

TENKI RYU JU JITSU



3rd Kyu – Purple Belt

Basic exercises

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

Techniques

Knee strikes

Front hook kicks

Variations of chokes and strangles (x13)

Strangle from rear countered by valley drop

Straight arm lock countered by hip throw and lock

Straight arm lock countered by double back sweep with elbow strike/back fist

Back arm lock and collar hold countered by twisting arm lock

Arm lock from opponent applying front bar choke

Block punch, throw with full shoulder throw and lock

Block punch, forearm strike to neck

Dropping hip throw and neck lock

Thumb lock from opponent grabbing lapel

Block punch, elbow strike, head/shoulder throw and strangle

Weapons

Association Nunchaku Kata to be demonstrated

Random attacks

Grab all round, arms trapped

Grab all round, arms free

Choke from the front, both hands

Seizure of both wrists, left on right etc.

Contests

7 contests of one three-minute round of controlled sparring

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