

Danzan Ryu Jujutsu
Yonkyu (4th Kyu) Green Belt 1st degree

I. Kadena de Mano

Defense Drills

1. Leg lift against Front kick

II. Nage no Kata

1. Makikomi: Wrapping art

III. Shime No Kata- expand 1st Groundflow

4th Groundflow

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|-----------------------|------------------------------------|
| 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 |

5th Groundflow

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|------------------------|---------------------------------|
| 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, Choke 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