

SOUTH COAST MARTIAL ARTS  
Zen Ju-Jitsu Ryu



**JUNIOR SYLLABUS**  
**1<sup>st</sup> Ko Kyu**  
**BROWN BELT**

SOUTH COAST MARTIAL ARTS  
Zen Ju-Jitsu Ryu  
1st KO KYU SYLLABUS  
**BROWN BELT**

- A. BREAKFALLS
- B. JU-NO-RI KATA OF BLOCKS
- C. THROWING TECHNIQUES



**SOTO GAKE**



**HANI GOSHI**



**SUMI OTOSHI**



**O SOTO GARI**

- D. TECHNIQUE 1 – left handed
- E. TECHNIQUE 4
- F. COUNTER 2
- G. COUNTER 2 by 2
- H. 4 CASTING TECHNIQUES.
- I. THROWING TECHNIQUES TO - 6 ground holds or 6 pinning techniques.

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- J. HALF SACRIFICE TECHNIQUES
- ASHI GAKE
  - TAI OTOSHI
  - KUBI NAGE
  - SUMI OTOSHI
- K. 4 FULL SACRIFICE TECHNIQUES
- L. SACRIFICE COUNTERS
- M. ALL THROWING TECHNIQUES – from non-holding attacks.
- N. COUNTER TECHNIQUES – (while standing and on the ground).
- O. COUNTER TECHNIQUES – to knife attacks from
- The side
  - The front
  - Upward
  - Downward
- 2 techniques to each attack.
- P. COUNTER TECHNIQUES – to short stick attacks from
- Forehand
  - Backhand
  - Upward
  - Downward
- Q KANSETSU WAZA'S - KATA OF LOCKS – first 9 movements only.
- R. COUNTERS TO ATEMI WAZA'S – uke attacks tori from standing posture while tori, is on the ground. 4 different techniques to be shown.
- S. DEMONSTRATION OF PRESSURE AND NERVE POINTS OF THE BODY - while defending predetermined attacks.
- T. COMINATION TECHNIQUES – linkage of Katame Waza to include Osae Waza, Shimi Waza and Kansetsu Waza in a relaxed judo style randori.
- U. SEMI FREESTYLE – relaxed demonstration showing all round knowledge lasting 2 minutes.
- V. JU-NO-RI JU-JITSU RANDORI.