

HOKUTORYU JU-JUTSU

REQUIREMENTS FOR JUNIOR BLUE BELT (2. MON)

I stripe

ETIQUETTE

- proper behavior and good knowledge of ju-jutsu manners

BASIC TECHNIQUES

TSUKI WAZA (STRIKES)

- mawashitsuki (hook)
- uraken (back fist)

GERI WAZA (KICKS)

- ushirogeri (back kick)
- surikomi sokutogeri (side kick, cross behind)

NAGE WAZA (THROWS/TAKEDOWNS)

- kubinage (neck throw)

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

1. BREAKING WRIST GRABS

- from the front: maegeri + kotegaeshi + lock no. 4 (3.1.1)
- two opponents: ushirogeri + maegeri + lock no. 1 (3.1.3)

2. BREAKING A COLLAR GRAB

- from behind: uraken + take down with udegatame (elbow lock) + lock no. 8 (3.4.2)

3. BREAKING A CHOKE HOLD

- from the front: kubinage + lock no. 6 (3.3.1)

II stripe

BASIC TECHNIQUES

TSUKI WAZA (STRIKES)

- haito (ridge hand)

GERI WAZA (KICKS)

- ushiro mawashigeri (spinning hook/round (house) kick)

NAGE WAZA (THROWS/TAKEDOWNS)

- osotogari (outside sweep)

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

4. BREAKING A COLLAR GRAB

- collar grab and strike: osotogari + lock no. 2 (3.4.1)

5. DEFENCE AGAINST A STRIKE

- jodan uchiuke + haito + osotogari + lock no. 2 (4.7.1)

60 training sessions as well as the two stripes are prerequisites for the belt test. Mastering 10 of the skills number 16 to 30 in the trick card is required. BASIC TECHNIQUES

TSUKI WAZA (STRIKES) AND GERI WAZA (KICKS)

- combining previous strikes and kicks in series of 3-4 techniques shown by the instructor

NAGE WAZA (THROWS/TAKEDOWNS)

- haraigoshi (sweeping loin/hip)
- shionage (four direction throw)

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

6. BREAKING A WRIST GRAB

- from the front: shionage + lock no. 3

7. BREAKING A BODY GRAB

- from the side: haraigoshi + lock no. 6 (3.5.2)

8. GROUND FIGHTING

- from guard to back mount; pulling with cross hand, counter technique by rising to bear walk and shake off

9. DEFENSE AGAINST A STRIKE

- jodan uchiuke + shuto + hizageri + haraigoshi + lock no. 6 (3.7.3)

Proficiency in the previous techniques is required in the test.

RANDORI

1. JU-JUTSU RANDORI

2. GROUND FIGHTING

3. LIGHT CONTACT SPARRING WITH STRIKES AND KICKS