



HOKUTORYU JU-JUTSU

BLUE BELT, 2nd KYU

- attending to a blue belt test/graduation should be approved by the instructor
- hokutoryu ju-jutsu passport is needed
- at least 12 months training as a green belt (3rd kyu)
- at least 100 lessons as a green belt noted to the trainee's training card/list
- attending at least 5 national level seminars/camps
- proper behaviour and good ju-jutsu manners
- fighter character, courage
- loyalty to the instructor, to the club/school and to the hokutoryu ju-jutsu style

BASIC TECHNIQUES

1. STRIKING TECHNIQUES (tsuki-waza)

- all previous ones, on the move
- iron hammer/bottom fist (tetsui)

2. KICKING TECHNIQUES (geri-waza)

- all previous ones, on the move
- spinning back round house kick (ushiro-mawashi-geri)
- reverse round house kick (ura-mawashi-geri)
- spinning crescent kick (ushiro-mikatsuki-geri)

3. STRIKING AND KICKING COMBINATIONS

- shadow fighting with kicks and punches, sparring with kicks and punches

4. THROWING TECHNIQUES (nage-waza)

- all previous ones, on the move
- inner reap/inside sweeping hook (o-uchi-gari)
- shoulder throw (ippon-seoi-nage)
- sweeping loin/hip (harai-goshi)
- circular throw (tomoe-nage)
- body drop to the left side (hidari tai-otoshi)

5. THROWING COMBINATIONS

- combination of throws, sparring with throws

6. GROUND TECHNIQUES (ne-waza)

- all previous ones
- guillotine choke (ma-hadaka-jime)
- entangled leg lock (ashi-guruma)

7. HOLDING AND TRANSPORTING TECHNIQUES

- done with an assistant
- gooseneck wrist lock

8. BLOCKING BY USING A STICK/BATON

- against a cross/reverse punch: outside and inside, blocking with the stick and a counter jab with the stick
- against a downward strike: blocking with the stick, and a counter jab with the stick
- against a low front kick: blocking with the stick, and a counter jab with the stick
- against a round house kick: blocking with the stick, and a counter jab with the stick

JU-JUTSU TECHNIQUES

- all previous techniques from previous belts

1. ESCAPE FROM A WRIST GRAB/HOLD

- front/facing forward: knife hand, shoulder throw + lock 11
- from behind: turning, front kick, axe kick + lock 12

2. ESCAPE FROM A STRANGLE/CHOKE

- front/facing forward: uppercut, shoulder throw + lock 11
- from the side: knife hand, inner reap + kick
- rear naked choke: dropping shoulder throw + lock 11

3. ESCAPE FROM A BEAR HUG

- front/facing forward (on top of the arms): knee kick, inner reap + kick
- from the side: sweeping loin + lock 6
- from the side: punch with the head, shoulder throw + lock 11

4. DEFENCE AGAINST A STRIKE

- backhand crossing block, knife hand, inner reap + kick
- inside block (inside to outside), uppercut, shoulder throw + lock 11
- inside block, iron hammer, circular throw, rolling on top + strike
- inside block, knife hand, knee kick, sweeping loin + lock 6
- inside block, uppercut + standing guillotine

5. DEFENCE AGAINST A KICK

- against hind leg front kick: outer inside block (inside to outside), sweep + axe kick
- against front leg round house kick: inside block (inside to outside), outside drop + strike
- against hind leg front kick: inside block (inside to outside), inner reap, ankle lock (standing)

6. DEFENCE AGAINST A STICK/BATON

- against a backhand strike: double hand block, knee kick to the elbow, take the stick away
- against a downward strike: head/upward rising block, shoulder throw + lock 1, take the stick away

7. DEFENCE AGAINST A KNIFE

- against an upward strike: backhand crossing block (outside to inside), front kick, axe kick + lock 12, take the knife away

8. DEFENCE ON THE GROUND

- guillotine choke from closed guard
- cross arm lock as a counter movement to taking down to circular throw
- back guard as a counter movement to double leg grab

JU-JUTSU RANDORIES (free-style practice)

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

HOKUTORYU FIGHT

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