## Uke Te *(Blocks)*

1. **Jodan Uke:** Upper level block
2. **Nagashi Uke:** Parry block
3. **Shuto Uke:** Knife-hand block
4. **Gedan Uke:** Lower-level block

## Keri Te *(Kicks)*

1. **Tonbogaeri:** Somersault kick
2. **Mae Geri Ichi:** Front kick one
3. **Mae Geri Ni:** Front kick two
4. **Mae Geri San:** Front kick three
5. **Yoko Geri:** Side kick
6. **Mawari Geri:** Roundhouse kick

**Atemi *(Strikes)***

1. **Atemi Ichi:** Body strike one
2. **Atemi Ni:** Body strike two
3. **Atemi San:** Body strike three
4. **Atemi Shi:** Body strike four
5. **Kasumi Dori:** Side of neck strike
6. **Hibara Uchi:** Side body strike
7. **Sui Getsu:** Solar plexus strike
8. **Hon Getsu:** Below navel strike
9. **Hiza Kin Geri:** Knee testicle kick

**Tanto No Maki *(Knife Defense Techniques)***

1. **Hibara Hazushi:** Side body escape
2. **Katate Hazushi:** Single hand escape
3. **Tsukkomi Hazushi:** Thrusting into escape
4. **Ryote Dome:** Two hand stop

**Tanju No Maki *(Gun Defense Techniques)***

1. **Me Hazushi:** Eye escape
2. **Mune Hazushi:** Chest escape
3. **Hibara Hazushi Ichi:** Side body escape one
4. **Hibara Hazushi Ni:** Side body escape two
5. **Hibara Hazushi San:** Side body escape three
6. **Hibara Hazushi Shi:** Side body escape four
7. **Ushiro Hazushi Ichi:** Rear escape one
8. **Ushiro Hazushi Ni:** Rear escape two

**Kappo *(Resuscitation Techniques)***

1. **Se Katsu:** Back resuscitation
2. **Nuki Katsu:** Shoot through resuscitation
3. **Ashi Katsu:** Foot resuscitation
4. **Kin Katsu Ichi:** Testicle resuscitation one
5. **Kin Katsu Ni:** Testicle resuscitation two
6. **Kin Katsu San:** Testicle resuscitation three
7. **Hanaji Tome:** Stop nose bleed
8. **Eri Katsu:** Lapel resuscitation
9. **Tanden Katsu:** Abdominal resuscitation
10. **Hon Katsu:** Basic resuscitation