

TENKI RYU JU JITSU



7th Kyu – Yellow Belt

Basic exercises

25 press ups
25 sit ups
25 squat thrusts
15 jack-knives

Breakfalls

Front rolling breakfall
Backward rolling breakfall
Front breakfall with kick and forward roll
Back breakfall
Right and Left side breakfalls

All of the above blocks to be done in Horse Riding Stance.

Blocks

Inner block
Outer block
Lower block
Upper block
Upper X Block
Lower X block

Techniques

Front kick
Breaking back strangle (Type A,B,C)
Breaking front strangle (Type A,B,C)
Straight arm lock from punch
Block punch and hip throw
Shoulder lock from uppercut to stomach
Recumbent ankle throw