

Danzan Ryu Jujutsu
Shichikyu (7th Kyu) Blue Belt

I. Ukemi

1. Backroll
2. Two continuous rolls and one fall (back and front)

II. Kadena de Mano

A. Defense drills

1. Parry against Jab, Cross
2. Double Parry, double Cover
3. Parry and apply klaw takedown

B. Striking drills

1. Jab, hook
2. Uppercut
3. Front Kick

III. Nage No Kata

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|-----------------|------------------|
| 1. Deashi Harai | Lower foot sweep |
| 2. Uchi Gama: | Inside sickle |
| 3. Seoi Nage: | Shoulder throw |

IV. Yawara

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|--------------------------|--------------------------------|
| 1. Ryote Tori: | Double hand push |
| 2. Tekubi Tori Ichi: | Outside hand and wrist breaker |
| 3. Tekubi Tori Ni: | Inside hand and wrist breaker |
| 4. Imon Tori: | Defense against a chest push |
| 5. Ryoeri Tori: | Double lapel torture hold |
| 6. 1st Push/ Pull Drill- | from outside and inside push |

V. Shime no Kata

1. Eri Gatame- Apply headlock arm outside
2. Kata Gatame- Apply headlock arm inside
3. Sidepin - Choose one counter

VII. Randori

- Yawara #1-10
Nage #1-6

VIII. Reikishi

1. History of Danzan Ryu
2. Explain the suffixes of Do and Jutsu