

TENKI RYU JU JITSU



4th Kyu – Blue Belt

Basic exercises

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

Techniques

Hip and wheel lock (Types A and B) (Tsurigoshi)
Escape from head chanceries (Types A, B and C)
Escapes from garrotting (A - front; B - rear; C - side)
Dropping body drop with lock
Block punch, strike to spine with scissors take-down and choke
Block punch, spring hip throw
Rear scoop throw
Sleeper holds (Types A, B, C and D)
Knife attacks (Types A through F)
Advanced wrist locks (Types a, B and C)

Blocks

Left outer block, left inner block, left leopard paw strike
Left inner open hand block, left drop hand block, right dropping forearm block
Left inner hand block, change to right hand, left palm edge strike
Left inner hand block, double punch and wrist lock

All of the above to be done in kneeling position.

Ground techniques

Reverse arm bar from opponent kneeling on all fours
Arm bar from opponent kneeling on all fours
Spread-eagle hold from all fours
Straight arm lock
Leg strangle (from all fours and on back)
Elbow and chest pin-down
Side four quarters
Reverse scarf hold to vertical four quarters
Hell lock
Arm lock/strangle from being held in side four quarters
Arm lock from all fours

Combinations

Inner crescent, back spinning kicks
Jumping front kicks (kicking with the front foot, kicking with the back foot)
In fighting stance, lead hand jab, back fist, left front kick
In fighting stance, lead hand jab, reverse punch, jumping front kick

Random attacks

Right side kick to the mid-section
Left side kick to the mid-section
Right leg front kick to the mid section
Left leg front kick to the mid-section
Right leg roundhouse kick to the mid-section
Football-type swinging straight kick (right leg) to the groin

Contests

5 contests of one three-minute round of controlled sparring
1 contest of one three minute round of controlled sparring with 2-3 opponents at the same time.