

SOUTH COAST MARTIAL ARTS
Zen Ju-Jitsu Ryu



JUNIOR SYLLABUS
3rd Ko Kyu
GREEN BELT

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- A. BREAKFALLS
- B. JU-NO-RI KATA OF BLOCKS – first 20 movements only
- C. THROWING TECHNIQUES



KATA NAGE



SEOI NAGE



ASHI GURUMA



KOSHI GURUMA

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

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- H. 3 CASTING TECHNIQUES
- I. THROWING TECHNIQUES TO - 3 ground holds or 3 pinning techniques.
- J. HALF SACRIFICE TECHNIQUES
 - KATA NAGE
 - TAI OTOSHI
- K. ALL THROWING TECHNIQUES – from non-holding attacks.
- L. KATA OF LOCKS – First 4 movements only
- M. DEMONSTRATION AND DEFENCE AGAINST
 - Mae Geri.
 - Yoko geri kekomi.
 - Oi Zuke.
 - Gyaku Zuke.
 - Kaga Zuke.
 - Empi.
 - Open Hand Strikes.
- N. COUNTERS TO GRIPPING
 - Hair.
 - Single lapel.
 - Both lapels.
 - Single wrist.
 - Both wrists.
 - Single wrist from behind.
- O. JU-NO-RI JU-JITSU RANDORI