

Yawara やわら、柔ら

Yawara is the first kata of Danzan-Ryū Jūjutsu and is translated as gentle or pliant. The kanji for Yawara is and is usually read as **Jū** and is the same as the first character in **Jūjutsu** 柔術. Prof. Okazaki chose to use the hiragana (phoenetic syllable characters), so that the name of this list would be read as Yawara instead of Jū. In addition, Yawara is one of the earliest names used for Japanese unarmed combat.

This is the most important list of techniques in the entire system. After one learns the last list of the Danzan-Ryū Jūjutsu techniques, they will return back to Yawara.

An Interesting Note: All techniques from the Hawaiian art of **Lua** that are incorporated into Danzan-Ryū are found in five of the Yawara arts.

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| 1. | Katate Hazushi "A" | Outside wrist grab release |
| 2. | Katate Hazushi "B" | Cross wrist grab release |
| 3. | Ryōte Hazushi | Double wrist grab release |
| 4. | Morote Hazushi | Two hands on one wrist grab release |
| 5. | Yubi Tori Hazushi | Finger grab escape |
| 6. | Momiji Hazushi | Escape from a cross choke |
| 7. | Ryōeri Hazushi | Front choke escape and follow-up |
| 8. | Yubi Tori | Finger lock on sensitive third finger |
| 9. | Moro Yubi Tori | All finger lock and come-along |
| 10. | Katate Tori | Single wrist flex |
| 11. | Ryōte Tori | Double wrist flex |
| 12. | Tekubi Tori "A" | Wrist twist from an outside wrist grab |
| 13. | Tekubi Tori "B" | Wrist flex from a cross wrist grab |
| 14. | Imon Tori | Chest push defense |
| 15. | Ryōeri Tori | Wristlock from a double lapel grab |
| 16. | Akushu Kote Tori | Wrist flex from a handshake |
| 17. | Akushu Ude Tori | Arm lock from a handshake |
| 18. | Akushu Kotemaki Tori | Bent armlock takedown from a handshake |
| 19. | Kubi Nuki Shime | Side headlock escape |
| 20. | Hagai Shime | Full-nelson escape |

片手外一、二、両手外、諸手外、指捕外、
紅葉外、両襟外、指捕、諸指捕、片手捕、
両手捕、手頸捕一、二、衣紋捕、両襟捕、
握手小手捕、握手腕捕、握手小手卷捕、首拔絞、羽交絞。

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

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