

# TENKI RYU JU JITSU



## 6<sup>th</sup> Kyu – Orange Belt

### Basic exercises

20 Cat dips  
20 tuck jumps  
15 bridges  
20 star jumps

### Breakfalls

Forward rolling breakfall  
Backward rolling breakfall  
Front breakfall, kick and forward roll  
Back breakfall  
Back forelap breakfall  
Right and left side breakfalls  
Handstand tuck forward roll

### Techniques

Cross kick  
Turning kick  
Side kick  
Block punch, hip throw with shoulder arm lock  
Block punch, hip throw and follow up with double punch and forward roll  
Defence from kick whilst on the ground (Types A, B and C)  
Three armlocks from standing blows: 2 baton, 1 knife  
Shoulder armlock (Types A and B)  
Wrist locks (Types A, B and C)  
Breaking hair grabs (Types A and B)

### Ground techniques

Scarf hold (Kesa-gatame)  
Broken scarf hold (Kuzure-kesa-gatame)  
Arm bar from broken scarf hold (Kuzure-kesa-gatame - ude-gatame)  
Chest hold (Mune - gatame)  
Upper four quarters hold (Kami-shiho-gatame)  
Neck lock from upper four quarters hold (Kami-shiho-gatame to neck lock)

### Random attacks

Right hand hooking blow to the head  
Left hand hooking blow to the head  
Right hand downward blow to the head  
Right hand back fist to the side of the head (with right leg forward)  
Left hand reverse stance punch to the head

### Contests

1 contest consisting of one three minute round of controlled sparring