

Danzan Ryu Aikijutsu
Gokyu (5th Kyu) Green Belt

I. Kadena de Mano

A. Defense Drills

1. Two hand block against 6 angles of attack

II. Advanced Yawara

1. Single lapel grab - Ears, eyes, head butt, groin
2. Front bearhug, arms free - Eye, throw
3. Front bearhug, arms pinned - Ribs, reverse elbow lock
4. Rear bearhug, arms free - Groin, reverse entering throw
5. Rear bearhug, arms pinned - Groin grab and stomp
6. 2nd Push/ Pull Drill- from outside and inside push
7. Combine Push/ Pull Drills

III. Shime No Kata

2nd Groundflow

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|---------------------|---------------------------|
| 1. Namijuji Shime: | Choke with fingers inside |
| 2. Sankaku Gatame: | Figure four leg strangle |
| 3. Gyakujuji Shime: | Choke with thumbs inside |
| 4. Ichimonji Shime: | One long one short choke |
| 5. Tsukikomi Shime: | Thrusting knuckle choke |

3rd Groundflow

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| 6. Osaegami Shime: | Hair and chin neck break |
| 7. Ushiro Gatame: | Jujutsu full nelson |
| 8. Hadaka Shime Ni: | Rear arm choke |
| 9. Hadaka Shime San: | Rear arm strangle |

IV. Goshin Waza

A. Enter Inside

1. Hook & Elbow, Kaiten Nage
2. Hook & Elbow, Hadaka Shine Ichi
3. Hook & Elbow, Osoto Gari
4. Hook & Elbow, Hijishime
5. Hook & Elbow, Shihonage
6. Double Hook, strike ears, eyes, headbutt, and knee to groin

V. Stick defense

1. Pry against angles 1 and 3
2. Wrist twist against angle 2 and 4

VI. Randori

1. Yawara
2. Entries from Cover
3. Defend against stick

VII. Reikishi- Know the Esoteric Principles