

Nami Ryu Curriculum - White Belt Skill Set

Yellow Belt Awarded After Proficiency

Seated Rolls

Description

Front, Left & Right
Back, Left & Right
Side over shoulders, Left & Right

Suwaru Ukemi

Japanese

Suwaru Mae Ukemi
Suwaru Ushiro Ukemi
Suwaru Yoko Kata Ukemi

Instructor sign off

Kneeling Rolls

Description

Front, Left & Right
Back, Left & Right
Sideways, Left & Right
Get Up Get Down
Changing Knees To Roll
Knee Walking
Kneeling on One Calf

Seiza Ukemi

Japanese

Seiza Mae Ukemi
Seiza Ushiro Ukemi
Seiza Yoko Ukemi
Ukemi Undo
Shiko Ni Ukemi
Shiko
Tate Hiza

Instructor sign off

Single Knee Rolls

Description

Front, Left & Right
Back, Left & Right
Sideway, Left & Right

Ukemi Kata Hiza O Tateru

Japanese

Mae Ukemi Kata O Tateru
Ushiro Ukemi Kata Hiza O Tateru
Yoko Ukemi Kata Hiza O Tateru

Instructor sign off



Punches, Strikes, & Kicks

Description

Strike (1st)
Palm Strikes, Left & Right
Front Kick, Left & Right

Uchi To Zuki Waza

Japanese

Tate Tsuki
Shote Ate/Teisho Tsuki
Mae Geri

Instructor sign off

Redirection

Description

Strike Redirection - Armbar
Redirection to Strike
Redirection to Front Kick

Ukuri Waza

Japanese

Ukuri Uki To Ikajo
Ukuri Uki To Atemi
Ukuri Uki To Mae Geri

Instructor sign off

Aiki Jujutsu Foundational Techniques

Description

First grasping method
(Arm Bar Relationship)

Kansestsu Waza

Japanese

Ikajo

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Escaping Arts

Description

Escape from Grasp to Strike
Escape from Cross Hand Grab
Escape from Grasp to Front Kick
Escape from a Front Choke

Tori Gaeshi Waza

Japanese

Mawashi Gyaku Tori Gaeshi to Atemi
Mawashi Gyaku Tori Gaeshi
Mawashi Gyaku Tori Gaeshi Atemi to Mae Geri
Juji Jime Tori Gaeshi

Instructor sign off

Basic Sword Cutting Sequence - Kenjutsu- Rokudan Giri

Description

First Cutting Method
Second Method

Japanese

Ichi Giri
Ni Giri

Instructor sign off



Student Name: _____

White Belt

Basic Grappling

Description

Getting back to feet

Leg trap/trip - (Pre-AikiJutsu Applications)

Leg trap from hip

Outside same side leg

Inside of near leg

Across to inside of other leg

Guard Position

Half Guard

Mount Position

Side Mount Pos., Left & Right

Reverse Mount Pos.

Pass Guard Position, In/Out

Katame Waza

Japanese

Osoto Gari

Kosoto Gari

Ouchi Gari

Kouch Gari

Dojime (Komi)

Dojime (Komi)

Shiho Gateme/Uki Gatame

Shiho Gatame/Uki Gatame Tori Gaeshi

Dojime (Komi) Tori Gaeshi

Instructor sign off

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

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Student Name: _____
White Belt