



Seizan Ryu Kempo Jujutsu **Fundamentals / Kihon**

| English | Japanese | |
|-------------------------------|----------------------------|--------------|
| Positioning | Tsukuri | Notes |
| Stances | Shisei | |
| 1. Neutral stance | 1. Chuitsu dachi | 1. |
| 2. Foundation stance | 2. Kiso dachi | 2. |
| 3. Natural ready stance | 3. Shizen yoi dachi | 3. |
| 4. Forward stance | 4. Zenkutsu dachi | 4. |
| 5. Forward hook stance | 5. Manji dachi | 5. |
| 6. Back stance | 6. Kokutsu dachi | 6. |
| 7. Cat stance | 7. Neko ashi dachi | 7. |
| 8. Crane Stance | 8. Tsuru dachi | 8. |
| 9. Cross Stance | 9. Juji dachi | 9. |
| 10. Hourglass Stance | 10. Sunadokei dachi | 10. |
| 11. Pyramid | 11. Shiho shisei | 11. |
| 12. Triangle/Offset triangle | 12. Sankaku shisei | 12. |
| 13. Hurdler | 13. Shogai shisei | 13. |
| Postures / Guards | Kamae | |
| 1. Salutation Posture | 1. Gassho gamae | 1. |
| 2. Standing attention posture | 2. Kiritsu chumoku gamae | 2. |
| 3. Standing bow | 3. Kiritsu rei | 3. |
| 4. Seated attention posture | 4. Suwari chumoku gamae | 4. |
| 5. Seated bow | 5. Suwari rei | 5. |
| 6. Meditation posture | 6. Seiza gamae | 6. |
| 7. Fundamental posture | 7. Kihon gamae | 7. |
| 8. High ready guard | 8. Jodan yoi gamae | 8. |
| 9. Middle ready guard | 9. Chudan yoi gamae | 9. |
| 10. Low ready guard | 10. Gedan yoi gamae | 10. |
| 11. Single knee guard | 11. Ippon hizamazuki gamae | 11. |
| Dodges | Sorashi | |
| 1. Side dodge | 1. Yoko sorashi | 1. |
| 2. Circular dodge | 2. Marui sorashi | 2. |
| 3. Half Turn | 3. Han tenkan | 3. |
| 4. Leg wave | 4. Nami ashi | 4. |
| 5. Backwards dodge | 5. Sorimi | 5. |
| 6. Pull in dodge | 6. Hikimi | 6. |
| Footwork | Ashi waza | |
| 1. Gliding step | 1. Suberi ashi | 1. |
| 2. Straight step | 2. Sashikomi ashi | 2. |
| 3. Side step | 3. Chidori ashi | 3. |
| 4. Cross step | 4. Sashikae ashi | 4. |
| 5. Leaping step | 5. Tobi sagari | 5. |
| 6. Triangle step | 6. Sankaku ashi | 6. |
| 7. Crescent step | 7. Mikazuki ashi | 7. |
| 8. Knee walk | 8. Hiza aruki | 8. |



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| Breakfalls | Ukemi | Notes |
|---------------------------------------|----------------------------|--------------|
| 1. Front forearm breakfall | 1. Mae ude ukemi | 1. |
| 2. Front circle breakfall | 2. Mae maru ukemi | 2. |
| 3. Rear forearm breakfall | 3. Ushiro ude ukemi | 3. |
| 4. Rear circle breakfall | 4. Ushiro maru ukemi | 4. |
| 5. Side forearm breakfall | 5. Soto ude ukemi | 5. |
| 6. Side circle breakfall | 6. Soto maru ukemi | 6. |
| 7. Monkey walking | 7. Saru aruki | 7. |
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| Blocks | Uke | |
| 1. Outside middle level forearm block | 1. Chudan soto ude uke | 1. |
| 2. Elbow block | 2. Hiji uke | 2. |
| 3. Upper level forearm block | 3. Jodan ude uke | 3. |
| 4. Inside middle level forearm block | 4. Chudan uchi ude uke | 4. |
| 5. Lower level forearm block | 5. Gedan ude uke | 5. |
| 6. Side crossed-forearm block | 6. Yoko juji ude uke | 6. |
| 7. Outside shin block | 7. Soto sune uke | 7. |
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| Parries | Nagashi | |
