

Danzan Ryu Jujutsu  
Rokyu (6<sup>th</sup> Kyu) Blue Belt 1<sup>st</sup> 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