

HOKUTORYU JU-JUTSU

BROWN BELT, 1st KYU

- attending to a brown belt test/graduation should be approved by the instructor
- hokutoryu ju-jitsu passport is needed
- at least 12 months training as a blue belt (2nd kyu)
- at least 100 lessons as a blue belt noted to the trainee's training card/list
- attending at least 7 national level seminars/camps
- proper behaviour and good ju-jitsu manners
- fighter character, courage
- loyalty to the instructor, to the club/school and to the hokutoryu ju-jitsu style
- basic principles of coaching, experienced as an assistant instructor

BASIC TECHNIQUES

1. STRIKING TECHNIQUES (tsuki-waza)
 - all previous ones, on the move, sparring
2. KICKING TECHNIQUES (geri-waza)
 - all previous ones, on the move, sparring
3. STRIKING AND KICKING COMBINATIONS
 - shadow fighting with kicks and punches, fighting with boxing and kicking pads, sparring with kicks and punches
4. THROWING TECHNIQUES (nage-waza)
 - all previous ones, on the move
 - outside sweep/outer reap (o-soto-gari)
 - inside leg sweep/inner thigh reaping throw (uchi-mata)
 - shoulder wheel (kata-guruma)
 - outer winding/wrap-around throw (soto-maki-komi)
 - left side neck throw (hidari kubi-nage)
 - left side hip throw (hidari o-goshi)
5. THROWING COMBINATIONS
 - previous basic throws, on the move, fast
 - combination of throws, sparring with throws
6. GROUND TECHNIQUES (ne-waza)
 - all previous ones
 - shoulder hold (kata-gatame)
 - triangle choke with legs (sankaku-jime/ashi-gatame-jime)

JU-JUTSU TECHNIQUES

- all previous techniques from previous belts
1. ESCAPE FROM A REAR NAKED CHOKE
 - step backwards, knife hand, applied double leg grab + strike
 2. ESCAPE FROM A JACKET GRAB/HOLD AND A STRIKE
 - palm heel, outer winding throw, applied cross arm lock
 3. ESCAPE FROM A BEAR HUG
 - front/facing forward (on top of the arms): knee kick, inside leg sweep + bending arm lock
 - from the side: inner winding throw + applied cross arm lock

4. DEFENCE AGAINST A STRIKE

- against a left jab, right hook
- backhand crossing block (outside to inside), back fist, inside leg sweep + bending arm lock
- inside block (inside to outside), elbow, shoulder wheel + applied cross arm lock
- inside block (inside to outside), front kick, palm heel, outer winding throw + applied cross arm lock
- inside block (inside to outside), ridge hand, outside sweep + applied cross arm lock
- u-slip, uppercut, blood vessel choke and takedown + shoulder hold

5. DEFENCE AGAINST A KICK

- left or right leg attack
- slip, fall/drop from attackers kicking leg + strike, knee lock

6. DEFENCE AGAINST A KNIFE

- against a backhand cut: inside block (inside to outside) with back hand, palm heel, counter cut + applied lock 1, take the knife away

7. ONE HANDED THROWS

- two different ones with left hand
- two different ones with right hand

8. DEFENCE ON THE GROUND

- triangle choke with legs by passing a hold
- shoulder hold from side hold

JU-JUTSU RANDORIES (free-style practice)

- kicking and punching
- throwing
- on the ground
- escaping techniques
- against a strike or a kick
- against a stick/baton etc
- against a knife

HOKUTORYU FIGHT

- fighting stance, movement, slips, blocks
- punches/kicks, throws/takedowns
- ground fight/chokes/locks
- fighter character, courage