

# HOKUTORYU JU-JUTSU

## REQUIREMENTS FOR JUNIOR ORANGE BELT (4. MON)

### **I stripe**

#### ETIQUETTE

- proper behavior suitable for the art

#### **BASIC TECHNIQUES**

##### STANCES AND MOVEMENT

- all previous techniques
- moving with a partner at a correct distance
- hip escape (basic movement in ground fighting)

##### UKEMI WAZA (BREAKFALLS)

###### Forward:

- previous technique
- hard

###### Backward:

- previous technique
- ushiroukemi (rolling ukemi backwards)

##### UKE WAZA (BLOCKS)

- all previous techniques
- morote jodanuke (high block with both arms)
  - both sides
- gedan uchiuke (low block outwards)

##### GERI WAZA (KICKS)

- mawashigeri chudan (roundhouse kick)

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

The defender starts in basic stance.

##### 1. BREAKING A WRIST GRAB

- from the front under the wrists (5.1.2)

##### 2. BREAKING A CHOKE HOLD

- from the front against a wall (5.2.2)

##### 3. BREAKING A CHOKE HOLD ON THE GROUND

- attacker in the mount position (5.5)

##### 4. DEFENSE AGAINST A KICK

- against a mawashigeri chudan: gedan uchiuke + takedown (3.8)

## II stripe

### **BASIC TECHNIQUES**

#### **UKEMI WAZA (BREAKFALLS)**

Forward:

- all previous techniques
- hard rolling ukemi (staying down)

Backward:

- all previous techniques
- hard rolling ukemi

Sideways:

- hard ukemi

#### **KANSETSU WAZA (JOINT LOCKING TECHNIQUE)**

- ikkyu (first elbow lock)

#### **TSUKI WAZA (STRIKES)**

- all previous techniques
- oitsuki chudan (with a small step)
- yakutsuki chudan (performed with formal steps forward)

#### **GERI WAZA (KICKS)**

- hizageri chudan (knee kick)

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

- osoto-otoshi (big outer drop)

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

The defender starts in basic stance.

#### **5. BREAKING A HAIR GRAB**

- from the front (5.3)

#### **6. BREAKING COLLAR GRABS**

- release to the left (5.4.1)
- block + release to the right (5.4.2)

#### **7. BREAKING BODY GRABS**

- from behind (5.6.2)
- from front: osoto-otoshi + lock no. 1 (4.4.1)

#### **8. DEFENSE ON THE GROUND**

- ankle takedown (attacker's left leg is in the front) (4.6.1)
- from a strangle hold behind the head (4.6.2)
- hip escape from sidemount to guard

**40 training sessions as well as the two stripes are prerequisites for the belt test. Mastering 10 of the skills number 6 to 20 in the trick card is required.**

### **BASIC TECHNIQUES**

#### STANCES AND MOVEMENT

- all previous techniques
- short taisabaki

#### UKEMI WAZA (BREAKFALLS)

Forward:

- all previous techniques
- hard rolling ukemi over an obstacle

#### UKE WAZA (BLOCKS)

- all previous techniques
- chudan sotouke (block inwards)

#### KANSETSU WAZA (JOINT LOCKING TECHNIQUE)

- juji-gatame (armbar)

#### TSUKI WAZA (STRIKES)

- teisho (palm heel strike)

#### GERI WAZA (KICKS)

- all previous techniques
- maegeri (performed with formal steps forward and backward)

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

The defender starts in basic stance.

#### 9. BREAKING A WRIST GRAB

- from the front: ikkyu + lock no. 2 (4.1.1)

#### 10. BREAKING CHOKE HOLDS

- from the front: ikkyu + lock no. 2 (4.2.1)
- from behind: ikkyu + lock no. 2 (4.2.2)

#### 11. GROUND FIGHTING

- juji-gatame from the mount position

#### 12. DEFENSE AGAINST A KICK

- against a maegeri (right leg): gedan uchiuke (4.8)

#### 13. DEFENSE AGAINST A STRIKE

- straight punch with a step: chudan sotouke (to both sides)

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

### **RANDORI**

#### 1. GROUND FIGHTING

#### 2. LIGHT CONTACT SPARRING WITH STRIKES AND KICKS