



八光伝心流柔術基本技

HAKKO DEN SHIN RYU JUJUTSU KIHON WAZA

初段技

SHODAN GI

SUWARI WAZA

HAKKO DORI
KAO ATE
HIZA GATAME
TE KAGAMI
AIKI NAGE
UDE OSAE DORI
MUNE OSAE DORI
UCHIKOMI DORI

HANTACHI WAZA

YOKO KATATE OSAE DORI
KIZA MOROTE OSAE DORI

TACHI WAZA

HAKKO ZEME DORI
TACHI ATE
TACHI TE KAGAMI
HIKI NAGE
UDE OSAE DORI
MUNE OSAE DORI
UCHIKOMI DORI
KUBI SHIME DORI
USHIRO ZEME OTOSHI

TAMBO-JUTSU

FURI AGE
FURI GYAKU KUBI JIME
FURI HADAKA JIME
YOKO GYAKUTE UDE HISHIGI
YOKO KATATE KANNUKI GATAME
YOKOMEN UCHI TE KAGAMI
URA YOKOMEN UCHI KONOHA GAESHI
URA YOKOMEN UCHI MUNE GATAME
UDE OSAE DORI
MUNE OSAE DORI
UCHIKOMI DORI
SHOMEN UCHI TENCHI NAGE
SHOMEN UCHI KATA GATAME

座技

八光捕
顔当
膝固
手鏡
合気投
腕押捕
胸押捕
打込捕

半立技

横片手押捕
椅座諸手押捕

立技

八光攻捕
立当
立手鏡
引投
腕押捕
胸押捕
打込捕
首締捕
後攻落

短棒術

振上
振逆首締
振裸締
横逆手腕挫
横片手門固
横面打手鏡
裏横面打本葉返
裏横面打胸固
腕押捕
胸押捕
打込捕
正面打天地投
正面打肩固