

# HOKUTORYU JU-JUTSU



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

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

## ETIQUETTE

Manners at the training hall (dojo)

- how to tie a ju-jutsu belt (obi) and how to handle a training suit/uniform (ju-jutsugi)
- how to behave at the dojo
- 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 TECHNIQUES

### 1. STANCE AND MOVEMENT

- basic defensive left/right side stance, open hands (hidari/migi hanmi kamae)
- moving forward and backwards (tai sabaki)
- turning to side from the basic stance (both sides)
- turning backwards from the basic stance

### 2. BREAK FALLS

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

### 3. BLOCKING TECHNIQUES

- upper outside block (from inside to outside), head level (jodan uchi uke)
  - forward, both sides (from the basic stance)
  - both sides and backwards (from the basic stance)
- upper two arm block, head level (morote jodan uke)
  - both sides
- lower inside block (from outside to inside), hip level (gedan sotouke)
  - both sides

### 4. STRIKING AND KICKING TECHNIQUES

- punches (tsuki)
  - how to make a fist
  - punches, chest level (tsuki, chudan). Feet at natural stance
  - jab/thrust punch from the basic stance and with a small step, chest level (oi-tsuki, chudan)
  - cross/reverse punch, chest level (gyaku-tsuki, chudan) from the basic stance and on the move
- kicks (geri)
  - straight/front kick (mae-geri) from the basic stance and on the move

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## 5<sup>th</sup> KYU JU-JUTSU TECHNIQUES

(defender starts with feet at natural 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
- against a wall
- 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 (blocking a punch)

### 5. ESCAPE FROM A STRANGLE/CHOKE ON THE GROUND

- from a mounted position

### 6. ESCAPE FROM A BEAR HUG

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

### 7. DEFENCE AGAINST A STRIKE

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

### 8. DEFENCE AGAINST A KICK

- lower inside block (from outside to inside), hip level (gedan sotouke) against a straight/front kick (mae-geri)

### 9. DEFENCE AGAINST A STICK/BATON

- upper two arm block, head level (morote jodan uke) against a forehand strike with a step
- upper two arm block, head level (morote jodan uke) against a backhand strike with a step