

# TENKI RYU JU JITSU



## 2nd Kyu – Brown Belt

### **Basic exercises**

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

### **Techniques**

Variations of leg sweeps and trips (x8)

Sparring against two or more attackers demonstrating quick, decisive reactions to multiple attacks

Block punch, knife hand to neck, groin strike, and shoulder crash

Defence to begin held by both wrists from behind

Attacks to eyes and ears (x6)

Block punch, one handed throat throw and lock

Block punch, back fist and throw with shoulder wheel

Counters from various locks (x3)

### **Weapons**

Association Tonfa Kata

### **Anatomy**

Knowledge of main nerve centres - starting from head, working down.

### **Random attacks**

Seizure of left wrist, both hands, left leg forward

Seizure of right wrist, both hands, right leg forward

Front cross arms strangle

Double lapel seizure, arms slightly bent

### **Contests**

Half circle line up of ten opponents, controlled sparring

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