| 1. Outward parry | 1. Sotogawa nagashi | 1. |
| 2. Inward parry | 2. Naka nagashi | 2. |
| 3. Two handed crescent parry | 3. Marote mikazuki nagashi | 3. |
| 4. Two handed press parry | 4. Marote osae nagashi | 4. |
| 5. Upward parry | 5. Uwa nagashi | 5. |
| 6. Outside downward parry | 6. Shita soto nagashi | 6. |
| 7. Inside downward parry | 7. Shita uchi nagashi | 7. |
| 8. Outward shin parry | 8. Sotogawa sune nagashi | 8. |
| 9. Inward shin parry | 9. Naka sune nagashi | 9. |
| 10. Rising scissors parry | 10. Age hasami nagashi | 10. |
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| Pulls | Hiki | |
| 1. One handed pull | 1 Hiki kuzushi | 1. |
| 2. Two handed pull | 2. Hiki mawashi | 2. |
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| Folds | Ori | |
| 1. Head fold | 1. Kubi ori | 1. |
| 2. Elbow fold | 2. Hiji ori | 2. |
| 3. Hip fold | 3. Koshi ori | 3. |
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| Controls | Gatame | |
| Supine Guards | Yokotawari gamae | |
| 1. Supine open guard | 1. Aita yokotawari gamae | 1. |
| 2. Supine half guard | 2. Han yokotawari gamae | 2. |
| 3. Supine closed guard | 3. Zen yokotawari gamae | 3. |
| 4. Side four corner guard | 4. Yoko shiho gamae | 4. |
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| Mounts | Nori | Notes |
|--------------------------------------|--------------------------------|--------------|
| 1. Chest straddle mount | 1. Tachi gatame | 1. |
| 2. Side straddle mount | 2. Yoko tachi gatame | 2. |
| 3. Back straddle mount | 3. Ura tachi gatame | 3. |
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| Holddowns | Osae Komi | |
| 1. Scarf hold | 1. Kesa gatame | 1. |
| 2. Shoulder hold | 2. Kata gatame | 2. |
| 3. Side four corner hold | 3. Yoko shiho gatame | 3. |
| 4. Cross body knee press | 4. Hiza osae gatame | 4. |
| 5. Single heel hook | 5. Ippai kakato kagi gatame | 5. |
| 6. Double heel hook | 6. Nibai kakato kagi gatame | 6. |
| 7. Leg wrap | 7. Ashi makikomi | 7. |
| 8. Grapevine | 8. Budo no ki | 8. |
| 9. Broken scarf hold | 9. Kuzure kesa gatame | 9. |
| 10. Inverted scarf hold | 10. Gyaku kesa gatame | 10. |
| 11. Top four corner hold | 11. Kami shiho gatame | 11. |
| 12. Broken top four corner hold | 12. Kuzure kami shiho gatame | 12. |
| 13. Straight four corner hold | 13. Tate shiho gatame | 13. |
| 14. Cradle hold | 14. Yurikago gatame | 14. |
| 15. Full neck brace | 15. Okuri keibu osae | 15. |
| 16. Head lock | 16. Kubi gatame | 16. |
| 17. Inverted head lock | 17. Gyaku kubi gatame | 17. |
| 18. Passing head lock | 18. Kubi barai gatame | 18. |
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| Joint Control/Hyperextension | Kansetsu gatame | |
| 1. Cross armlock control | 1. Ude hishigi juji gatame | 1. |
| 2. Armlock control w arm | 2. Ude hishigi ude gatame | 2. |
| 3. Standing (press) armlock control | 3. Tachi ude hishigi gatame | 3. |
| 4. Seated (press) armlock control | 4. Suwari ude hishigi gatame | 4. |
| 5. Palm extension control | 5. Gyaku tenohira heneri | 5. |
| 6. Armlock control w/ shoulder | 6. Ude hishigi kata gatame | 6. |
