

# HOKUTORYU JU-JUTSU

## REQUIREMENTS FOR JUNIOR BROWN BELT (1. MON)

### **I stripe**

#### ETIQUETTE

- proper behavior and good knowledge of ju-jutsu manners

#### **BASIC TECHNIQUES**

##### TSUKI WAZA (STRIKES)

- kagitsuki (uppercut)

##### GERI WAZA (KICKS)

- kakatogeri (axe kick)

##### NAGE WAZA (THROWS/TAKEDOWNS)

- ouchigari (major inside sweeping hook)
- uchimata (inside leg sweep)

#### **JU-JUTSU TECHNIQUES** (notation: kyu. attack. technique)

##### 1. BREAKING A CHOKE HOLD

- from the side: shuto + ouchigari + kick (2.2.3)

##### 2. BREAKING A BODY GRAB

- from the front: hizageri + ouchigari + kick (2.4.1)

##### 3. DEFENSE AGAINST A STRIKE

- jodan sotouke + uraken + uchimata + udegarami (arm entanglement) (1.7.1)
- 

### **II stripe**

#### **BASIC TECHNIQUES**

##### STANCES AND MOVEMENT

- sankukajime (triangle choke)

##### GERI WAZA (KICKS)

- uramawashigeri (hook kick)

##### NAGE WAZA (THROWS/TAKEDOWNS)

- ippon seoinage (shoulder throw)

#### **JU-JUTSU TECHNIQUES** (notation: kyu. attack. technique)

##### 4. BREAKING A WRIST GRAB

- from the front: shuto + ipponseoinage + lock no. 11 (2.1.1)

##### 5. BREAKING A CHOKE HOLD

- from the front: kagitsuki + ipponseoinage + lock no. 11 (2.2.1)

**60 training sessions as well as the two stripes are prerequisites for the belt test. Mastering 25 of the skills number 1 to 30 in the trick card is required.**

## **BASIC TECHNIQUES**

### **TSUKI WAZA (STRIKES) AND GERI WAZA (KICKS)**

- combining previous strikes and kicks in shadow boxing

### **NAGE WAZA (THROWS/TAKEDOWNS)**

- tomoenage (stomach throw)
- kataguruma (shoulder wheel)

## **JU-JUTSU TECHNIQUES** (notation: kyu. attack. technique)

### **6. BREAKING A CHOKE HOLD**

- from the front: teisho + kataguruma + jujigatame variation (1.3.1)

### **7. GROUND FIGHTING**

- open guard: lifting from armpits and under the thighs, turning and ending in mount

### **8. DEFENSE AGAINST A STRIKE**

- jodan uchiuke + shuto + tomoenage + finishing in the top (2.6.3)

**Proficiency in the previous techniques is required in the test.**

## **RANDORI**

### **1. JU-JUTSU RANDORI**

### **2. GROUND FIGHTING**

### **3. LIGHT CONTACT SPARRING WITH STRIKES AND KICKS**