presenting a smaller target. Dislocate his elbow by grabbing his wrist with your right hand and driving your left forearm across his elbow. Control his head and disarm him against your chest. If he drops the knife, apply Hadaka Shime. Kiai throughout the technique.



#### **Knife Stomach Thrust Hadaka Shime Uke**

Attack with a stomach thrust. Go up on your toes as you feel the pressure on your elbow, and drop the knife. Slap when pressure is applied to your throat.





**Reverse Hadaka Jime Tori**

The adversary attacks with a right lunge punch. Avoid the punch using Taisabaki 4. Strike across his throat with your left hand. Bend him backwards and wrap his neck with your left hand while stretching his arm across your chest applying Kansetsuwaza to his elbow. Suddenly smash to his solar plexus with Empi. Driving him to the ground and finish with a foot stomp. Kiai throughout the technique.

**Front Hadaka Jime Uke**

Kiai loudly and attack the adversary with a right straight punch. Slap when you feel pressure from the kansetsuwaza and the choke. Take a back fall.