| 7. Armlock control w/ neck | 7. Ude hishigi kubi gatame | 7. |
| 8. Outside footlock control | 8. Soto ashi hishigi gatame | 8. |
| 9. Inverted arm entanglement control | 9. Gyaku ude garami gatame | 9. |
| 10. Devil crushing control | 10. Oni kudakai gatame | 10. |
| 11. Armlock control w/ knee | 11. Ude hishigi hiza gatame | 11. |
| 12. Armlock control w/ armpit | 12. Ude hishigi waki gatame | 12. |
| 13. Armlock control w/ waist | 13. Ude hishigi hara gatame | 13. |
| 14. Thumbhook control | 14. Oyayubi gatame | 14. |
| 15. Elbow twist control | 15. Hiji hineri gatame | 15. |
| 16. Armlock control w/ legs | 16. Ude hishigi ashi gatame | 16. |
| 17. Triangular armlock control | 17. Ude hishigi sankaku gatame | 17. |
| 18. Kneelock control w/ legs | 18. Hiza hishigi ashi gatame | 18. |
| 19. Cross kneelock control | 19. Hiza hishigi juji gatame | 19. |
| 20. Inside footlock control | 20. Uchi ashi hishigi gatame | 20. |
| 21. Heel lock control | 21. Katato hishigi gatame | 21. |
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| Joint Control / Hyperflexion | Kansetsu gatame | Notes |
|-------------------------------------|--------------------------|--------------|
| 1. Arm entanglement control | 1. Ude garami gatame | 1. |
| 2. Palm flexion control | 2. Tekubi gatame | 2. |
| 3. Turning gauntlet control | 3. Mawashi gote gatame | 3. |
| 4. Elevated elbow lock | 4. Kote hineri gatame | 4. |
| 5. Elevated (shoulder) control | 5. Kan gatame | 5. |
| 6. Neck wrap control | 6. Kubi maki | 6. |
| 7. Standing forearm control | 7. Tachi ude gatame | 7. |
| 8. Seated leg (trap) control | 8. Suwari ashi gatame | 8. |
| 9. Leg turnover | 9. Ashi uragaeshi | 9. |
| 10. Double leg turnover | 10. Nibai ashi uragaeshi | 10. |
| 11. Foot entanglement control | 11. Ashi garami gatame | 11. |
| 12. Crossed leg turnover | 12. Jujū ashi uragaeshi | 12. |
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| Chokes / Strangulations | Shime | |
| 1. Naked choke | 1. Hadake jime | 1. |
| 2. Brace neck choke | 2. Shikoro dorai jime | 2. |
| 3. Sleeve wheel choke | 3. Sode garuma jime | 3. |
| 4. Single wing choke | 4. Kata ha jime | 4. |
| 5. Thrust choke | 5. Tsukkomi jime | 5. |
| 6. Torso squeeze | 6. Do jime | 6. |
| 7. Standard cross choke | 7. Nami juji jime | 7. |
| 8. Reverse cross choke | 8. Gyaku juji jime | 8. |
| 9. Single cross choke | 9. Kata juji jime | 9. |
| 10. Sliding collar choke | 10. Okuri eri jime | 10. |
| 11. Single hand choke | 11. Katate jime | 11. |
| 12. Two hand choke | 12. Ryote jime | 12. |
| 13. Triangular choke | 13. Sankaku jime | 13. |
| 14. Triangular choke with armwrap | 14. Mitsu ude jime | 14. |
| 15. (Lapel) Hip choke | 15. Koshi jime | 15. |
| 16. (Lapel) Knee choke | 16. Hiza jime | 16. |
| 17. Iron mask strangulation | 17. Membo jime | 17. |
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| Head (Controlling) Throws | Kubi Nage | |
| 1. Rotary (head) throw | 1. Kaiten nage | 1. |
| 2. Hooking head throw | 2. Kubi kagi nage | 2. |
| 3. Slapping head throw | 3. Kubi hirateuchi nage | 3. |
| 4. (Squatting) helmet throw | 4. Kabuto nage | 4. |
| 5. Half moon head throw | 5. Hangetsu kubi nage | 5. |
