

Nami Ryu Curriculum - Green Belt Skill Set

Brown Belt Awarded After Proficiency

Break Falls

Description

Rolling Side Fall, Left & Right
High Fall, Left & Right
Jumping Roll, Over Person

Nage Ukemi

Japanese

Yoko Tomoe Nage Ukemi
Kaiten Nage Ukemi
Tobi Ukemi

Instructor sign off

Single Knee Rolls With Bokken

Description

Single Knee Front, Back, Side
Rolls w/ Bokken:In obi, Out Of Obi
Standing Front, Back, Side Rolls
w/ Bokken:In obi, Out Of Obi

Kenjutsu Ukemi

Japanese

Ukemi Kata Hiza O Tateru

Tachi Ukemi

Instructor sign off

Aiki JuJutsu Foundational Techniques

Description

Third Grasping Method(Cutting)
Fourth Grasping Method
(Commutive Locking)
Elbow Throw (Dinosaur Drop)
Second Grasping Method
Head Tipping
Four Corners Throw

Kansestsu Waza

Japanese

Sankajo
Yonkajo

Hiji Nage
Nikajo
Atama Aiki Nage
Shihonage

Instructor sign off



Sparring Combinations With Redirection

Description

Signature Shuffle Kick Combo
Scarf Hold

Japanese

Scalercio Geri
Kesa Gatame

Instructor sign off

Grappling Submission

Description

Use of Leg from Ground/Horizontal
Arm Bar/Barrel Roll Arm Bar Lock
Gatame
Shoulder Locks
Leg Locks
Small Joint Locks
Chokes
Scarf Hold
Hold Downs
Wrist & Arm Hold

Japanese

Hasami Waza
Ude Gatame/Ohten
Gatame
Kata Gatame
Ashi Gatame
Gyaku Waza
Shime Waza
Kesa Gatame
Osae Komi Waza
Kote Katami

Instructor sign off

Defense Against Surprise Attacks

Description

From Head Lock
From Bear hug: Arm Free
From Bear hug: Arms Trapped
From Arm Locked Behind
From Two Hands Grasping One Arm
Corner Throw Reversal/Whizzer Escape

Goshin Jutsu

Japanese

Kubi Gyaku Tori Gaeshi
Ushiro Tanden Dori Tori Gaeshi
Ushiro Dori Tori Gaeshi
Ushiro Kata Te Dori Tori Gaeshi
Morote Dori Tori Gaeshi
Sumi Gaeshi

Instructor sign off



Sword

Description

6 Cuts Exercise
Suburi Waza
8 Cuts One Hand Exercise, Left & Right
Elbow Throw (Dinosaur Drop)

Kenjutsu

Japanese

Rokudan Giri
Suburi Waza
Hachidangiri Undo
Hiju Nage

Instructor sign off

Aiki Takedowns

Description

Nikajo
Sankajo
Yonkajo
Kote Gaeshi
Shihonage

Japanese

Nikajo
Sankajo
Yonkajo
Kote Gaeshi
Shihonage

Instructor sign off

Takedown Defense

Description

From Cross Hand Wrist Grab
From Same Side Wrist Grab
From Head Lock
From Bear hug Arms Out
From Bear hug Arms Trapped
From Arm Lock From Behind
From Two Hand Grab On One Arm
Corner Throw/Reversal & Escape From Whizzer

Japanese

Mawashi Gyaku Tori Gaeshi
Gyaku Tori Gaeshi
Kubi Gyaku Tori Gaeshi
Ushiro Tanden Dori Tori Gaeshi
Ushiro Dori Tori Gaesh
Ushiro Kata Te Dori Tori Gaeshi
Ushiro Dori Tori Gaeshi

Instructor sign off

Nami Ryu Aiki Heiho - Samurai Jujutsu and all associated materials, Concept, Etc
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