

SOUTH COAST MARTIAL ARTS

Zen Ju-Jitsu Ryu



JUNIOR SYLLABUS

6th Ko Kyu
RED BELT

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6th KO KYU SYLLABUS

RED BELT

- A. BREAKFALLS.
- B. JU-NO-RI KATA OF BLOCKS – First 12 movements only.
- C. PRINCIPLES OF BALANCE.
- D. THROWING TECHNIQUES.



KUBI NAGE



ASHI GAKE

- E. GROUND WORK TECHNIQUES



KESA GATAME



KATA GATAME

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F. STANCES

- Zenkutsu Dachi (Forward Stance)
- Kiba Dachi (Horse Stance)
- Kokutsu Dachi (Back Stance)

G. PUNCHING TECHNIQUES

- Oi Zuki (Reverse stepping punch)
- Gyaku Zuki (Reverse punch)
- Kagi Tzuki (Hook punch)

H. KICKING TECHNIQUES

- Mika Zuki Geri (Crescent Kick)
- Ushiro Geri (Back Kick)

I. 5 Defence techniques from a selection of the above at the examiners discretion

J. RELAXED RANDORI / FREESTYLE