

HOKUTORYU JU-JUTSU



BROWN BELT, 1st KYU

- attending to a brown belt test/graduation should be approved by the instructor
- ju-jutsu passport is needed
- at least 12 months training as a blue belt (2nd kyu)
- at least 110 lessons as a blue belt noted to trainee's training card
- at least 7 nationwide seminars/camp noted to trainee's ju-jutsu pass
- experience as a assistant instructor

BASIC TECHNIQUES

1. STRIKING AND KICKING TECHNIQUES

- punches (tsuki)
 - previous ones (yellow to blue belt) + during movement
- kicks (geri)
 - previous ones (yellow to blue belt) + during movement, both legs

2. STRAIKING AND KICKING COMBINATION TECHNIQUES

- using all basic punches and kicks while shadow fighting

3. THROWING TECHNIQUES

- inside leg sweep (uchi-mata)
- leg wheel (ashi-guruma)
- shoulder wheel (kata-guruma)
- outer wind throw (soto-makikomi)
- left side neck throw (hidari kubi-nage)
- left side hip throw (hidari o-goshi)
- left side sweeping loin/hip (hidari harai-goshi)

4. THROWING COMBINATION TECHNIQUES

major inside sweeping hook - inside leg sweep (o-uchi-gari - uchi-mata)
knee wheel – leg wheel (hiza-guruma - ashi-guruma)
all previous throws (orange to blue belt) fast, during movement

5. TECHNIQUES ON THE GROUND

- arm entanglement (ude-garami)
- permutation of nude wringing (hadaka-jime)
- turn the opponent and cross armlock (uke tai-sabaki juji-gatame)
- triangular arm lock (sankaku-jime)
- lapel-sending wringing (okurier-jime)

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1st KYU JU-JUTSU TECHNIQUES

1. ESCAPE FROM A WRIST GRAB/HOLD

- front/facing: front kick (mae-geri), leg wheel (ashi-guruma) + permutation of nude wringing (hadaka-jime)
- from behind: back kick (ushiro-geri), palm heel (teisho), wind throw (makikomi) + permutation of cross arm bar (juji-gatame)

2. ESCAPE FROM A NELSON

- escape, knife hand, throw + a kick

3. ESCAPE FROM A STRANGLE/CHOKE

- front/facing: palm heel (teisho), shoulder wheel (kata-guruma) + permutation of cross arm bar (juji-gatame)
- from behind: elbow (empi), leg wheel (ashi-guruma) + permutation of nude wringing (hadaka-jime)

4. ESCAPE FROM A JACKET GRAB/HOLD

- grab with a right hand and a strike with a left hand: outside block, height of head (jodan uchiuke), palm heel (teisho), outer wind throw (soto-makikomi) + permutation of cross arm bar (juji-gatame)

5. ESCAPE FROM A BEAR HUG

- front/facing (on top of the arms): knee kick (hiza-geri), inside leg sweep (uchi-mata) + arm entanglement (ude garame)
- from side: hit with a head, inner wind throw (makikomi) + permutation of cross arm bar (juji-gatame)

6. DEFENCE ON THE GROUND

- counter against a arm bar
- counter against a choke

7. DEFENCE AGAINST A STRIKE

- against a cross/hook: inside cross block, height of the head (jodan sotouke) , back fist (uraken), inside leg sweep (uchi-mata)+ arm entanglement (ude garame)
- against a cross/hook: inside cross block, height of the head (jodan sotouke) , back fist (uraken), leg wheel (ashi-guruma) + permutation of nude wringing (hadaka-jime)
- against a cross/hook: outside block, height of head (jodan uchiuke), elbow (empi) with a footstep, shoulder wheel (kata-guruma) + permutation of cross arm bar (juji-gatame)
- against a cross/hook: outside block, height of head (jodan uchiuke), front kick (mae-geri), outer wind throw (soto-makikomi) + permutation of cross arm bar (juji-gatame)

8. DEFENCE AGAINST A KICK

- against a back kick: lower outside block (gedan uchiuke), inside sweep + a kick

9. DEFENCE AGAINST A STICK/BATON

- against a forehand strike with a footstep: outside block, height of head (jodan uchiuke), palm heel (teisho), outer wind throw (soto-makikomi) + permutation of cross arm bar (juji-gatame)
- against a downward strike with a footstep: head/upper block (jodanuke), elbow (empi) with a footstep, shoulder wheel (kata-guruma) + permutation of cross arm bar (juji-gatame)

10. DEFENCE AGAINST A KNIFE

- against a cutting strike: two hands block, height of head (morote jodanuke), cutting + permutation of lock 1 (kote-gatame)

11. ESCAPE WITH USING A STICK/BATON

- pressure to nerve points (atemi)

12. ONE HANDED THROWS

- four different from the right side and from the left side

13. JU-JUTSURANDORI

14. HOKUTORYU FIGHT