

HOKUTORYU JU-JUTSU

REQUIREMENTS FOR JUNIOR YELLOW BELT (5. MON)

I stripe

ETIQUETTE

Dojo habits

- tying the belt and packing the gi
- behavior at dojo
- proper conduct among others
- standing and kneeling bows (rei)
- mokuso

BASIC TECHNIQUES

STANCES AND MOVEMENT

- basic stance
- defending stance
- turning right and left (from basic stance)
- turning back (from basic stance)
- mount, sidemount, backmount and guard (basic positions in ground fighting)

UKEMI WAZA (BREAKFALLS)

- soft ukemi backwards

UKE WAZA (BLOCKS)

- jodan uchiuke (high block outwards)
 - with a step forward, both sides (from basic stance)
 - to both sides and backwards (from basic stance)
- gedan sotouke (low block inwards)

TSUKI WAZA (STRIKES)

Strikes

- forming a fist
- strikes (to chudan level without steps)
- gyakutsuki chudan, from a formal stance without steps (striking to the correct target point, position of the fist)

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

The defender starts in basic stance.

1. BREAKING A WRIST GRAB

- from the front over the wrists (5.1.1)

2. BREAKING A CHOKE HOLD

- from the front (5.2.1)

II stripe

BASIC TECHNIQUES

STANCES AND MOVEMENT

- shoulder bridge straight and diagonally to both sides (basic movement in ground fighting)

UKEMI WAZA (BREAKFALLS)

- soft ukemi to both sides

GERI WAZA (KICKS)

- maegeri chudan (front kick)

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

The defender starts in basic stance.

3. BREAKING A CHOKE HOLD

- from behind (5.2.3)

4. DEFENSE AGAINST A STRIKE

- straight punch: jodan uchiuke (5.7)
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The Hokutoryu passport and the teacher's approval are required for the belt test. There's no time limit, but learning the techniques takes 2-3 months. Mastering 8 of the first 10 skills in the trick card is required.

BASIC TECHNIQUES

STANCES AND MOVEMENT

- moving front and back (from defending stance)
- moving sideways (from defending stance)
- reversing mount into guard (basic movement in ground fighting)

UKEMI WAZA (BREAKFALLS)

- maeukemi (rolling ukemi forwards)

TSUKI WAZA (STRIKES) AND GERI WAZA (KICKS)

Strikes

- oitsuki chudan (with a partner)
- gyakutsuki chudan (with a partner)

Kicks

- maegeri chudan (with a partner)

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

The defender starts in basic stance.

5. BREAKING A WRIST GRAB

- from behind (5.1.3)

6. DEFENSE AGAINST A KICK

- gedan sotouke (5.8)

Proficiency in the previous techniques is required in the test.