



# HOKUTORYU JU-JUTSU

## GREEN BELT, 3<sup>rd</sup> KYU

- attending to a green belt test/graduation should be approved by the instructor
- hokutoryu ju-jutsu passport is needed
- at least 12 months training as an orange belt (4th kyu)
- at least 100 lessons as an orange belt noted to the trainee's training card/list
- attending at least 2 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
- hook (mawashi-tsuki)
- uppercut (kagi-tsuki)
- ridge hand (haito)
- shadow boxing

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

- all previous ones, on the move
- side kick (sokuto-geri) to the body
- back kick (ushiro-geri)
- axe/heel kick (kakato-geri)
- shadow fighting with kicks and punches

#### 3. BLOCKING TECHNIQUES (uke-waza)

- all previous ones
- backhand crossing block (outside to inside) (jodan soto-uke)

#### 4. JOINT TECHNIQUES (kansetsu-waza)

- all previous ones
- third joint lock to the wrist and elbow (sankyu)
- armpit lock (waki-gatame)

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

- all previous ones, on the move
- neck throw (kubi-nage)
- body drop (tai-otoshi)
- rear throw (ura-nage)
- hip throw (o-goshi)
- double leg grab (morote-gari)
- entering body throw (irimi-nage)

#### 6. CHOKING TECHNIQUES (shime-waza)

- windpipe, soft
- windpipe, hard
- blood vessel, from behind

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

- all previous ones
- naked strangle (hadaka-jime)
- single cross strangle (kata-juji-jime)
- sleeve wheel strangle (sode-guruma-jime)

### JU-JUTSU TECHNIQUES

- all previous techniques from previous belts

#### 1. ESCAPE FROM A WRIST GRAB/HOLD

- front/facing forward: front kick, wrist lock and takedown + lock 4
- from behind: third joint lock to the wrist and elbow + standing hold
- two opponents: back kick, front kick, axe/heel kick

#### 2. ESCAPE FROM A STRANGLE/CHOKE

- front/facing forward: neck throw + lock 6
- side: back fist, body drop + lock 7
- from behind: elbow, hip throw + lock 2

#### 3. ESCAPE FROM A HAIR GRAB

- from behind: third joint lock to the wrist and elbow, first joint lock to the elbow, takedown + lock 5

#### 4. ESCAPE FROM A BEAR HUG

- front/facing forward (on top of the arms): knee kick, hip throw + lock 2

#### 5. ESCAPE FROM A JACKET COLLAR GRAB/HOLD

- from behind: back fist, takedown with straight elbow lock + lock 8

#### 6. DEFENCE AGAINST A STRIKE

- right hook: backhand crossing block (outside to inside), back fist, body drop + lock 7
- right hook/cross: inside block (inside to outside), uppercut, rear throw, rolling on top + strike
- right hook: inside block (inside to outside, elbow, hip throw + lock 2
- left jab: front hand outside block (outside to inside), cross/reverse punch, double leg grab + strike

#### 7. DEFENCE AGAINST A KICK

- against hind leg round house kick: inside block (inside to outside), round house kick drop + strike

#### 8. DEFENCE AGAINST A STICK/BATON

- against a forehand strike: double hand block, back fist, body drop + lock 1, take the stick away
- against a backhand strike: right hand inside block (inside to outside), ridge hand, entering body throw + lock 1, take the stick away

#### 9. DEFENCE AGAINST A KNIFE

- against a straight strike: left outside block (outside to inside), takedown with armpit lock, take the knife away
- against a straight strike: backhand crossing block, first joint lock to the elbow, takedown + lock 2, take the knife away

#### 10. DEFENCE ON THE GROUND

- sleeve wheel strangle from the top guard
- single cross strangle from the top guard
- naked strangle from back guard

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

- kicking and punching
- throwing
- on the ground
- escaping techniques

### HOKUTORYU FIGHT

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