

# HOKUTORYU JU-JUTSU



## ORANGE BELT, 4<sup>th</sup> KYU

- attending to a orange belt test/graduation should be approved by the instructor
- ju-jitsu passport is needed
- at least 6 months training as a yellow belt (5th kyu)
- at least 40 lessons as a yellow belt noted to trainee's training card

### ETIQUETTE

- proper behaviour and good ju-jitsu manners
- loyalty to the instructor, to the club and to the ju-jitsu style

## BASIC TECHNIQUES

### 1. BREAK FALLS (UKEMI-WAZA)

- forward
  - previous ones (yellow belt)
  - rolling with a strike
  - dropping with a strike
- backwards
  - previous ones (yellow belt)
  - rolling with a strike
- side/lateral
  - previous ones (yellow belt)
  - with a strike

### 2. STRIKING TECHNIQUES (TSUKI WAZA)

- previous ones (yellow belt)
- elbow (empi)
- knife hand (shuto)

### 3. KICKING TECHNIQUES (GERI WAZA)

- previous ones (yellow belt)
- knee kick to the body (hiza-geri chudan)
- round (house) kick to the body (mawashi-geri chudan)
- side kick to the knee (sokuto-geri fumikomi) and to the sides (yoko-geri fumikomi)

### 4. BLOCKING TECHNIQUES (UKE WAZA)

- previous ones (yellow belt)
- upper inside cross block (from outside to inside), head level (jodan soto uke)
- lower outside block (from inside to outside), hip level (gedan uchi uke)
- head/upward rising block (jodan uke)

### 5. JOINT TECHNIQUES (KANSETSU WAZA)

- first joint lock (ikkyu) and second joint lock (nikkyu)
- wrist lock (kotegaeshi)

### 6. THROWING TECHNIQUES (NAGE WAZA)

- outside drop (o-soto-otoshi)
- elbow drop (hiki-otoshi)

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

(defender starts with feet at natural stance)

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

- front/facing forward: first joint lock (ikkyu) + lock 2
- front/facing forward, cross hold (right to right): wrist lock (kotegaeshi) + lock 1
- from behind: wrist lock (kotegaeshi) + lock 4

### 2. ESCAPE FROM A STRANGLE/CHOKE

- front/facing forward: first joint lock (ikkyu) + lock 2
- from behind: first joint lock (ikkyu) + lock 2
- rear naked choke: outside drop (o-soto-otoshi) + lock 1

### 3. ESCAPE FROM A HAIR GRAB

- front/facing forward: escape, first joint lock (ikkyu) + lock 2

### 4. ESCAPE FROM A BEAR HUG

- front/facing forward (on top of the arms): outside drop (o-soto-otoshi) + lock 1
- from behind (on top of the arms): reverse first joint lock (ikkyu) + lock 5

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

- grab with both hands: escape, second joint lock (nikkyu) + lock 2
- grab with the right hand, punch with the left hand: outside block, height of head (jodan uchiuke), knife hand (shuto), first joint lock (ikkyu) + lock 2

### 6. DEFENCE ON THE GROUND

- ankle drop (opponent has a left foot in front)
- strangle/choke on the ground, over the head
- between the legs, grab with the left hand, strike with the right hand

### 7. DEFENCE AGAINST A STRIKE

- against a cross/hook: upper outside block, head level (jodan uchi uke), outside drop (o-soto-otoshi) + lock 1

### 8. DEFENCE AGAINST A KICK

- against a straight/front kick: lower outside block, hip level (gedan uchi uke)

### 9. DEFENCE AGAINST A STICK/BATON

- against a forehand strike with a footstep: upper two arm block, head level (morote jodan uke), elbow drop (hiki-otoshi) + lock 1
- against a backhand strike with a step: upper two arm block, head level (morote jodan uke), first joint lock (ikkyu) + lock 2
- against a downward strike with a step: head/upper block (jodan uke), first joint lock (ikkyu) + lock 2

### 10. DEFENCE AGAINST A KNIFE

- against a straight strike with a step: left inside cross block, height of chest (chudan sotouke), wrist lock (kotegaeshi) + lock 4
- against a downward strike with a footstep: wrist lock (kotegaeshi) + lock 1

## SPARRING/FREE FIGHTING (RANDORI)

### 1. JU-JUTSU SPARRING (JU-JUTSURANDORI)

### 2. FIGHTING ON THE GROUND (light)

### 3. FIGHTING WITH PUNCHES AND KICKS (light contact)