

Fusegi Jutsu 防ぎ術

Fusegi means to defend or protect; thus **Fusegi Jutsu** are taken together to mean self-defense techniques. Fusegi Jutsu is a list of techniques required by Prof. Okazaki as part of the training for Shodan. This is the "self defense arts" board of Danzan-Ryū. It includes some techniques from the standard boards that have been modified plus: 5 throwing techniques, 5 knock out blows, 6 knife arts, and 5 gun arts.

This course was used when a short course on self-defense was required and was open to all. Other such specialized courses at the Kodenkan included the Fujin Goshin no Maki (women's self-defense), Keisatsu Hote no Maki (police arresting techniques), Commando Hand-to-Hand Course, etc.

1. Katate Hazushi A w/ Tekubi Tori "A" Outside wrist hold break, apply Tekubi Tori "A"
2. Katate Hazushi B w/ Tekubi Tori "B" Cross wrist hold break, apply Tekubi Tori "B"
3. Morote Hazushi Two hands on one, step in break, elbow strike
4. Momiji Hazushi Japanese strangle break, apply double arm break
5. Imon Tori Push, side step, kick knee, hit base of skull
6. Akushu Ude Hazushi and Tori
 - a. Break handshake and use thumb to control
 - b. Breakaway
 - c. Thumb handshake
7. Hagai Shime Hazushi Break full nelson
8. Ushiro Daki Nage Bear hug arms pinned, throw or apply strike and or Sankyo
9. Mae Daki Nage "A" Front bear hug w/ arms free (nerves)
10. Mae Daki Nage "B" Front bear hug w/ arms pinned, head butt, strike throat, knee testicles
11. Genkotsu Otoshi Double punch into Dakikubi
12. Kata Gatame From a blow move comer parry, encircle opponent's neck, squeeze and drop head to mat
13. Kabe Shime Grasp opponent's collar w/ one hand, cross grab low opposite, throw against wall and strangle w/ head against forearm, or squat and lift him up same manner
14. Genkotsu Ude Tori From a blow, catch blow, (sweep) take down, apply arm bar
15. Genkotsu Gyaku From strike, reach, move to corner, apply hammerlock, grasp neck
16. Ude Tori Grasp left hand w/ left, pivot reach over his shoulder grab your lapel
17. Akushu Ude Nage From handshake move in and throw
18. Ogoshi Ude Tori Throw Ogoshi, sit apply arm break w/ hips
19. Ude Hazushi Ogoshi Throw Ogoshi from arm around waist while walking
20. Genkotsu Komiiri Duck under swing, take down like Hiki, end as in Komiiri
21. Hadaka Jime B and Hazushi Opponent throws Seoi Nage, block, strangle drop him to knee. Counter throw.
22. Jute Tomoe Tori Club Take away, opponent strikes, block encircle arm, throw like Makikomi, break arm

片手外一と手首捕一、片手外二と手首捕二、諸手外、紅葉外、
衣文捕、握手腕外、頸抜絞、裸絞外、両襟外、羽交絞外、
後抱投一、後抱投二、拳骨落、肩固、壁絞、拳骨腕捕一、拳骨逆、
腕捕、握手腕投、大腰腕捕、腕外大腰、拳骨込入、
裸絞二と外、十手巴捕

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

This page is maintained by [George Arrington](#)

Back to [Home Page](#)

Copyright © 1995, 2012 George E. Arrington III. All rights reserved.