| 6. Half moon head press | 6. Hangetsu kubi osae | 6. |
| 7. Chin press | 7. Ago osae | 7. |
| 8. Helmet twist throw | 8. Kabuto hineri nage | 8. |
| 9. Slashing head throw | 9. Kubi nadegiri nage | 9. |
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| Wrist/Arm/Shoulder (Controlling) Throws | Tekubi, Ude, Kata Nage | |
| 1. Gauntlet turnover | 1. Kote uragaeshi | 1. |
| 2. Arm entanglement throw | 2. Ude garami nage | 2. |
| 3. Four corner throw | 3. Shiho nage | 3. |
| 4. Single handed throw | 4. Katate nage | 4. |
| 5. Standing arm press throw | 5. Tachi ude osae nage | 5. |
| 6. Floating drop | 6. Uki otoshi | 6. |
| 7. Locking elbow throw | 7. Hiji hishigi nage | 7. |
| 8. Gauntlet cut throw | 8. Kote giri nage | 8. |
| 9. Crossed forearm throw | 9. Juji ude nage | 9. |
| 10. Gauntlet wraparound turnover | 10. Kote makikomi uragaeshi | 10. |
| 11. Sleeve wraparound turnover | 11. Sode makikomi uragraeshi | 11. |
| 12. Single arm shouldered throw | 12. Ippon seoi nage | 12. |
| 13. Double arm shouldered throw | 13. Nihon seoi nage | 13. |
| 14. Two handed throw | 14. Ryote nage | 14. |
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| Hip (Controlling) Throws | Koshi Nage | Notes |
| 1. Major hip throw | 1. Ogoshi nage | 1. |
| 2. Drawing hip throw | 2. Tsurikomi goshi nage | 2. |
| 3. Floating hip throw | 3. Uki goshi nage | 3. |
| 4. Hip wheel | 4. Koshi guruma | 4. |
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| Leg (Controlling) Throws | Ashi Nage | |
| 1. Major outside reap | 1. Osoto gari | 1. |
| 2. Inside thigh reap | 2. Uchi momo gari | 2. |
| 3. Major inside reap | 3. Ouchi gari | 3. |
| 4. Groin reap | 4. Uchi mata gari | 4. |
| 5. Knee wheel | 5. Hiza guruma | 5. |
| 6. Knee joint throw | 6. Teisoku kansetsu nage | 6. |
| | | |
| Foot (Controlling) Throws | Ashi Nage | |
| 1. Advancing foot sweep | 1. Deashi barai | 1. |
| 2. Spinning wheel | 2. Mawashi barai | 2. |
| 3. Minor outside reap | 3. Kosoto gari | 3. |
| 4. Minor inside reap | 4. Kouchi gari | 4. |
| 5. Body drop | 5. Tai otoshi | 5. |
| 6. Iron broom sweep | 6. Tetsu no hoki barai | 6. |
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| Takedowns | Nage | |
| 1. Single leg takedown | 1. Kata ashi gari | 1. |
| 2. Minor outside hook takedown | 2. Kosoto gake nage | 2. |
| 3. Leg wrap takedown | 3. Ashi makikomi nage | 3. |
| 4. Double leg takedown | 4. Nibai ashi gari | 4. |
| 5. Heel turnover | 5. Kibisu uragaeshi | 5. |
| 6. Scooping takedown | 6. Sukui nage | 6. |
| 7. Waist fold takedown | 7. Koshi orime nage | 7. |
| 8. Knee sweeping takedown | 8. Hiza barai nage | 8. |



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| Sacrifice Takedown | Sutemi Nage | |
| 1. Valley Drop | 1. Tani otoshi | 1. |
| 2. Crab scissors | 2. Kani basami | 2. |
| 3. Circular throw | 3. Tomoe nage | 3. |
| 4. Corner turnover | 4. Sumi uragaeshi | 4. |
| Strikes | Uchi | Notes |
| Fistic Strikes | Ken Tsuki | |
| 1. Straight forefist thrust | 1. Seiken choku zuki | 1. |
| 2. Hooking forefist thrust | 2. Seiken kagi zuki | 2. |
| 3. Roundhouse forefist thrust | 3. Seiken mawashi zuki | 3. |
