



Bujinkan
Québec



TAKAGI YÔSHIN RYU JÛTAIJUTSU

SHÔDEN NO KATA

SHÔDEN NO KATA OMOTE WAZA

1. KASUMI DORI
2. DÔ GAESHI [hokora gaeshi]
3. KARAME DORI
4. KYOTÔ
5. KATA MUNE DORI
6. KATA MUNE DORI HENKA
7. RYÔ MUNE DORI
8. OIKAKE DORI
9. KAIGO KUDAKI
10. KAIGO KUDAKI HENKA
11. IKI CHIGAE
12. YUI GYAKU
13. MIDARE GACHI (RAN SHO) [midare kachi]
14. TEN NAGASHI [ken nagashi]
15. HIZA GURUMA
16. HIZA GURUMA HENKA

SHÔDEN NO KATA URA WAZA

1. ATE KOMI
2. GYAKU DORI (Ippon)
3. MENBU (Ippon)
4. GYAKU DORI (Ippon)
5. RYÔ ASHI DORI (Ippon)
6. MENBU (NiLon)
7. KE KOMI (Ippon)
8. KATA MUNE DORI
9. RYÔ MUNE DORI

10. RYÔ ASHI DORI (Nihon)
11. TENGU DORI
12. KAIGO KUDAKI
13. HIKI TAOSHI
14. TSUKI TAOSHI
15. UDE ORI (Ippon)
16. HIKI KOMI
17. NAGASHI
18. KE KOMI (Nihon)
19. UDE ORI (Nihon)
20. ERI JIME

ERI SHIME GATA

1. HON JIME (Principle choke) [eri jime]
2. GYAKU JIME (Reverse choke)
3. UDE JIME (Arrn ehoke)
4. ITEKI JIME [tsumi jime]
5. ITAMI JIME [itame jime]
6. OSHI JIME / OSAE JIME [oshi jime]
7. GYAKU OSHI JIME / GYAKU OSAE nME [gyaku oshi jime]
8. SUWARI JIME [hishigi jime]

CHUDEN NO KATA

CHUDEN NO SABAK1 GATA

1. KATA MUNE DORI
2. RYÔ MVNE DORI
3. ONI KUDAKI
4. SEIOIGAMA [seoi sukashi]
5. KOSHI NAGE GAMA [koshi nage sukashi]
6. UDE ORI
7. GYAKUTE NAGE [sakate nage]
8. KIMON NAGE
9. ATE NAGE (Place the throw)
10. KOCHO DORI (Catching a Butterfly)

CHUDEN NO TAI NO KATA

1. KOSHI GURUMA (Hip vehicle)
2. YOTSUDE [yotsute]

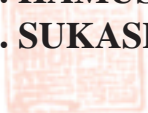
3. YOTSUDE KUZUSHI [yotsute kuzushi]
4. KEITÔ
5. KOSHI ORI
6. KOSHI NAGARE [ude nagare]
7. KUMOI GAESHI
8. RYÔTE KAKE (Two hand trap) [ryôte dome]
9. MIZU NAGARE (Flowing water)
10. RYU SETSU
11. EICHIGO KUZUSHI
12. KASASAGI (Magpie)
13. HYO TSUI
14. TSUTA KARAME
15. TATSU OTOSHI (fukube otoshi)

MUTÔDORI WAZA

1. SOJA DORI (Kenja Dori) [sôsha dori]
2. ICHIMONJI
3. TSUKA OTOSHI
4. BI HAKU DORI / HAKU DORI [mukai dori]
5. MAWASHI DORI
6. USHIRO DORI
7. SHISUMI DORI (shizume dori)

DAISHÔ SABAKI GATA

1. TSUKA KUDAKI (Hilt crush)
2. HIKI DORI (pulling capture)
3. IRI DORI (Entering capture)
4. RANGÀKU (Jagged peaks)
5. TE DORI (Sukui Dori **) (Hand capture) [harai dori]
6. RYU KOKU (Ryû Kotsu * *) (Willow bone) [ry& kotsu]
7. USHIO GAESHI (Tide reversal) [shio gaeshi]
8. KERYAKU (Ke kimono). (Hooking and fel]ing) [kake otoshi]
9. ORA DOME (Kote dome.*) (Wrist stop) [kote dome]
10. OTO (Side sword) [yoko gatana]
11. KURUMA NAGE (Waterwheel throw)
12. YOTSUDETÔ ** (4 hand sword) [yotsute gatana]
13. HAMUSUBI** (Blade knot)
14. SUKASHI DORI (Sparing capture)



OKUDEN NO KATA

SHIRABE GATA

1. BAIDO
2. KURUMA GAESHI
3. TEN GAESHI [ama gaeshi]
4. NAGARE DORI
5. YAMA OTOSHI (Mountain drop)
6. KURA ARASHI [tomo arashi]
7. SODE GURAMA (Twist the sleeve)
8. RYÔTE GAKE (Two hand trap)
9. TANSAI [kimo kudaki]
10. SUE OTOSHI [rai raku]
11. TAI KUDAKI (Destroy the body) [karada kudaki]
12. SOFU [musô]
13. GYAKU DORI
14. RANPU
15. FU SETSU

MOGURI GATA

1. GYAKURAKU OTOSHI [gokuraku otoshi]
2. JIGOKU DORI (Hell capture) [jigoku nage]
3. TAMA KUDAKI
4. HICHÔ DORI
5. ONI BUSE
6. INAZUMA NAGE (Lightning throw) [inazuma dori]
7. MIZU DORI (water capture)
8. KISETSU [rai setsu]
9. TAI OTOSHI
10. MOGURI DORI
11. MOGURI NAGE

Un grand merci à Arnaud Cousergue qui a réuni les katas de cette liste