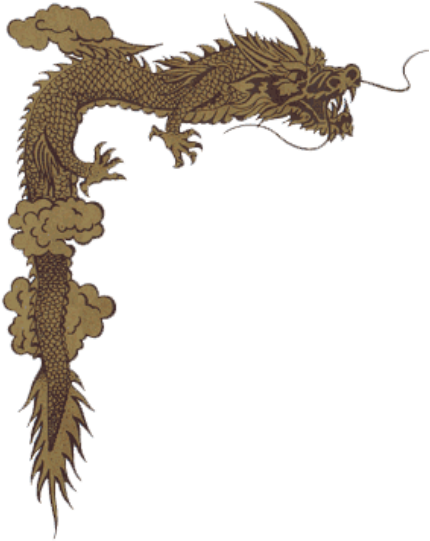


SOUTH COAST MARTIAL ARTS
Zen Ju-Jitsu Ryu



JUNIOR SYLLABUS
4th Ko Kyu
ORANGE BELT

SOUTH COAST MARTIAL ARTS

Zen Ju-Jitsu Ryu

4th KO KYU SYLLABUS

ORANGE BELT

A. BREAKFALLS

- Mae Korobi (Forward rolling breakfall)
- Ushiro Ukemi (Falling backward breakfall)
- Migi Yoko Ukemi (Right side breakfall)
- Hidari Yoko Ukemi (Left Side breakfall)
- Mae Ukemi (Falling forward breakfall)

B. JU-NO-RI KATA OF BLOCKS – First 15 movements only

C. THROWING TECHNIQUES



KATA SEOI



HIZA GURUMA



OBI GOSHI



O SOTO GURUMA

D. TECHNIQUE 1 – Left handed

SOUTH COAST MARTIAL ARTS
Zen Ju-Jitsu Ryu

- E. TECHNIQUE 2
- F. COUNTER 1
- G. COUNTER 2
- H. THROWING TECHNIQUES TO - 2 ground holds or 2 pinning techniques.
- I. ALL THROWING TECHNIQUES – from non-holding attacks.
- J. KICKING TECHNIQUES
 - Mae Geri (Front kick)
 - Ushiro Geri (Back kick)
 - Yoko Geri Kekomi (Side snap kick)
 - Mawashi Geri (Round house kick)
- K. 3 DEFENCE TECHNIQUES – against kicks.
- L. COUNTER TO GRIPPING
 - Hair x 1
 - Clothing x 1
 - Throat x 1
 - Wrists x 1
- M. ATEMI WAZA – open hand blows to uke's body in a moving format.
- N. COUNTERS TO BODY HUGS
 - From the front.
 - From the side.
 - From the rear.With uke's hands both inside and outside hold.
- O. JU-NO-RI JU JITSU RANDORI