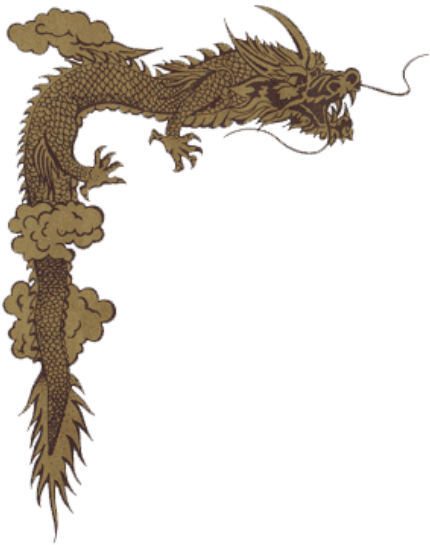


# SOUTH COAST MARTIAL ARTS

Zen Ju-Jitsu Ryu



## JUNIOR SYLLABUS 5<sup>th</sup> Ko Kyu YELLOW BELT

# SOUTH COAST MARTIAL ARTS

## Zen Ju-Jitsu Ryu 5<sup>th</sup> KO KYU SYLLABUS

### **YELLOW 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**



**TAI OTOSHI**



**KO UCHI MAKI KOMI**

- E THROWING TECHNIQUES 2's

# SOUTH COAST MARTIAL ARTS

## Zen Ju-Jitsu Ryu

F 2 x GROUND WORK TECHNIQUES

G SHIME WAZA – (Strangling techniques)

- 1 From front
- 1 From rear

H KICKING TECHNIQUES

- Mae Geri (Front kick)
- Ushiro Geri (Back kick)
- Mawashi Geri (Round house kick)
- Yoko Geri Kekomi (Side snap kick)
- Mika Zuki Geri (Crescent kick)

I DEFENCE TECHNIQUES - including the use of strangles and kicks.

J RELAXED RANDORI / FREESTYLE

# SOUTH COAST MARTIAL ARTS

## Zen Ju-Jitsu Ryu

### 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

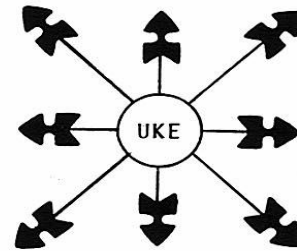
Left

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.