



HOKUTORYU JU-JUTSU

ORANGE BELT, 4th KYU

- attending to an orange belt test/graduation should be approved by the instructor
- hokutoryu ju-jitsu passport is needed
- at least 6 months training as a yellow belt (5th kyu)
- at least 40 lessons as a yellow belt noted to the trainee's training card/list
- attending at least 1 national level seminar/camp
- proper behaviour and good ju-jitsu manners
- loyalty to the instructor, to the club/school and to the hokutoryu ju-jitsu style

BASIC TECHNIQUES

1. BREAK FALLS (ukemi-waza)
 - all previous ones from yellow belt
 - rolling hard forward (stay down)
 - dropping forward
 - rolling hard backwards
2. STRIKING TECHNIQUES (tsuki-waza)
 - all previous ones from yellow belt, on the move
 - elbow (empi)
 - back fist (uraken)
 - knife hand (shuto)
 - palm heel (teisho)
3. KICKING TECHNIQUES (geri-waza)
 - all previous ones from yellow belt, on the move
 - knee kick to the body level (hiza-geri)
 - round house kick to the body level (mawashi-geri)
 - side kick (sokuto-geri), forward and to the side, knee level
4. BLOCKING TECHNIQUES (uke-waza)
 - all previous ones from yellow belt
 - outside block (outside to inside), body level (chudan soto-uke)
 - head/upward rising block (jodan-uke)
 - inside block (inside to outside), hip level (gedan uchi-uke)
5. JOINT TECHNIQUES (kansetsu-waza)
 - first joint lock to the elbow (ikkyu)
 - second joint lock the wrist (nikkyu)
 - wrist lock and takedown (kote-gaeshi)
6. THROWING TECHNIQUES (nage-waza)
 - outside drop (o-soto-otoshi)
7. GROUND TECHNIQUES (ne-waza)
 - all previous ones from yellow belt
 - cross arm lock (juji-gatame)
 - bending/entangled arm lock (ude-garami)

JU-JUTSU TECHNIQUES

- all previous techniques from yellow belt
 - defender starts from natural stance
1. ESCAPE FROM A WRIST GRAB/HOLD
 - front/facing forward: first joint lock, takedown + lock 2
 - from behind: wrist lock and takedown + lock 4

2. ESCAPE FROM A STRANGLE/CHOKE
 - front/facing forward: first joint lock, takedown + lock 2
 - from behind: back fist, first joint lock, takedown + lock 2
 - rear naked choke: outside drop + lock 1
3. ESCAPE FROM A BEAR HUG
 - front/facing forward (on top of the arms): outside drop + lock 1
 - from behind (on top of the arms): reverse first joint lock + lock 5
4. ESCAPE FROM A JACKET GRAB/HOLD
 - grab with the right hand, punch with the left hand: inside block (inside to outside), knife hand, first joint lock, takedown + lock 2
 - grab with both hands: second joint lock, first joint lock, takedown + lock 2
5. DEFENCE AGAINST A STRIKE
 - against a right hook: inside block (inside to outside), palm heel, outside drop + lock 1
6. DEFENCE AGAINST A KICK
 - against a straight/front kick (back leg): inside block (inside to outside) + cross/reverse punch
7. DEFENCE AGAINST A STICK/BATON
 - against a backhand strike with a step: double hand block, first joint lock, takedown + lock 2, take the stick away
 - against a forehand strike with a step: double hand block, elbow to the body, first joint lock, takedown + lock 2, take the stick away
 - against a downward strike with a step: head/upward rising block, palm heel, body pressure, first joint lock, takedown + lock 2, take the stick away
8. DEFENCE AGAINST A KNIFE
 - against a straight strike with a step: left outside (outside to inside) block, wrist lock and takedown + lock 4, take the knife away
 - against a downward strike with a step: shift/slip, wrist lock and takedown + lock 4, take the knife away
9. DEFENCE ON THE GROUND
 - opponent has his/her left foot in front: ankle drop, kick, rolling up
 - strangle/choke on the ground, side: knee kick, cross arm lock, rolling backwards up
 - cross arm lock, starting on top of the opponent
 - bending/entangled arm lock starting from scarf/neck hold
 - bending/entangled arm lock with legs starting from scarf/neck hold

JU-JUTSU RANDORIES (free-style practice)

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