

# HOKUTORYU JU-JUTSU



## BLUE BELT, 2<sup>nd</sup> KYU

- attending to a blue belt test/graduation should be approved by the instructor
- ju-jitsu passport is needed
- at least 12 months training as a green belt (3rd kyu)
- at least 110 lessons as a green belt noted to trainee's training card
- at least 5 nationwide seminars/camp noted to trainee's ju-jitsu pass

### BASIC TECHNIQUES

#### 1. STRIKING AND KICKING TECHNIQUES

- punches (tsuki)
  - previous ones (yellow, orange, green belt)
  - uppercut (kagi-tsuki)
  - bottom fist (tetsui)
  - palm heel (teisho)
- kicks (geri)
  - previous ones (yellow, orange, green belt)
  - reverse/rear leg round/hook kick (uramawashi-geri)
  - axe kick (kakato-geri)
  - spinning outside/back crescent kick (ushiro mikatsuki-geri)

#### 2. STRAIKING AND KICKING KOMBINATION TECHNIQUES

- jab-round kick-cross- uppercut (oi-tsuki – mawashi-geri – gyaku-tsuki - kagi-tsuki)
- side kick-cross-hook-reverse/rear leg round/hook kick-spinning outside/back crescent kick (sokuto-geri – gyaku-tsuki – mawashi-tsuki - uramawashi-geri – ushiro mikatsuki-geri)
- front kick-round kick (mae-geri – mawashi-geri) with the same leg without returning

#### 3. THROWING TECHNIQUES

- previous ones (orange and green belt)
- major and minor inside sweeping hooks (o-uchi-gari, ko-uchi-gari)
- shoulder throw (ipponin seoi-nage)
- stomach throw (tomoe-nage)
- rear/back throw (ura-nage)
- propping ankle wheel (sasae-tsuri-komi-ashi)
- body drop, left side (hidari tai-otoshi)

#### 4. THROWING KOMBINATION TECHNIQUES

- major inside sweeping hook – minor inside sweeping hook (o-uchi-gari - ko-uchi-gari)
- outside sweep - rear throw (o-soto-gari - ura-nage)
- major inside sweeping hook - stomach throw (o-uchi-gari – tomoe-nage)

#### 5. HOLDING TECHNIQUES ON THE GROUND

- side arm triangle choke (kata-gatame)
- bar choke/half cross choke (kata-jujijime)

#### 6. HOLDING TEHNIQUES FOR TRANSPORTATION

- wrist lock (alone and with a partner)
- air choke

#### 7. BLOCKING TECHIQUES WITH A STICK/BATON

- against a straight strike: block (both sides) and reverse punch with a stick/baton
- against a downward strike: block and reverse punch with a stick/baton

# HOKUTORYU JU-JUTSU



## 2<sup>nd</sup> KYU JU-JUTSU TECHNIQUES

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

- front/facing: knife hand (shuto), shoulder throw (ippon seoi-nage) + lock 11
- from behind: escape, front kick (mae-geri), axe kick (kakato-geri) + lock 12

### 2. ESCAPE FROM A STRANGLE/CHOKE

- front/facing: uppercut (kagi-tsuki) with a footstep, shoulder throw (ippon seoi-nage) + lock 11
- from behind: escape, rear/back throw (ura-nage) + a punch
- from side: cross block (sotouke), knife hand (shuto), major inside sweeping hooks (o-uchi-gari) + a kick
- escape from a head chancery: a punch, rear/back throw (ura-nage) + a punch
- escape from garrotting: turn, shoulder lock
- garrotting from behind: back fist (uraken), hit with the head, leg thrust + a punch

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

- grab from behind: back fist (uraken), rear/back throw (ura-nage) + kick

### 4. ESCAPE FROM A BEAR HUG

- front/facing (on top of the arms): knee kick (hiza-geri), major inside sweeping hooks (o-uchi-gari) + a kick
- from side: hit with a head, shoulder throw (ippon seoi-nage) + lock 11

### 5. DEFENCE ON THE GROUND

- from the side: turn to side + elbow lock with a knee
- between the legs: push under the ears, turn with a punch, bar choke/half cross choke (kata-jujijime)

### 6. DEFENCE AGAINST A STRIKE

- against a cross/hook: inside cross block, height of the head (jodan sotouke), knife hand (shuto), major inside sweeping hooks (o-uchi-gari) + a kick
- against a cross/hook: outside block, height of head (jodan uchiuke), uppercut (kagi-tsuki), shoulder throw (ippon seoi-nage) + lock 11
- against a cross/hook: outside block, height of head (jodan uchiuke), knife hand (shuto), stomach throw (tomoe-nage) + a punch
- against a cross/hook: outside block, height of head (jodan uchiuke), uppercut (kagi-tsuki), rear/back throw (ura-nage) + a punch

### 7. DEFENCE AGAINST A KICK

- against a front kick: lower outside block (gedan uchiuke), sweeping + a punch
- against a front leg round kick: lower outside block (gedan uchiuke), propping ankle wheel (sasae-tsuri-komi-ashi) + a kick

### 8. DEFENCE AGAINST A STICK/BATON

- against forehand/backhand strike with a footstep: two hands block, height of head (morote jodanuke) + knee kick (hiza-geri)
- against a forehand strike with a footstep: outside block, height of head (jodan uchiuke), stomach throw (tomoe-nage) + a punch
- against a forehand strike with a footstep: outside block, height of head (jodan uchiuke), propping ankle wheel (sasae-tsuri-komi-ashi) + a kick
- against a downward strike with a footstep: head/upper block (jodanuke), shoulder throw (ippon seoi-nage) + lock 1

### 9. DEFENCE AGAINST A KNIFE

- against an uppercut strike with a footstep: right inside cross block, height of chest (chudan sotouke), wrist turn, front kick (mae-geri), axe kick (kakato-geri) + lock 12

### 10. DEFENCE AGAINST A PISTOL

- from the left side: inside cross block, finger lock

### 11. JU-JUTSURANDORI

### 12. HOKUTORYU FIGHT