

1. Katate Hazushi “A” - Single Hand Escape (Outside Grab)

This is the first technique learned in Danzan-Ryū Jūjutsu and thus shows a number of principles that are seen throughout the system. A fundamental strategy in any escape technique is to attack the weak with the strong. In the case of Katate Hazushi “A”, a strong, prying leverage is used against the weak part of the opponent's grip (e.g. where the thumb and fingers meet.) A prying motion is used to escape instead of pulling the hand out of the Uke's grasp. When done properly, it is virtually impossible for the Uke to hold onto Tori's wrist.

Kata

Tori faces Uke in a natural stance, that is, both persons stand with their arms at their sides and their feet under their shoulders. Uke reaches out and grabs Tori's outside (same side) wrist (Fig.1a). (Note: If Uke grabs with his left hand, he will be grabbing Tori's right wrist.) Tori turns the wrist so that the radius bone (thumb side) is toward the gap between the Uke's thumb and forefinger (Fig. 1b). Tori pushes the elbow of the grabbed arm toward the elbow of Uke's grabbing arm (Fig. 1c). Do not pull the hand out of Uke's grab. The Uke's hand is used as the fulcrum of the lever, and thus it should not move from its initial position. When done properly, the Uke should feel as if the Tori's hand simply vanished.

Usage

This technique can be done anytime a person grabs you with an outside grip and attempts to pull you toward them. You should move toward and to the outside of the attacker and execute the technique. In a self-defense situation, it is wise to cover the attacker's grabbing hand with your free hand so that he cannot strike you. At this point you may elect to execute a back fist strike to the attacker's face or abdomen (Figs. 1d & 1e).

It bears repeating that this technique is done by pushing in with the elbow rather than pulling the hand out. If the attacker is very strong, the pulling-out method of escape is likely to fail. The pushing-in action, however, is similar to the leverage of using a crowbar to pry open the lid of nailed wooden crate. In Jūjutsu the techniques are designed to use a minimal amount of effort to attain the desired result.

S A M P L E

1. Katate Hazushi "A"

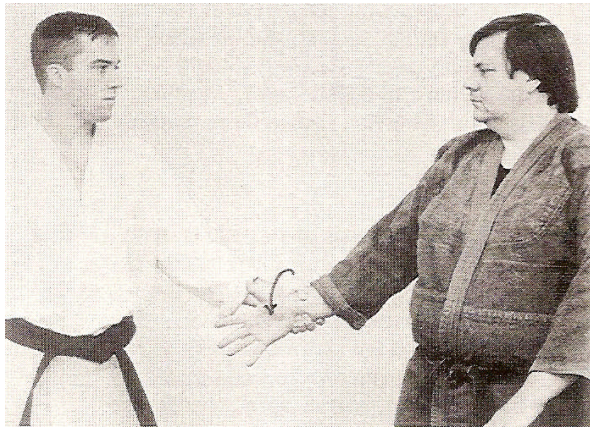


Fig. 1a

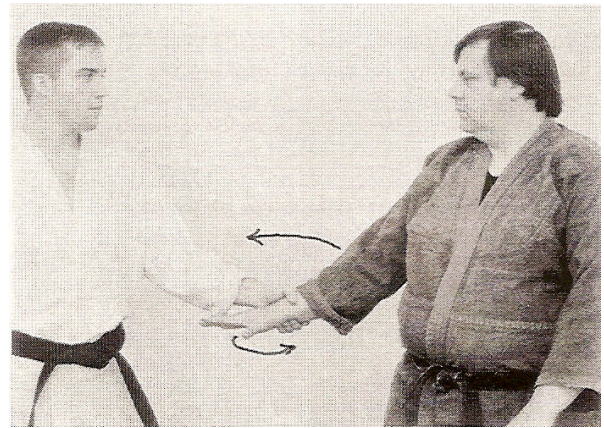


Fig. 1b



Fig. 1c

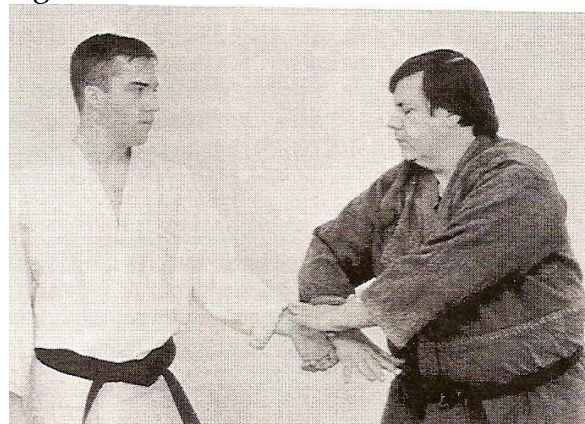


Fig. 1d

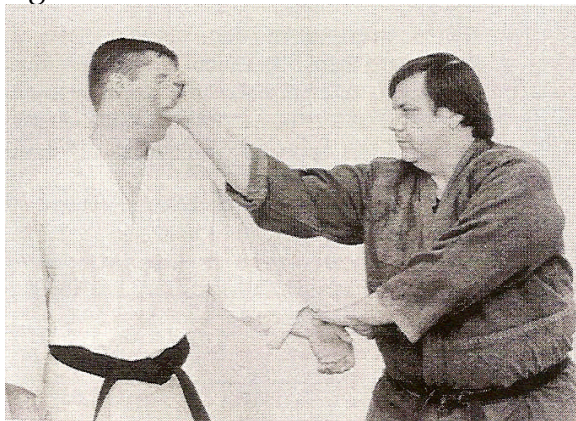


Fig. 1e

S A M P L E