

Danzan Ryu Jujutsu
Rokyu (6th Kyu) Blue Belt 1st Degree

- I. Ukemi**
 - 1. Standing front fall
 - 2. Straight over ukemi

- 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. Nage No Kata**
 - 1. Uchi Momo Harai: Inside thigh sweep
 - 2. Tai Otoshi: Body drop throw
 - 3. Yama Arashi: Mountain storm

- IV. Yawara**
 - 1. Akushu Kote Tori: Figure-four arm lock
 - 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 blow and escape
 - 6. 1st Push/ Pull Drill- with retraction

- V. Shime no Kata**
 - 1. Juji Gatame- Crossbody lock
 - 2. Shiho Gatame- Smother hold
 - 3. Hadaka Shime Ichi: Front choke or neck breaker
 - 4. First ground flow- see Shime no Kata

- VI. Randori**

Yawara, Nage, Striking/Defense

- VII. Reikishi-** Submit a notebook