

TENKI RYU JU JITSU



1st Kyu – Brown Belt 1st Tag

Basic exercises

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

Techniques

Block punch, outer winding throw, spread-eagle and double arm lock

Block punch, inner winding throw and arm lock

Block punch, palm strike to the nose, rolling ankle throw with arm lock and strike

From front grab, knee to groin, corner throw and turning kick to chest

Block punch, neck lock with dropping outer wheel

Various stomach throws from different attacks (x3)

Shoulder and elbow dislocations from various attacks (x5)

Various blocks from different attacks using the same arm and combining with throws

Execution of standing locks and strangles from various attacks

Weapons

Association Sai Kata

Random attacks

Bar strangle from rear, right arm

Bar strangle from rear, left arm

Bear hug from rear, arms trapped

Bear hug from rear, arms free

Full nelson

Half nelson, right arm behind head, left wrist held

Contests

Half circle line up of 15 opponents, controlled sparring

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

Pain compliance

Student to demonstrate adequate knowledge of Pain Compliance techniques using nerves, locks and Yawara bo