

Oku No Te 奥の手

Oku means "deep" and **Oku No Te** can be interpreted as "advanced or deeper techniques". The Oku techniques are extremely effective for street self-defense. In this course, the student will learn how to combine what has been learned previously. In addition, the student will develop smoothness and fluidity in performing their techniques.

Prof. Tony Janovich makes the following comment about Oku Te: *"This was, and still is my favorite list, at first to learn, and now to teach and practice. As there is a mid-point in life, Oku is the mid-point in Jujutsu. If a person makes it past this list, they will finish Jujutsu. It will be with them all of their life and with it, their life will be very satisfying."*

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| 1. | Deashi Hayanada | Foot sweep and armbar |
| 2. | Ōgoshi Hayanada | Hip throw and armbar |
| 3. | Seoi Hayanada | Shoulder throw and armbar |
| 4. | Norimi | Body ride counter for Ogoshi |
| 5. | Sumigaeshi | Corner counter |
| 6. | Mizukuguri | Counter ear slap |
| 7. | Mae Yama Kage | Front mountain shadow |
| 8. | Komi Iri | Takedown and leg split |
| 9. | Kote Gaeshi | Defense from two blows |
| 10. | Saka Nuki | Stomach bump and armbar |
| 11. | Gyakute Nage | Armbar counter for Ogoshi |
| 12. | Hon Tomoe | Circle throw and strangle |
| 13. | Katate Tomoe | One-armed circle throw |
| 14. | Shigarami | Arm break and throw |
| 15. | Gyakute Shigarami | Hold opponent helpless with one foot |
| 16. | Kote Shigarami | Hold opponent helpless with one hand |
| 17. | Ko Guruma | Counter for Mizukuguri |
| 18. | Tora Nage | Tiger throw |
| 19. | Tora Katsugi | Tiger shouldering |
| 20. | Arashi Otoshi | Quick strangle and throw |
| 21. | Hiki Otoshi | Wrist in knee lock |
| 22. | Kine Katsugi | Low shoulder throw |
| 23. | Kin Katsugi | High shoulder throw |
| 24. | Kaza Guruma | Boston crab |
| 25. | Jigoku Otoshi | Hell Drop |

出足早刀、大腰早刀、背負早刀、乗身、隅返、水潜、前山蔭、
込入、小手返、逆拔、逆手投、本巴、片手巴、手搦、
逆手搦、小手搦、小車、虎投、虎擔、荒落、引落、
杵擔、鞆擔、風車、地獄落。

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

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