



# HOKUTORYU JU-JUTSU

## YELLOW BELT, 5<sup>th</sup> KYU

- 2-3 months ju-jitsu training (20-25 lessons) as a white belt (6<sup>th</sup> kyu)
- attending to a yellow belt (5<sup>th</sup> kyu) test/graduation should be approved by the instructor
- hokutoryu ju-jitsu passport is needed

### ETIQUETTE, manners at the training hall (dojo)

- how to tie a ju-jitsu belt (obi) and how to handle a training suit/uniform (ju-jutsugi)
- how to behave at the dojo, entering to the dojo and to the training mat (tatami)
- how to behave with other trainees (ju-jutsuka) and instructors (sempai/sensei)
- how to bow / salute (rei) from standing and kneeling positions
- meditation (mokuso)
- basic ju-jitsu/budo vocabulary

### BASIC TECHNIQUES

#### 1. STANCE AND MOVEMENT (kamae, taisa-baki)

- basic defensive, left and right side, stance (hidari / migi hamni kamae)
- moving forward and backwards (taisa-baki)

#### 2. BREAK FALLS (ukemi-waza)

- rolling forward (mae-ukemi)
- rolling backwards (ushiro-ukemi)
- side/lateral (yoko-ukemi)

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

- inside block (inside to outside), head level (jodan uchi-uke)
  - o both sides, moving backwards (from natural stance)
- double hand block, head level (morote jodan-uke)
  - o both sides (from natural stance)
- outside block (outside to inside), hip level (gedan soto-uke)
  - o both sides (from natural stance)

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

- how to make a fist
- basic punches, chest level (tsuki, chudan) (from natural stance)
- jab/thrust punch (oi-tsuki) from defensive stance and with a small step
- cross/reverse punch (gyaku-tsuki) from defensive stance and on the move

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

- straight/front kick (mae-geri) from defensive stance and on the move, both legs

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

- scarf/neck hold (hon-kesa-gatame)
- side (four-corner) hold (yoko-shiho-gatame)
- vertical (four-corner) hold (tate-shiho-gatame)

### JU-JUTSU TECHNIQUES

Defender starts from natural stance.

Techniques ends with good defensive stance.

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

- on top of the wrists, front/facing forward
- underneath wrists, front/facing forward
- from behind

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

- front/facing forward
- from behind

#### 3. ESCAPE FROM A HAIR GRAB

- front/facing forward

#### 4. ESCAPE FROM A JACKET GRAB/HOLD

- escape to the left
- escape to the right (and blocking a punch)

#### 5. ESCAPE FROM A BEAR HUG

- front/facing forward (under the arms)
- from behind (under the arms)

#### 6. DEFENCE AGAINST A STRIKE

- inside block (inside to outside), head level (jodan uchi-uke) against a cross/reverse punch (gyaku-tsuki), both sides

#### 7. DEFENCE AGAINST A KICK

- outside block (outside to inside), hip level (gedan soto-uke) against a straight/front kick (mae-geri), both sides

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

- double hand block, head level (morote jodan-uke) against a forehand strike with a step
- double hand block, head level (morote jodan-uke) against a backhand strike with a step

#### 9. GROUND TECHNIQUES

- series of hold, three techniques
- escape from a strangle/choke on the ground

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

- kicking and punching (light contact)
- escaping techniques