Danzan Ryu Jujutsu
Hachikyu (8th Kyu) White Belt

I. Ukemi

1. Slapping exercises - back, legs up, side, side to side
2. Backfall
3. Sidefall
4. Kneeling frontfall
5. Judo roll
6. Flatfall

II. Kadena de Mano

A. Defense drills

1. Cover against 4 Angles of attack (first solo then in pairs)
2. Cover against High/ low at random
3. Cover and apply klaw takedown

B. Striking drills

1. Jab
2. Cross
3. Jab, Cross
4. Hook
5. Knee Strike

III. Nage No Kata

1. Osoto Gari: Pendulum sweep
2. Ogoshi: Major hip throw
3. Dakikubi Goshi Headlock hip throw

IV. Yawara

1. Katate Hazushi Ichi: Outside wrist release
2. Katate Hazushi Ni: Cross wrist release
3. Ryote Hazushi: Double wrist release
4. Morote Hazushi: Two-on-one wrist release
5. Momiji Hazushi: Front choke release
6. Ryoeri Hazushi: Double lapel release
7. Mae Gake Hazushi: Hug defense
8. Yubi Tori: Finger lock
9. Moro Yubi Tori: Come-along wrist
10. Katate Tori: Single wrist break

V. Atemi-

1. Gansei – Eye or Mimi Tori- Ear
2. Kinsho - Groin Grab or Momo Tsuneru- Sharkbite

VI. Ground Work

1. Mount & Choke – Strike arms, neck twist and hip-lift

VII. Randori

Yawara #1-5, slow speed

VIII. Reikishi

A. Vocabulary - Translate

1. Jujutsu
2. Danzan Ryu Jujutsu
3. Danzan Ryu Aikijutsu
4. Kodenkan
5. Kadena de Mano
6. Yawara
7. Nage No Kata
8. Matte
9. Ki o tsuke
10. Rei
11. Sensei
12. Hajime

B. Traditions and Principles - Explain

1. Danzan Ryu Jujutsu
2. Danzan Ryu Aikijutsu
3. Okazaki Sensei
4. Bowing
5. Kiai
6. Kuzushi
7. Strongest Part vs. Weakest Point

C. Etiquette

1. Read Suigetsukan Etiquette sheet
2. Bowing: Standing and Sitting
3. Opening and Closing Sequence: Standing and Sitting
4. Care and Wearing of Gi