

# TENKI RYU JU JITSU



## 5<sup>th</sup> Kyu – Green Belt

### Basic exercises

Student to demonstrate adequate warm up routine.

### Breakfalls

Student to demonstrate a routine that includes all basic breakfalls PLUS:

Straight over double back breakfall

Straight over side breakfall

### Techniques

Back kick

Crescent kick

Half shoulder throw with lock

Basic body drop with lock

Half shoulder throw from back grab

Back hammer lock

Crab claw scissors takedown

Attacking sweeping hip

Defending sweeping hip

Outside hock throw

Inside hock throw

Stamp hip throw

Methods of escape when held over arms from rear

Methods of escape when held under arms from rear

Methods of escape when held over arms from front

Methods of escape when held under arms from front

Bar chokes (Types A and B)

Variations of shoulder throws (x5)

Rice bale throw (Types A and B)

Escape from full nelson

Escape from half nelson

Front scissors takedown

### Strike set

Ridgehand to temple (Haito)

Elbow strike to solar plexus (Empi)

finger strike to groin (Nukite)

Palm strike to chin (Teisho)

Cross palm to chin (Teisho)

Backfist to nose (Uraken)

Forearm strike to neck (Ude)

Jab to chin (Ou-zuki)

Uppercut to chin (Age kage zuki)

Straight knuckle strike to throat (Hiraken)

Punch to stomach (Oi-zuki)

Punch to groin (Oi-zuki)

Reverse ridgehand to throat (Ushiro haito)

### Resuscitation/First Aid

When winded or unconscious

To stop nose bleeds

Place opponent in the recovery position

Relieve pain from an opponent who has been kicked in the groin

### Random attacks

Right hand reverse stance, punch to the head

Right hand straight punch to the head (right leg forward)

Left hand straight punch to the head (left leg forward)

Right hand uppercut punch to the mid-section  
Left hand uppercut punch to the mid-section

**Contests**

3 contests of one three-minute round of controlled sparring