



Lakewood Budo Kai



YAWARA (HAND ARTS)

	Yellow	Blue	Brown
1. Katate Hazushi A – Escape opposite hand hold	X	X	X
2. Katate Hazushi B – Escape cross hand hold	X	X	X
3. Ryote Hazushi – Escape two hand hold	X	X	X
4. Morote Hazushi – Escape two hands holding one	X	X	X
5. Yubi Tori Hazushi – Escape all-finger grip	X	X	X
6. Momiji Hazushi – Escape naked choke	X	X	X
7. Ryoeri Hazushi – Escape judo choke	X	X	X
8. Yubi Tori – Ring finger hold	X	X	X
9. Moroyubi Tori – All finger grip	X	X	X
10. Katate Tori – Wrist twist throw	X	X	X
11. Ryote Tori – Double wrist twist		X	X
12. Tekubi Tori A – Counter to opposite hand hold		X	X
13. Tekubi Tori B – Counter to cross hand hold		X	X
14. Imon Tori – Counter to shove		X	X
15. Ryoeri Tori – Counter to double lapel hold		X	X
16. Akushu Kote Tori – Handshake into wrist twist			X
17. Akushu Ude Tori – Handshake into arm bar			X
18. Akushu Kotemaki Tori – Handshake into wrist and arm lock			X
19. Kubi Nuki Shime – Counter to head lock			X
20. Hagai Shime – Full nelson			X