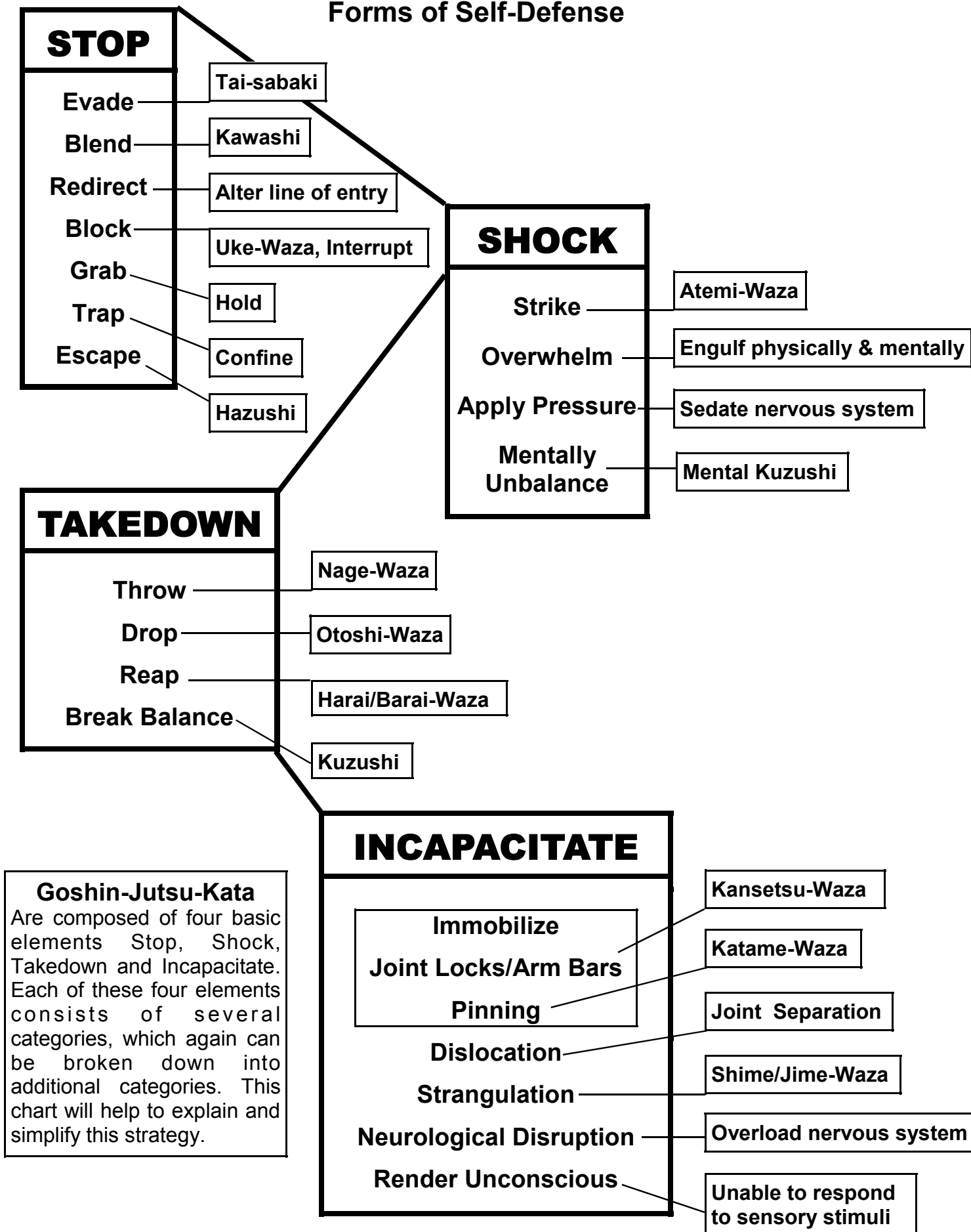


# Goshin-Jutsu-Kata

## Forms of Self-Defense



### Goshin-Jutsu-Kata

Are composed of four basic elements Stop, Shock, Takedown and Incapacitate. Each of these four elements consists of several categories, which again can be broken down into additional categories. This chart will help to explain and simplify this strategy.