



# HOKUTORYU JU-JUTSU

## BROWN BELT, 1<sup>st</sup> KYU

- attending to a brown belt test/graduation should be approved by the instructor
- hokutoryu ju-jitsu passport is needed
- at least 12 months training as a blue belt (2nd kyu)
- at least 100 lessons as a blue belt noted to the trainee's training card/list
- attending at least 7 national level seminars/camps
- proper behaviour and good ju-jitsu manners
- fighter character, courage
- loyalty to the instructor, to the club/school and to the hokutoryu ju-jitsu style
- instructor training/course, experienced as an assistant instructor

### **BASIC TECHNIQUES**

#### 1. STRIKING TECHNIQUES (tsuki-waza)

- all previous ones, on the move, sparring

#### 2. KICKING TECHNIQUES (geri-waza)

- all previous ones, on the move, sparring

#### 3. STRIKING AND KICKING COMBINATIONS

- shadow fighting with kicks and punches, fighting with boxing and kicking pads, sparring with kicks and punches

#### 4. THROWING TECHNIQUES (nage-waza)

- all previous ones, on the move
- outside sweep/outer reap (o-soto-gari)
- inside leg sweep/inner thigh reaping throw (uchimata)
- shoulder wheel (kata-guruma)
- outer winding/wrap-around throw (soto-maki-komi)
- left side neck throw (hidari kubi-nage)
- left side hip throw (hidari o-goshi)

#### 5. THROWING COMBINATIONS

- previous basic throws, on the move, fast
- combination of throws, sparring with throws

#### 6. GROUND TECHNIQUES (ne-waza)

- all previous ones
- shoulder hold (kata-gatame)
- triangle choke with legs (sankaku-jime/ashi-gatame-jime)

### **JU-JUTSU TECHNIQUES**

- all previous techniques from previous belts

#### 1. ESCAPE FROM A REAR NAKED CHOKE

- step backwards, knife hand, applied double leg grab + strike

#### 2. ESCAPE FROM A JACKET GRAB/HOLD AND A STRIKE

- palm heel, outer winding throw, applied cross arm lock

#### 3. ESCAPE FROM A BEAR HUG

- front/facing forward (on top of the arms): knee kick, inside leg sweep + bending arm lock
- from the side: inner winding throw + applied cross arm lock

#### 4. DEFENCE AGAINST A STRIKE

- against a left jab, right hook
- backhand crossing block (outside to inside), back fist, inside leg sweep + bending arm lock
- inside block (inside to outside), elbow, shoulder wheel + applied cross arm lock
- inside block (inside to outside), front kick, palm heel, outer winding throw + applied cross arm lock
- inside block (inside to outside), ridge hand, outside sweep + applied cross arm lock
- u-slip, uppercut, blood vessel choke and takedown + shoulder hold

#### 5. DEFENCE AGAINST A KICK

- left or right leg attack
- slip, fall/drop from attackers kicking leg + strike, knee lock

#### 6. DEFENCE AGAINST A KNIFE

- against a backhand cut: inside block (inside to outside) with back hand, palm heel, counter cut + applied lock 1, take the knife away

#### 7. ONE HANDED THROWS

- two different ones with left hand
- two different ones with right hand

#### 8. DEFENCE ON THE GROUND

- triangle choke with legs by passing a hold
- shoulder hold from side hold

### **JU-JUTSU RANDORIES** (free-style practice)

- kicking and punching
- throwing
- on the ground
- escaping techniques
- against a strike or a kick
- against a stick/baton etc
- against a knife

### **HOKUTORYU FIGHT**

- fighting stance, movement, slips, blocks
- punches/kicks, throws/takedowns
- ground fight/chokes/locks
- fighter character, courage