

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