



Danzan Ryu Boards

Nage no Kata

All techniques are performed with three-steps

1. **De Ashi Harai-Advanced Footsweep**
2. **Sasae Ashi-Propping Leg**
3. **Okuri Harai-Sending Sweep**
4. **Soto Gama-Outside Sickle**
5. **Uchi Gama-Inside Sickle**
6. **Soto Momo Harai-Outside Thigh Sweep**
7. **Uchi Momo Harai-Inside Thigh Sweep**
8. **Ogoshi-Hip Throw**
9. **Utsuri Goshi-Changing Hip**
10. **Seoi Nage-Shoulder Throw**
11. **Ushiro Goshi-Rear Hip (counter)**
12. **Seoi Goshi-Cross Shoulder Throw**
13. **Tsurikomi Goshi-Sleeve Lift Throw**
14. **Harai Goshi-Sweeping Hip Throw**
15. **Hane Goshi-Springing**
16. **Uki Otoshi-Floating Drop**
17. **Makikomi-Winding Pulling Throw**
18. **Kane Sute-Crab Throw**
19. **Tomoe Nage-Circle Throw**
20. **Yama Arashi-Mountain Storm**

Shime no Kata

1. Eri Gatame-Lapel Hold
2. Kata Gatame-Shoulder Hold
3. Juji Gatame-Cross Hold
4. Shiho Gatame-Four Corner Hold (body smother)
5. Sankaku Gatame-Triangle Hold
6. Ushiro Gatame-Rear Hold
7. Namijuji Jime- Normal Cross Choke
8. Gyakujuji Jime-Reverse Cross Choke
9. Ichimonji Jime-Straight Line Choke
10. Tsukkomi Jime-Thrust Wind Choke
11. Hadaka Jime Ichi-First Naked Choke
12. Hadaka Jime Ni-Second Naked Choke
13. Hadaka Jime San-Third Naked Choke
14. Dakikubi Jime-Embracing Neck Constriction
15. Osaegami Jime-Hair Holding Constriction
16. Kote Jime-Wrist Constriction
17. Tenada Jime-Hand Blade Constriction
18. Do Jime-Body Constriction
19. Ashigarami Jime-Foot Entanglement Constriction (grapevine)
20. Ashinada Jime-Foot Blade Constriction
21. Ashiyubi Jime-Foot Finger Constricti
22. Momo Jime-Thigh Constriction (escape from Do Jime)
23. Shikano Issoku Jime-Deer's One Foot Constriction (Police Art)
24. Shidare Fuji Jime- Hanging Wisteria Constriction (toe poke)
25. Tatsumaki Jime-Standing Winding Constriction (dragon choke)

Oku no Kata

1. **Deashi Hayanada-Advanced Foot Quick Blade**
2. **Ogoshi Hayanada-Major Hip Quick Blade**
3. **Seoi Hayanada-Shoulder Throw Quick Blade**
4. **Norimi-Body Ride**
5. **Sumigaeshi-Corner-counter**
6. **Mizukuguri-Water Dive**
7. **Maeyamakage-Front Mountain Shadow**
8. **Komiiri-Crowd In**
9. **Kotegaeshi-Wrist Counter**
10. **Sakanuki-Stomach Bump (no spin)**
11. **Gyakute Nage-Reverse Hand Throw**
12. **Hon Tomoe-Basic Comma-Shape**
13. **Katate Tomoe-Single Hand Circle Throw**
14. **Shigarami-Fist Entanglement**
15. **Gyakute Shigarami-Reverse Hand Entanglement (helpless foot)**
16. **Kote Shigarami-Wrist Fist Entanglement**
17. **Koguruma-Minor Wheel (counter to fireman's carry)**
18. **Tora Nage-Tiger Throw**
19. **Tora Katsugi-Tiger Shouldering**
20. **Arashi Otoshi-Storm Drop**
21. **Hiki Otoshi-Pulling Drop**
22. **Kine Katsugi-Lapel Shouldering**
23. **Kin Katsugi-Groin Shouldering**
24. **Kazaguruma-Wind Wheel**
25. **Jigoko Otoshi-Hell Drop**

Yawara

1. **Katate Hazushi Ichi-Outside Wrist Escape**
2. **Katate Hazushi Ni-Inside Wrist Escape**
3. **Ryote Hazushi-Double Wrist Escape**
4. **Morote Hazushi-Multiple Hand Hold Escape**
5. **Momiji Hazushi-Front Choke Escape**
6. **Ryoeri Hazushi-Double Lapel Escape**
7. **Yubi Tori Hazushi-Finger Hold Escape**
8. **Yubi Tori-Finger Hold**
9. **Moroyubi Tori-Multiple Finger Hold**
10. **Katate Tori-Single Hand Hold (Hand Hold #1)**
11. **Ryote Tori-Double Hand Hold**
12. **Akushu Kote Tori-Greeting Wrist Hold**
13. **Akushu Ude Tori-Greeting Arm Hold**
14. **Akushu Kotemaki Tori-Greeting Wrist Wind Hold**
15. **Emon Tori-Single Wrist Break from Chest Push**
16. **Tekubi Tori Ichi-Outside Single Wrist Hold Escape**
17. **Tekubi Tori Ni-Inside Single Wrist Hold Escape**
18. **Ryoeri Tori-Double Lapel Hold**
19. **Kubi Nuki Shime-Neck Withdraw Constriction**
20. **Hagai Shime-Wing Constriction (Full Nelson)**

