

TENKI RYU JU JITSU



Black Belt

Basic exercises

Student to demonstrate their own stretching, warm-up and breakfall routine

Techniques "A"

Complete syllabus from Yellow Belt to Brown Belt to be demonstrated

Techniques "B"

Inside forearm block, backfist body drop (by hair) knife hand strike to throat

Left and right rising blocks with throws (x4)

Palm heel strikes/blocks from various attacks (x5)

The open hand and its uses (x8)

The elbow and its uses (x8)

The bottom fists and its uses (x7)

28 throws to be demonstrated

15 combinations throws (forward to forward)

15 combination throws (rear to forward)

15 combination throws (forward to rear)

15 combination throws (rear to rear)

Counter-techniques

Counter to:

- outer hook
- back hook
- half shoulder throw
- inside hook
- drawing ankle throw
- shoulder wheel
- body drop
- hip throw

Anatomy

Student to draw a diagram showing the main skeletal formation

Student to draw a diagram showing the main arterial branches

Weapons

In addition to demonstrating the Nunchaku, Sai and Tonfa Kata from the previous syllabus, the student should also demonstrate the Association Bo-staff Kata.

Random attacks

20 random attacks of the Examiners choice to be demonstrated

Theory

1000-word essay on a ground holding technique

1000-word essay on a throwing technique

1000-word essay on a locking technique

1000-word essay on a strangulation technique

Contests

Full circle line up of 25 opponents, controlled sparring

Line up of 2-3 opponents at the same time using kicks and punches, combining with throws and locks, all under good control.