

Index

Foreword by the Author	7
Foreword by the Director of the German Ju-Jutsu Association	11
What Are Jiu-Jitsu and Ju-Jutsu?	13
Etiquette	15

TECHNICAL SECTION27

1. Introduction	27
2. Stances	29
3. Forms of Movement (Sabaki)	32
4. Breakfalls (Ukemi)	39
5. Groundwork Techniques (Ne-waza)	42
6. Complex Exercise	54
7. Jiu-Jitsu Combination Techniques	55
7.1. Defensive Techniques (Uke-waza)	55
7.1.1. Passive Defense Techniques Blocking with the Forearm	55
7.1.2. Active Defense Techniques Blocking with the Forearm	68
7.1.3. Defense Techniques Blocking with the Hand	80
7.2. Atemi Techniques	92
7.2.1. Palm Heel Techniques (Teisho-uchi, Teisho-tsuki)	92
7.2.2. Lunging Punch Techniques (Oi-tsuki, Gyaku-tsuki)	99
7.2.3. Punch Techniques (Age-tsuki, Mawashi-tsuki, Uraken-uchi) ..	104
7.2.4. Knee Techniques (Hiza-geri, Hiza-ate)	109
7.2.5. Stomping Kick Techniques (Mae-fumi-komi)	117
7.2.6. Front Kick Techniques (Mae-geri, Kin-geri)	121

7.3. Levering Techniques - Locks	123
7.3.1. Stretched Arm Lock (Ude-gatame)	123
7.3.2. Bent Arm Lock (Ude-garami)	138
7.3.3. Major Outer Hold (O-Soto-osae)	155
7.4. Throwing Techniques	158
7.4.1. Major Outer Throw (O-Soto-otoshi)	158
7.4.2. Major Hip Throw (O-goshi) or Loin Wheel (Koshi-guruma)	164
7.4.3. Major Outer Reaping Throw (O-Soto-gari)	171
8. Pursuing Technique	176
9. Counter-attack Techniques (Gaeshi-waza)	177
10. Free Self-defense	179
11. Free Applications	195
Literature	196
Photo & Illustration Credits	196