

SOUTH COAST MARTIAL ARTS  
Zen Ju-Jitsu Ryu



**JUNIOR SYLLABUS**

**PURPLE AND WHITE BELT**

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**PURPLE AND WHITE BELT**

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

KUBI NAGE  
TAI OTOSHI

ASHI GAKE  
KO UCHI MAKI KOMI

KATA SEOI  
OBI GOSHI

HIZA GURUMA  
O SOTO GURUMA

KATA NAGE  
KOSHI GURUMA

ASHI GURUMA  
SEOI NAGE

O SOTO OTOSHI  
KO SOTO GARI

KATA ASHI DORI  
HIKI TAI

HANI GOSHI

SUMI OTOSHI

- A. ALL THE ABOVE THROWING TECHNIQUES WHILST ATTACKED FROM PREDETERMINED MOVES.
- E. PRINCIPLE OF BALANCE, demonstrating how to deflect attacks and move uke into a weakened position, leading to a completed movement.
- F. KATA OF LOCKS – 9 movements
- G. COUNTERS TO SHORT STICK ATTACKS from
  - Forehand                    x 2
  - Backhand                    x 2
  - Upward                      x 2
  - Downward                    x 2

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**H. COUNTERS TO KNIFE ATTACKS From**

- Forehand           x 2
- Backhand           x 2
- Upward            x 2
- Downward          x 2

**I. SHOW HOW TO DEFEND ATTACKS ON THE GROUND, AFTER BEING THROWN, FOLLOWING ATTACKS FROM YOURSELF.**

**J. ATEMI JU JITSU IN A MOVING FORMAT**

**K. SEMI FREESTYLE**

**L. RELAXED RANDORI / FREESTYLE / JU-NO-RI JU-JITSU RANDORI.**