

GOSHIN JUTSU KATA

(Methods of Self-Defense)

The Kodokan Goshin Jutsu is the most recent Kata, which was created in 1956. This Kata is closely related to Kime No Kata and consists of self-defense techniques using throwing, jointlocking, striking, and kicking techniques. These combat forms are designed as defenses for various forms of armed or unarmed attacks. When Goshin Jutsu Kata was established, considerable effort was taken to ensure the techniques were appropriate and up-to-date, and yet distinct from those techniques of Kime No Kata. The Kata has twenty-one (21) techniques. Twelve (12) techniques are for use against an unarmed attacker and nine (9) techniques are for use against an armed attacker. The Goshin Jutsu Kata Techniques are as follows:

Against an unarmed attack

(When being grabbed)

1. Ryote-dori (Two-Hand Hold)
2. Hidari-eri-dori (Left-Lapel Hold)
3. Migi-eri-dori (Right-Lapel Hold)
4. Kataude-dori (Single-Hand Hold)
5. Ushiro-eri-dori (Collar Hold from Behind)
6. Ushiro-jime (Choke from Behind)
7. Kakae-dori (Seize and Hold from Behind)

(At a distance)

1. Naname-uchi (Slanting Strike)
2. Ago-tsuki (Uppercut) Gammen-Tsuki
3. (Thrust-Punch to Face)
4. Mae-geri (Front Kick)
5. Yoko-geri (Side Kick)

Against an armed attack -

(Knife)

1. Tsukkake (Thrust)
2. Choku-zuki (Straight Thrust)
3. Naname-zuki (Slanting Stab)

(Stick)

1. Furiage (Upswing against Stick)
2. Furioroshi (Downswing against Stick)
3. Morote-zuki (Two-Hand Thrust against Stick)

(Pistol)

1. Shomen-zuke (Pistol at the Abdomen)
2. Koshi-gamae (Pistol held at the Side)
3. Haimen-zuke (Pistol against the Back)

NOTE: Refer to text, *Kodokan Judo* for further details.