

# HOKUTORYU JU-JUTSU



## GREEN BELT, 3<sup>rd</sup> KYU

- attending to a green belt test/graduation should be approved by the instructor
- ju-jutsu passport is needed
- at least 12 months training as a orange belt (4th kyu)
- at least 110 lessons as a orange belt noted to trainee's training card
- at least 3 nationwide seminars/camp noted to trainee's ju-jutsu pass

### ETIQUETTE

- proper behaviour and good knowledge of ju-jutsu manners
- loyalty to the Hokutoryu system, good Hokutoryu spirit, character and courage

## BASIC TECHNIQUES

### 1. STRIKING AND KICKING TECHNIQUES

- punches (tsuki)
  - previous ones (yellow and orange belt)
  - hook (mawashi-tsuki)
  - back fist (uraken)
  - ridge hand (haito)
- kicks (geri)
  - previous ones (yellow and orange belt)
  - back kick (ushiro-geri)
  - spinning hook/round (house) kick (ushiro-mawashi-geri)
  - side kick, cross behind (surikomi sokuto-geri)

### 2. KOMBINATION TECHNIQUES

- jab-front kick-round (house) kick-cross (oi-tsuki – mae-geri – mawashi-geri – gyaku-tsuki)
- back fist-side kick-round kick (uraken – sokuto-geri – mawashi-geri)
- hook-round kick-spinnig hook/round kick (mawashi-tsuki – mawashi-geri – ushiro masashi-geri)
- side kick-back kick-cross (sokuto-geri – ushiro-geri - gyaku-tsuki)

### 3. THROWING TECHNIQUES

- previous ones (orange belt)
- neck throw (kubi-nage)
- body drop (tai-otoshi)
- hip throw (o-goshi)
- sweeping loin/hip (harai-goshi)
- outside sweep (o-soto-gari)
- entering throw (irimi-nage)

### 4. CHOKEHOLD TECHNIQUES

- air choke 1
- air choke 2
- blood choke 1
- blood choke 2

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## 3<sup>rd</sup> KYU JU-JUTSU TECHNIQUES

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

- front/facing: front kick (mae-geri), wrist lock (kote-gaeshi) + lock 4
- from behind: third joint lock (sankyu) + holding/transportation
- two opponents: back kick (ushiro-geri), front kick (mae-geri), hip throw (o-goshi) + lock 1

### 2. ESCAPE FROM A HAIR GRAB

- front/facing, attack with both hands: blocking the knee, turn + lock 10
- from behind: turn, third joint lock (sankyu), reverse first joint lock (ikkyu) + lock 5

### 3. ESCAPE FROM A STRANGLE/CHOKE

- front/facing: neck throw (kubi-nage) + lock 6
- from side: cross block (soto-uke), backfist (uraken), body drop (tai-otoshi) + lock 7
- from behind: elbow (empi), hip throw (o-goshi) + lock 2
- rear naked choke: kneeling shoulder throw + lock 9

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

- grab with the right hand, punch with the left hand: outside block (uchi-uke), ridge hand (haito), outside sweep (o-soto-gari) + lock 2
- grab from behind: backfist (uraken), straight elbow lock (ude-gatame) + lock 8

### 5. ESCAPE FROM A BEAR HUG

- front/facing (on top of the arms): knee kick (hiza-geri), hip throw (o-goshi) + lock 2
- from side: sweeping loin/hip (harai-goshi) + lock 6
- from behind (on top of the arms): hip throw with a step/stamp throw + a kick

### 6. DEFENCE ON THE GROUND

- from the top: push to the side, knee kick + a punch
- from the side: turn to side + knee kick + lock 11

### 7. DEFENCE AGAINST A STRIKE

- against a cross/hook: outside block, height of head (jodan uchiuke), ridge hand (haito), outside sweep (o-soto-gari) + lock 2
- against a cross/hook: inside cross block, height of the head (jodan sotouke), backfist (uraken), body drop (tai-otoshi) + lock 7
- against a cross/hook: outside block, height of head (jodan uchiuke) + knife hand (shuto), knee kick (hiza-geri) + sweeping loin/hip (harai-goshi) + lock 6

### 8. DEFENCE AGAINST A KICK

- against a round kick: lower outside block (gedan uchiuke), drop + a punch

### 9. DEFENCE AGAINST A STICK/BATON

- against a forehand strike with a footstep: two hands block, height of head (morote jodanuke), elbow (empi), body drop (tai-otoshi) + lock 1
- against a backhand strike with a footstep: two hands block, height of head (morote jodanuke), entering throw (irimi-nage) + lock 1
- against a downward strike with a footstep: head/upward rising block (jodanuke), ridge hand (haito), sweeping loin/hip (harai-goshi) + lock 1

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## 10. DEFENCE AGAINST A KNIFE

- against a straight strike with a footstep: left inside cross block, height of chest (chudan sotouke), straight elbow lock (ude-gadame)+ lock 10
- against a straight strike with a footstep: right inside cross block, height of the chest (chudan sotouke), straight elbow lock (ude-gadame) + lock 5

## 11. DEFENCE AGAINST A PISTOL

front/facing: wrist lock (kote-gaeshi) + lock 1  
from behind: wrist lock (kote-gaeshi) + lock 1

## 12. JU-JUTSURANDORI

## 13. HOKUTORYU FIGHT