

SOUTH COAST MARTIAL ARTS  
Zen Ju-Jitsu Ryu



**JUNIOR SYLLABUS**  
**2<sup>nd</sup> Ko Kyu**  
**BLUE BELT**

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2nd KO KYU SYLLABUS  
**BLUE BELT**

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



**O SOTO OTOSHI**



**KATA ASHI DORI**



**KO SOTO GARI**



**HIKI TAI**

- D. TECHNIQUE 1 – left handed
- E. TECHNIQUE 3
- F. COUNTER 1
- G. COUNTER 2

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- H. THROWING TECHNIQUES TO - 4 ground holds or 4 pinning techniques.
- I. HALF SACRIFICE TECHNIQUES
- ASHI GAKE.
  - TAI OTOSHI.
  - KATA NAGE.
- J. 3 FULL SACRIFICE TECHNIQUES.
- K. ALL THROWING TECHNIQUES – from non-holding attacks.
- L. SHIMI WAZA - 3 Strangling counter techniques, from while standing and further 2 from the ground.
- M. ATEMI WAZA – (uke standing and on the ground).
- 2 Elbow strikes.
  - 2 Open hand strikes.
  - 2 clenched fist strikes.
  - 4 knee and kicking attacks.
- N. KANSETSU WAZA – 8 techniques while standing using hand, wrist, elbow and shoulder locks and a further 4 with uke on the ground.
- O. KATA OF LOCKS – first 6 movements only.
- P. SEMI FREESTYLE, relaxed demonstration showing all round knowledge, lasting 2 minutes.
- Q. DEMONSTRATION OF 3 COUNTERS AGAINST SHORT STICK.
- R. JU-NO-RI JU-JITSU RANDORI