

Nami Ryu Curriculum - Yellow Belt Skill Set

Green Belt Awarded After Proficiency

Standing Rolls

Description

Front Rolls, Left & Right
Back Rolls, Left & Right
Side Roll Over Shoulder, Left & Right
Front Fall, Kneeling
Front Fall, Standing
Back Fall, Standing

Tachi Ukemi

Japanese

Tachi Ukemi
Tachi Ushiro Ukemi
Tachi Yoko Ukemi
Seiza Naga Ukemi
Tachi Nage Ukemi
Ushiro Nage Ukemi

Instructor sign off

Kenjutsu-Kneeling Rolls W/Bokken

Description

Front Rolls, Left & Right
Back Rolls, Left & Right
SideWAY Rolls, Left & Right

Seiza Ukemi

Japanese

Seiza MAEUkemi
Ushiro Ukemi
Yoko Ukemi

Instructor sign off

Aiki Jujutsu Foundational Techniques

Description

Pure Movement Introduction/Knife Demonstration
Wrist Turnout
Elbow Throw (Dinosaur Drop)
Second Grasping Method
Snake Hand
Third Grasping Method

Kansestsu Waza

Japanese

Kote Gaeshi
Hiji Nage
Nikajo
Hebite/Kote Hineri
Sankajo

Instructor sign off



Punches, Strikes & Kicks (Left & Right) Atemi & Geri (Hidari & Migil)

Description

Jab
Cross
Hooks
Elbow Strikes
Head Butt
Side Open Hand Strikes
BackHand Strikes
Stabbing Strikes
Bottom Fist Strikes
Back Fist Strikes
Iron Hammer Fist
Knee Strikes
Side Kick
Hook Kicks
Inside Heel Kick

Japanese

Tate Tsuki
Mawashi Tsuki
Kaga Tsuki
Hiji Ate
Atama Ate
Haishu
Haishu Ate
Nukite
Ikken/Kentsui
Uraken
Tetsui Ate
Hiza Geri
Yoko Geri
Tsuru/Kagi Geri
Ushiro Geri

Instructor sign off

Defense Against Strikes (Left & Right) Uke Waza

Description

Redirections, High & Low
Camming High & Low
Catching Punches/Flat Block

Japanese

Okuri Uke
NagAshi Uke

Instructor sign off

Defense Against Kicks-Giri Uke Waza

Description

Foot/Leg Sweeps
Attack To Inside Thigh

Japanese

Ashi Barai
Uchi Mata

Instructor sign off



Takedowns

Description

Single Legs Trap, Left & Right

Double Leg

Whizzer Throw

Knee Press

Nose Press

Ashi Gyaku

Japanese

Ashi Gyaku

Morote Ashi Gyaku

Kuchiki Taoshi

Hiza Gyaku

Hane Gyaku

Instructor sign off

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

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Student Name: _____
Yellow Belt