

Danzan Ryu Aikijutsu  
Yonkyu (4<sup>th</sup> Kyu) Green Belt 1<sup>st</sup> degree

**I. Kadena de Mano**

Defense Drills

1. Leg lift against Front kick

**II. Advanced Yawara**

1. Rear shoulder grab - Figure 4 and sweep
2. Hairgrab front - Reverse armbar
3. Hairgrab rear - Right angle hold
4. Hammerlock - Pull out, figure 4
5. Tackle - Forearm, front fall, choke

**III. Shime No Kata-** expand first Groundflow

4<sup>th</sup> Groundflow

- |                       |                                    |
|-----------------------|------------------------------------|
| 1. Do Shime:          | Short rib scissors                 |
| 2. Momo Shime:        | Counter to Do Shime                |
| 3. Ashi Karame Shime: | Strangle and leg grapevine         |
| 4. Tenada Shime:      | Japanese armbar from counter choke |
| 5. Tatsumaki Shime:   | Dragon choke with reverse armbar   |

5<sup>th</sup> Groundflow

- |                        |                                 |
|------------------------|---------------------------------|
| 6. Shidare Fuji Shime: | Choke with side of foot         |
| 7. Ashi Nada Shime:    | Japanese legbar- from guard too |
| 8. Ashi Yubi Shime:    | Ankle twist- from guard too     |
| 9. Shika No Issoku:    | Leglock and hammerlock          |

**IV. Goshin Waza**

A. Enter Outside

1. Parry/Hit and elbow break, Katate Tori (only Mirror Stance)
2. PPC, Klaw takedown
3. PPC, Hadaka Shime San
4. Hook & Palm, Ikkajo
5. Hook & Palm, Ude garame
6. Hook & Palm, Sokumen
7. Hook & Palm, Sankajo or Kaiten Nage

**V. Stick defense**

1. Elbow break against angles 1 and 3
2. Thumb break against angles 2 and 4

**VI. Massage-** attend workshop before brown belt test

**VII. Randori**

1. Yawara
2. Nage no Kata
3. Goshin Waza
4. Shime no Kata
5. Defend against stick