

Danzan Ryu Aikijutsu  
Rokyu (6<sup>th</sup> Kyu) Blue Belt 1<sup>st</sup> Degree

**I. Ukemi**

1. Standing front fall
2. Straight over ukemi (optional)

**II. Kadena de Mano**

- A. Defense drills
  1. Defend from 6 angles (set and random)
  2. Defend and apply klaw takedown
- B. Striking drills
  1. Backfist
  2. Jab-cross-jab
  3. Roundhouse Kick

**III. Yawara**

1. Akushu Kote Tori: Figure-four armlock
2. Akushu Ude Tori: Armbar
3. Akushu Kote Maki Tori: Overhead strike defense
4. Kubi Nuki Shime: Escape from a side headlock
5. Hagai Shime: Jujutsu full nelson from a blow and escape

**IV. Advanced Yawara**

1. Single lapel grab - Strike arm, elbow lock
2. Front bearhug, arms free - Push away
3. Front bearhug, arms pinned - Hip push, groin, throat push
4. Rear bearhug, arms free - Hand nerve, finger break
5. Rear bearhug, arms pinned - Wedge, turn, groin, throat push
6. 1st Push/ Pull Drill- with retraction

**V. Nage No Kata**

1. Uchi Momo Harai: Inside thigh sweep
2. Yama Arashi: Mountain storm

**VI. Shime no Kata**

1. Juji Gatame: Crossbody lock
2. Shiho Gatame: Smother hold
3. First ground flow

**VII. Randori**

Yawara/Advanced Yawara, Nage, Striking/Defense

**VIII. Reikishi**

Submit a notebook