

SOUTH COAST MARTIAL ARTS  
Zen Ju-Jitsu Ryu



**JUNIOR SYLLABUS**  
**Ko Dan**  
**BLACK BELT**

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**KO DAN SYLLABUS (Junior Black Belt)**

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



**UCHI MATA**



**O UCHI GARI**



**HARAI GOSHI**



**OKURI ASHI BARAI**

- D. TECHNIQUE 1 – left handed
- E. TECHNIQUE 5
- F. COUNTER 2
- G. COUNTER 2 by 2

# SOUTH COAST MARTIAL ARTS

## Zen Ju-Jitsu Ryu

- H. 6 CASTING TECHNIQUES.
- I. THROWING TECHNIQUES TO – 10 ground holds or 10 pinning techniques.
- J. HALF SACRIFICE TECHNIQUES.
  - KATA SEOI
  - HIKI TAI
  - HANE GOSHI
  - UKE GOSHI
- K. 8 FULL SACRIFICE TECHNIQUES
- L. SACRIFICE COUNTER
- M. ALL THROWING TECHNIQUES – from non-holding attacks
- N. ATEMI WAZA – in all movements of striking while attacking and defending
- O. SHIMI WAZA'S – in all movements of strangling while attacking and defending
- P. KANSETSU WAZA'S - KATA OF LOCKS (full kata)
- Q. COUNTER TECHNIQUES – to knife attacks from
  - The side
  - The front
  - Upward
  - DownwardShow 4 techniques from each attack
- R. PRESSURE AND NERVE POINTS – demonstration of pressure and nerve points of the body, and forms used to attack in a moving format.
- S. COUNTER TECHNIQUES – to short stick attacks.
- T. COUNTER TECHNIQUES – demonstrate the use of short stick for your defence.
- U. CONFIDENCE IN ATTACK – attacks from 4 predetermined movements
- V. SEMI FREESTYLE – relaxed demonstration showing all round knowledge. Lasting 2 minutes.
- W JU-NO-RI JU-JITSU RANDORI