

# Fujin Goshin No Maki 婦人護身の巻

One of the legacies of **Prof. Henry Seishiro Okazaki's** teaching career was his insistence that everyone be given access to the ability to defend themselves. To this end, and sometimes in defiance of his own countrymen, Prof. Okazaki opened up his Jūjutsu school to men and women of all races and national origin. Indeed, it was his teaching of Jūjutsu to women for which he penned his famous 1929 book, The Science of Self-Defense for Girls and Women. In this book, Prof. Okazaki expressed his feelings, *"I cannot keep this art to myself for I wish to teach girls and women how best to protect themselves should they ever be so unfortunate as to be attacked."*

This list of techniques shown here (which appeared at the end of the mokuroku of Prof. Bud Estes) is one of several auxiliary courses that appear in the Danzan-Ryū Jūjutsu system. In this list are techniques which come from other lists, such as Yawara and Kiai no Maki. There are also some techniques which are unique to this list. At one point in time, a variation of this list known as Ladies Yawara was taught. It contained many of these techniques and some which do not appear above.

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|-----|------------------------|---------------------------------|
| 1.  | Katate Hazushi "A"     | Single hand escape one          |
| 2.  | Katate Hazushi "B"     | Single hand escape two          |
| 3.  | Morote Hazushi         | All hand escape                 |
| 4.  | Ryōte Hazushi          | Both hands escape               |
| 5.  | Kataeri Hazushi        | Single lapel escape             |
| 6.  | Ryōeri Hazushi         | Both lapel escape               |
| 7.  | Momiji Hazushi "A"     | Red maple leaf escape one       |
| 8.  | Momiji Hazushi "B"     | Red maple leaf escape two       |
| 9.  | Momiji Hazushi "C"     | Red maple leaf escape three     |
| 10. | Ushiro Daki Nage       | Rear embrace throw              |
| 11. | Mae Daki Nage "A"      | Front embrace throw one         |
| 12. | Mae Daki Nage "B"      | Front embrace throw two         |
| 13. | Mae Daki Hazushi       | Front embrace escape            |
| 14. | Futari Tori Hazushi    | Two person seizure escape       |
| 15. | Genkotsu Otoshi        | Fist drop                       |
| 16. | Osaegami Nage          | Pinning hair throw              |
| 17. | Akushu Kote Tori       | Handshake wrist seizure         |
| 18. | Akushu Ude Tori        | Handshake arm seizure           |
| 19. | Akushu Kotemaki Tori   | Handshake wrist winding seizure |
| 20. | Katate Tori "A"        | Single hand seizure one         |
| 21. | Katate Tori "B"        | Single hand seizure two         |
| 22. | Imon Tori              | Clothing crest seizure          |
| 23. | Daki Kubi Tori         | Embracing neck seizure          |
| 24. | Yubi Tori Hazushi      | Finger seizure escape           |
| 25. | Yubi Tori              | Finger seizure                  |
| 26. | Moro Yubi Tori         | All finger seizure              |
| 27. | Ryōte Tori             | Both hand seizure               |
| 28. | Tekubi Tori            | Wrist seizure                   |
| 29. | Hagai Tori             | Pinion seizure                  |
| 30. | Shōtō Hibara Hazushi   | Knife spleen (side) escape      |
| 31. | Shōtō Kata Hazushi     | Knife shoulder escape           |
| 32. | Shōtō Tsukkomi Hazushi | Knife thrusting escape          |
| 33. | Tanjū Mune Hazushi     | Pistol chest escape             |
| 34. | Tanjū Gan Hazushi      | Pistol eyeball escape           |
| 35. | Tanjū Hibara Hazushi   | Pistol spleen (side) escape     |

片手外一、二、諸手外、両手外、片襟外、両襟外、紅葉外一、二、三、

後抱投、前抱投一、二、前抱外、二人捕外、拳骨落、押髮投、  
握手小手捕、握手腕捕、握手小手卷捕、片手捕一、二、衣紋捕、  
抱首捕、指捕外、指捕、諸指捕、兩手捕、手首捕、羽交捕、  
小刀脾腹外、小刀肩外、小刀突込外、  
短銃胸外、短銃眼外、短銃脾腹外。

The detailed descriptions of these techniques are left to be supplied by your instructor.

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