8/19/2024

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

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

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

Entries from Cover- do one of the 2 options for the test

1. Double Elbow, Kaiten Nage or Hadaka Shime Ichi (attack body going forward)
2. Double Elbow, Osoto Gari or Attack Center line (attack body going back)
3. Double Elbow, Hijishime or Shihonage (attack arm over or under)
4. Parry/Hit and Hara Gatame, Katate Tori or Claw takedown (attack arm or body)

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