

SOUTH COAST MARTIAL ARTS
Zen Ju-Jitsu Ryu



JUNIOR SYLLABUS
Sho Dan Ho
Brown & White BELT

SOUTH COAST MARTIAL ARTS
Zen Ju-Jitsu Ryu

BROWN AND WHITE BELT

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



HARAI TSURI KOMI ASHI



DE ASHI BARI



O GOSHI



KO UCHI GARI

- D. TECHNIQUE 1 – left handed
- E. TECHNIQUE 5
- F. COUNTER 2
- G. COUNTER 2 by 2
- H. 5 CASTING TECHNIQUES
- I. THROWING TECHNIQUES TO - 8 ground holds or 8 pinning techniques.

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- J. HALF SACRIFICE TECHNIQUES
 - TAI OTOSHI
 - KATA SEOI
 - HANE GOSHI
 - HIKI TAI

- K. 6 FULL SACRIFICE TECHNIQUES

- L. SACRIFICE 2's

- M. SACRIFICE COUNTER

- N. ALL THROWING TECHNIQUES – from non-holding attacks.

- O. COUNTER TO KICKING TECHNIQUES – while tori is on the ground.
Show 4 different techniques.

- P. COUNTERS TO KNIFE ATTACKS – while tori is unarmed, and armed with a short stick.
 - Show 4 different techniques to each.

- Q. USAGE OF SHORT STICK - in methods of locking and strangling uke.

- R. COUNTER TECHNIQUE - show how to defend attacks on the ground after being thrown, following an attack on your self.

- S. COUNTER TECHNIQUE – uke to attack and tori is to take control of uke, while uke remains in an upright position.

- T. PRESSURE AND NERVE POINTS – demonstration of pressure and nerve points of the body, and forms used to attack in a moving format.

- U. CONFIDENCE IN ATTACK – attacks from 4 predetermined movements.

- V. COMBINATIONS TECHNIQUES - Linkage of Katame Waza to include Osae Waza, Shimi Waza and Kansetsu Waza in a relaxed judo style randori.

- W. SEMI FREESTYLE – relaxed demonstration showing all round knowledge lasting 2 minutes.

- X. JU-NO-RI JU-JITSU RANDORI.