



# PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

モ  
ー  
ト  
ン  
流  
自  
修  
館  
柔  
術

## Dan

### Atemi Waza Syllabus

RESTRICTED DOCUMENT

#### Head

- 1 Knowledge bump (finger knuckle)
- 2 Forehead (hand heel)
- 3 Mastoid 1 (fingertips double)
- 4 Mastoid 2 (fingertips hand heel)
- 5 Mastoid 3 (backfist double)
- 6 Mastoid 4 (backfist hand heel)
- 7 Mastoid 5 (crow)
- 8 Skull base strike
- 9 Eye gouge
- 10 Nose 1 (hand heel)
- 11 Nose 2 (hand open palm)
- 12 Nose 3 (punch)
- 13 Cheek strike
- 14 Jaw strike

#### Torso

- 15 Shoulder top strike
- 16 Shoulder front strike
- 17 Back neck strike
- 18 Shoulder blades strike
- 19 Spleen (knuckle)
- 20 Kidney strike
- 21 Taint
- 22 Gotcha

#### Arms

- 23 Garcoon 1 (one thumb)
- 24 Garcoon 2 (two thumbs)
- 25 Shoulder deltoid
- 26 Forearm press
- 27 Upper arm front
- 28 Upper arm back
- 29 Ulnar press

#### Legs

- 30 Thigh 1 (front strike)
- 31 Thigh 2 (back strike)
- 32 Thigh inner 1 (kick)
- 33 Thigh inner 2 (double backfist)
- 34 Thigh inner 3 (double strike)
- 35 Knee strike
- 36 Shin 1 (kick)
- 37 Shin 2 (rake)
- 38 Foot 1 (instep strikes)
- 39 Foot 2 (knuckle punch)
- 40 Foot 3 (top stamp)
- 41 Leg garcoon (kick)
- 42 Calf (kick)