

SOUTH COAST MARTIAL ARTS

Zen Ju-Jitsu Ryu



JUNIOR SYLLABUS 7th Ko Kyu RED & WHITE BELT

SOUTH COAST MARTIAL ARTS

Zen Ju-Jitsu Ryu 7th KO KYU SYLLABUS **RED/WHITE BELT**

A. DOJO ETIQUETTE

- Belt tied correctly
- Standing Bow
- Kneeling bow

B. BREAKFALLS

- Mae Korobi (Forward rolling breakfall)
- Ushiro Ukemi (Falling backward breakfall)
- Migi Yoko Ukemi (Right side breakfall)
- Hidari Yoko Ukemi (Left Side breakfall)
- Mae Ukemi (Falling forward breakfall)

C. JU-NO-RI KATA OF BLOCKS – first 6 movements only

D. STANCES

- Zenkutsu Dachi (Forward stance)

E. PUNCHING TECHNIQUES

- Oi Zuki (Reverse stepping punch)
- Gyaku Zuki (Reverse punch)

F. KICKING TECHNIQUES

- Mae Geri (Front kick)
- Yoko Geri Kekomi (Side thrust kick)

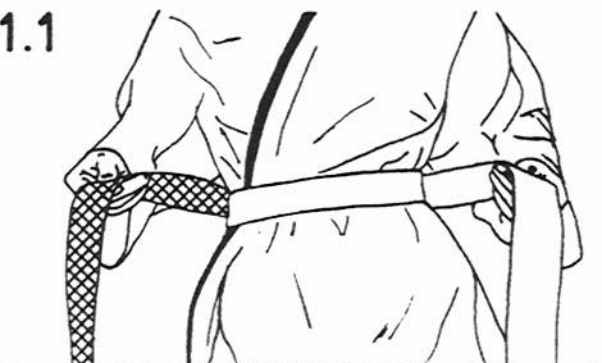
G. DEFENCE BLOCKING AND STRIKING TECHNIQUES - from being attacked.

H. RELAXED RANDORI / FREESTYLE

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Zen Ju-Jitsu Ryu Belt Tying

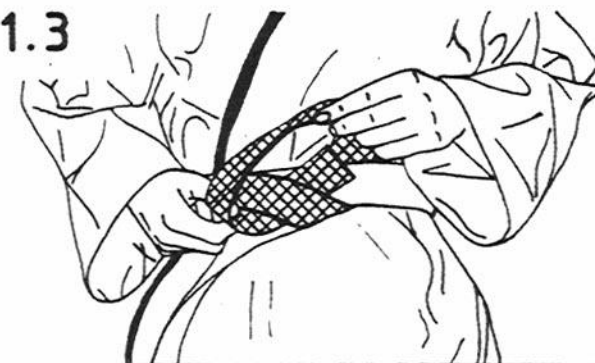
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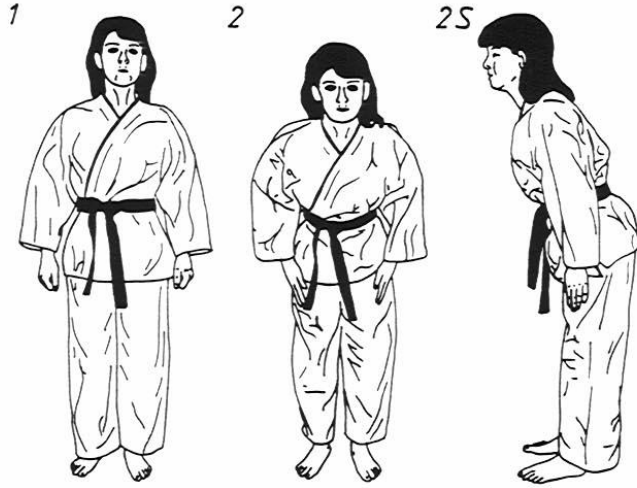
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STANDING BOW.



KNEELING BOW.



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PRINCIPLES OF BALANCE.

REQUIREMENTS

The principles of balance are necessary to allow Tori (defender) to take control of the Uke (attacker).

DIRECTIONS

There are eight directions in which to affect the Uke's posture (balance).

Foreward

Backward

Sidwards - Right

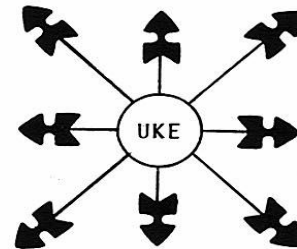
Left

4 Diagonal directions - Front right corner

Front left corner

Rear right corner

Rear left corner



USAGE

The knowledge of the principles of balance is important in order for the Tori to effectively throw, lock, strangle or strike the Uke.

METHOD

This is achieved by one or a combination of the following :-

Pulling

Pushing

Avoiding / diverting

Striking

the Uke.