| 4. Hammerfist strike | 4. Tetsui uchi | 4. |
| 5. Inverted forefist thrust | 5. Seiken shita zuki | 5. |
| 6. Rising forefist strike | 6. Seiken age zuki | 6. |
| 7. Backfist strike | 7. Uraken uchi | 7. |
| 8. Crescent strike | 8. Mikazuki uchi | 8. |
| 9. Slashing strike | 9. Nadegiri uchi | 9. |
| | | |
| Open Hand Strikes | Uchi | |
| 1. Augmented forefinger strike | 1. Hitosashi yubi fuyasi uchi | 1. |
| 2. Knife hand strike | 2. Te gatana uchi | 2. |
| 3. Palm heel strike | 3. Teisho uchi | 3. |
| 4. Palm strike | 4. Kaisho uchi | 4. |
| 5. Five finger strike | 5. Gohon nukite uchi | 5. |
| 6. Thumb strike | 6. Oyayubi uchi | 6. |
| 7. Horsebite | 7. Uma kamisuki | 7. |
| 8. Bearpaw strike | 8. Kumade uchi | 8. |
| 9. Tigermouth | 9. Tora kuchi uchi | 9. |
| 10. Eagle claw strike | 10. Washi tsume uchi | 10. |
| 11. Mantis bite | 11. Tsuneri uchi | 11. |
| 12. Iron whip strike | 12. Ippon te gusari | 12. |
| | | |
| Elbow Strikes | Hiji Uchi | |
| 1. Sinking elbow strike | 1. Sage hiji uchi | 1. |
| 2. Rising elbow strike | 2. Age hiji uchi | 2. |
| 3. Rear elbow strike | 3. Ushiro hiji uchi | 3. |
| 4. Roundhouse elbow strike | 4. Mawashi hiji uchi | 4. |
| 5. Side elbow strike | 5. Yoko hiji uchi | 5. |
| 6. Downward roundhouse elbow strike | 6. Shita mawashi hiji uchi | 6. |
| | | |
| Forearm Strikes | Ude Uchi | |
| 1. Outside forearm strike | 1. Soto wanto uchi | 1. |
| 2. Inside forearm strike | 2. Uchi wanto uchi | 2. |
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| Foot Strikes | Geri | |
| 1. Crossed stomping kick | 1. Juji fumikomi geri | 1. |
| 2. Front snapping kick | 2. Mae geri keage | 2. |
| 3. Side snapping kick | 3. Yoko geri keage | 3. |



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| 4. Rear thrusting kick | 4. Ushiro geri kikomi | 4. |
| 5. Roundhouse thrusting kick | 5. Mawashi geri kikomi | 5. |
| 6. Outward crescent kick | 6. Sotogawa mikazuki geri | 6. |
| 7. Inward crescent kick | 7. Naka mikazuki geri | 7. |
| 8. Front thrusting kick | 8. Mae geri kikomi | 8. |
| 9. Front groin kick | 9. Mae kinteki geri | 9. |
| 10. Scooping groin kick | 10. Sukui kinteki geri | 10. |
| 11. Roundhouse snapping kick | 11. Mawashi geri keage | 11. |
| 12. Stomping kick | 12. Fumikomi geri | 12. |
| 13. Hook kick | 13. Kagi geri | 13. |
| 14. Outward heel drop kick | 14. Sotogawa kakato otoshi geri | 14. |
| 15. Inward heel drop kick | 15. Naka kakato otoshi geri | 15. |
| 16. Rising heel kick | 16. Age kakato geri | 16. |
| Knee Strikes | | |
| Hiza Uchi | | |
| 1. Rising knee strikes | 1. Age hiza uchi | 1. |
| 2. Roundhouse knee strikes | 2. Mawashi hiza uchi | 2. |
| 3. Crescent knee strike | 3. Mikazuki hiza uchi | 3. |
| Head Strikes | | |
| Kubi Uchi | | |
| 1. Rear head strike | 1. Ushiro kubi uchi | 1. |
| 2. Forward head strike | 2. Hitai uchi | 2. |
| 3. Side head strike | 3. Yoko kubi uchi | 3. |
| Sticking Hands Drill | | |
| 1. With striking exits | | |
| 2. With trapping exits | | |
| 3. With throwing exits | | |
| Sticking Hands Drill with Yawara | | |
| 1. With striking exits | | |
| 2. With trapping exits | | |
| 3. With throwing exits | | |