

HOKUTORYU JU-JUTSU

REQUIREMENTS FOR JUNIOR GREEN BELT (3. MON)

I stripe

ETIQUETTE

- proper behavior and good knowledge of ju-jutsu manners

BASIC TECHNIQUES

STANCE AND MOVEMENT

- all previous techniques
- long taisabaki

TSUKI WAZA (STRIKES)

- empi (elbow strike)
- shuto (knife hand strike)

UKE WAZA (BLOCKS)

- jodan soto uke (upper inside cross block)
- jodan uke (upward rising block)

GERI WAZA (KICKS)

- yokogeri fumikomi (side kick to both sides, knee height)

JU-JUTSU TECHNIQUES (notation: kyu. attack. technique)

1. BREAKING A HAIR GRAB

- from the front: ikkyu + lock no. 2 (4.3)

2. BREAKING BODY GRABS

- from behind: ikkyu + lock no. 5 (4.4.1)
- from the front (5.6.1)

3. RELEASE FROM A COLLAR GRAB

- grab with the right hand, punch with the left hand: jodan uchi uke, shuto, ikkyu + lock no. 2 (4.5)

4. DEFENSE ON THE GROUND

- attacker in the mount position (3.6.1)
- from a strangle hold from the side (3.6.3)

5. DEFENSE AGAINST A STICK ATTACK

- from side with a step: morote jodan uke (5.9.1)
- from cross hand side with a step: morote jodan uke (5.9.2)
- from above: jodan uke + ikkyu + lock no. 2 (4.9.1)

II stripe

BASIC TECHNIQUES

STANCES AND MOVEMENT

- move from mount to guard by using hip escape

KANSETSU WAZA (JOINT LOCKING TECHNIQUE)

- kotegaeshi (wrist lock)

GERI WAZA (KICKS)

- sokutogeri chudan (side kick)

NAGE WAZA (THROWS/TAKEDOWNS)

- taiotoshi (body drop)

JU-JUTSU TECHNIQUES (notation: kyu. attack. technique)

6. RELEASES FROM WRIST GRABS

- cross hold (right to right): kotegaeshi + lock no. 1 (4.1.2)
- from behind: kotegaeshi + lock no. 4 (4.1.3)

7. BREAKING CHOKE HOLDS

- from the side: taiotoshi + lock no. 7 (3.3.2)
- rear naked choke: osoto-otoshi + lock no. 1 (4.2.3)

8. GROUND FIGHTING

- move from mount to guard by using hip escape
- attacker in the guard position + strike with right hand (4.6.3)

9. DEFENSE AGAINST A STRIKE

- from up: kotegaeshi + lock no. 1 (4.10.2 applied)
- from the front with a step: chudan sotouke + kotegaeshi + lock no. 4 (4.10.1 applied)
- against a hook: jodan uchiuke + osoto-otoshi + lock no. 1 (4.7)

50 training sessions as well as the two stripes are prerequisites for the belt test. Mastering 10 of the skills number 11 to 25 in the trick card is required.

BASIC TECHNIQUES

UKEMI WAZA (BREAKFALLS)

- all previous techniques
- ukemi from handstand

KANSETSU WAZA (JOINT LOCKING TECHNIQUE)

- nikkyu (second joint lock)

NAGE WAZA (THROWS/TAKEDOWN)

- ogoshi (hip throw)

JU-JUTSU TECHNIQUES (notation: kyu. attack. technique)

10. BREAKING A CHOKE HOLD

- from behind: ogoshi + lock no. 2 (3.3.3)

11. BREAKING A BODYHOLD

- from front: ogoshi + lock. no. 2 (3.5.1)

12. BREAKING A COLLAR GRAB

- from front with two hands: nikkyu, ikkyu + lock no. 2

13. GROUND FIGHTING

- juji-gatame from guard position
- scissors sweep from guard position

Proficiency in the previous techniques is required in the test.

RANDORIT

1. JU-JUTSU RANDORI

2. GROUND FIGHTING

3. LIGHT CONTACT SPARRING WITH STRIKES AND KICKS