

WAZA'S TAUGHT

SHOBUDO

Understanding the many names given to techniques can be extremely confusing yet is necessary in understanding how they apply technically. It's not the intent here to teach the Japanese language or learn all the possible names of known techniques, only to identify how names are applied in association to techniques in general. Basically, every technique is divided into three categories! (1) A group or set of *waza's*. (2) An anatomical body part name and (3) a direction in which a technique will be applied. By grouping them together, one can identify or relate in general, what *waza* or technique is to be practiced or what was executed. A *Tekubi Nage* would be some type of wrist throw, but a *Tekubi Yokusei Ni Ude to Hiji Ushiro Nage*, would be the 2nd wristlock with armbar & throw to the rear. This may not be the correct title of other arts, but it does identify what **body part, direction & type of waza** was executed ...or a wrist & elbow lock with throw to the rear. The following list of terms & directions are extensively used and are the most commonly used names associated with all techniques of Shobudo and most arts in general.

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| <ol style="list-style-type: none"> 1. MIGI ***** Right 2. MIGI-DO ** Right Side 3. KATATE ** One Hand 4. UKE ***** Receives Technique 5. MAE ***** Front or Forward 6. UCHI ***** Inside or Strike 7. SHITA **** Downward 8. HANASU ** Release 9. JUJI ***** Cross 10. SHIHO ***** Four Directions | <ol style="list-style-type: none"> 11. HIDARI ***** Left 12. HIDARI-DO ** Left Side 13. MOROTE **** Both Hands 14. TORI ***** Gives Technique 15. USHIRO ***** Back or Rear 16. SOTO ***** Outside 17. AGE ***** Upward 18. DORI ***** Hold 19. GYAKU ***** Reverse/Opposite 20. HAPPO ***** Eight Directions |
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The following groups of (*Te and Buki-Waza*) are what make up *Shobudo* and in the order they are taught and introduced. Joint-Locking techniques (dislocations and breaks) or *Kansetsu-Waza* are made up from the below listed *waza's* and each group consists of dozens of individual techniques. Promotion requirements are taught in the below order *Te-Waza* (1 thru 18) and *Buki-Waza* (1-4). Interfaced and taught sequentially in order of importance and understanding are the (12) *elements of techniques*. By combining the dozens of techniques within each *waza* group ... **the number of possibilities, are endless!**

TE-WAZA

TECHNIQUE'S

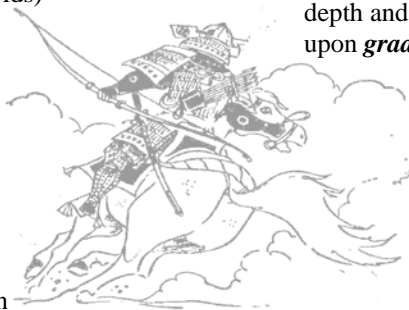
BUKI-WAZA

WEAPON

1. UKEMI ***** Falling or Rolling
2. ASHI-SABAKI ** Footwork
3. UCHI ***** Striking/Punching
4. UKE ***** Blocking
5. TE-O-HANASU * Hand Releases
6. KERI ***** Kicking
7. HANASHI ***** Escaping (holds)
8. TEKUBI ***** Wrist
9. NAGE ***** Throwing
10. UDE-TO-HIJI *** Arm bars
11. ATEMI ***** Vital Points
12. SHIME ***** Choking
13. SHINKEI ***** Nerve
14. YUBI ***** Finger
15. TACHI ***** Standing
16. SUWARI ***** Sitting
17. AOMUKI ***** Lying Down

1. MIJIKAI TANBO ** 16" Baton
2. ROKUSHAKUBO ***** 6 ft Staff
3. JO ***** 4 ft Staff
4. KAMA-TANBO & BUKI-O-TORU WAZA 's. **Note:** taught to (*advanced students only*).

Note: OKUDEN: Hidden & Advanced Knowledge, the in-depth and fine points of techniques taught when ready based upon *grade, loyalty & trust*.



NOTE: All *waza's* will be taught interacting with each other in the order above with emphasis placed (1-10) first along with the 12 elements of techniques.