

Ni Ju San Bon Kata 十七本形

The 23 Main Techniques

ATEMI WAZA 当て身技

STRIKING TECHNIQUES

- 1 Shomen Ate** 正面当て
Front of the head strike
- 2 Aigamae Ate** 合構え当て
Matching stance strike
- 3 Gyakugamae Ate** 逆構え当て
Reverse stance strike
- 4 Gedan Ate** 下段当て
Low strike
- 5 Ushiro Ate** 後当て
From behind strike

HIJI WAZA 肘技

ELBOW TECHNIQUES

- 6 Oshi Taoshi** 押倒
Knock or push down
- 7 Ude Gaeshi** 引き倒
Reverse stance strike
- 8 Hiki Taoshi** 肘倒
Elbow pull & push down
- 9 Ude Hineri** 腕拵り
Arm twist
- 10 Waki Gatame** 脇固め
Side of chest arm lock
- 11 Goshin Jitsu**
Waki Gatame 護身術脇固め
Side of chest arm lock variation

TEKUBI WAZA 手首技

WRIST TECHNIQUES

- 12 Kote Hineri** 小手拵り
Wrist twist
- 13 Kote Gaeshi** 小手返し
Wrist reversal
- 14 Tenkai Kote Hineri** 転回小手拵り
Circular wrist twist
- 15 Shiho Nage** 四方投げ
Four corner throw
- 16 Tenkai Kote Gaeshi** 転回小手返し
Circular wrist reversal

UKI WAZA 浮技

FLOATING TECHNIQUES

- 17 Kote Taoshi** 小手倒
Wrist push-down
- 18 Mae Otoshi** 前落
Forward drop
- 19 Sumi Otoshi** 隅落
Rear corner drop
- 20 Sumi Taoshi** 隅倒
Rear corner push-down
- 21 Sumi Guruma** 隅車
Rear corner wheel
- 22 Sumi Tai Guruma** 隅体車
Rear corner body wheel
- 23 Hiki Otoshi Guruma** 腕落車
Elbow drop/wheel