

## **Ryukyukai jujutsu curriculum 2018**

### **WHITE BELT TO YELLOW BELT (ROKKYU/6th KYU):**

STANCES- Basic, Cat, Front, Back, Kumite, Crouch

BREAKFALLS- Front, Rear, Side , Roll [Front, back & Side], (Kneeling)

BASIC STRIKES- Front punch, Reverse Punch, Knifehand, Backfist

BASIC KICKS- Front Kick, Side Kick, Round House, Back Snap

BASIC HAND ESCAPES- Pull from thumb/ forefinger, minimum 3 simple wrist & gi grab defenses for 1 & 2 hand each.

WARMING UPS & STRETCHING – Comprehensive- includes full upper /lower body & joint flexibility & rolls/breakfalls.

REIGI (ETIQUETTE) Per Sensei- Opening & Closing Salute, Basic Dojo/Uke& Tori Ettiquette, etc.

### **YELLOW BELT TO ORANGE BELT (GOKKYU/5th KYU)**

INTERMEDIATE BREAKFALLS - Front, Rear, Side , Roll [Front, back & Side], (Standing)

INTERMEDIATE STRIKES- Multiple angle knife, back & hammerfist, introductory vital (pressure point/nerve) strikes

INTERMEDIATE KICKS- Back Kick ( Hook), Reverse Roundhouse,

INTERMEDIATE HAND ESCAPES- Crossing, pinning & trapping escapes

BASIC BODY ESCAPES- Minimum 3 each front, rear & side bearhug.

### **ORANGE BELT TO GREEN BELT (YONKYU/4th KYU):**

ADVANCED BREAKFALLS - Front, Rear, Side , Roll [Front, back & Side], (over crouched person)

ADVANCED STRIKES- Comprehensive nerve & pressure point strikes, blocks as strikes & vice versa.

ADVANCED KICKS- Combination & Turning Kicks, Kick Takedowns, Double Kicks, etc.

BASIC FOOTWORK, BLOCKS AND EVASION- Tai Sabaki- fighting angles (front, side & diagonals), Standard Side, Low, Middle, High & Elbow Protecting Head Block.

BASIC TAKEDOWNS- Sweep, Inner/Outer Reap, Single/Double Leg, Knee Tackle

INTERMEDIATE BODY ESCAPES- Minimum 3 more front, rear & side bearhug.

### **GREEN BELT TO PURPLE BELT (SANKYU/3rd KYU):**

INTERMEDIATE FOOTWORK, BLOCKS AND EVASION- Sweeping Steps, Shooting in , Barely Dodging (Pivoting to Evade), Stomp Kick Back/Side of Knee, Knee to knee, Ridge Blocks, Scooping kick Blocks, Cross Blocks (Low Middle & High) Catch & Grab Blocks, Soft Blocks(Snake Blocks), Palm Blocks w/catch & pressure point grab, Circling 2 Hand Block.

INTERMEDIATE TAKEDOWNS- Hip Toss, Shoulder Throw, Wheel Throw, Kneeling& turning outside Wristlock, Crossblock takedowns, Belly To Belly & Belly to Back Takedowns (Aka Suplexes),

ADVANCED BODY ESCAPES (2 ATTACKERS)

BASIC GRAPPLING (POSITIONS AND ESCAPES) – From choke(Rear naked, Front, Rear, Side)

Guillotine, Military, Side Headlock, Nelson, Ground Positions (Mount, Guard, Side Control, Back

Mount, Turtle).

**PURPLE BELT TO BLUE BELT (NIKKYU/2nd KYU):**

ADVANCED FOOTWORK, BLOCKS AND EVASION- Multiple Angles/changing directions, Simultaneous Shooting & Pivoting, Figure 4 blocks (inner & outer), Double Blocks to manipulate/break joint, Pinning & Trapping Block Combinations,

ADVANCED TAKEDOWNS- Takedowns from figure 4 , Joint Locks, Snap Mare, Head/Neck Takedowns, Headlock to side control, Fireman's Carry Takedown/Throw, "Sidewalk Suplex", Kicks as takedowns,

BASIC STANDING JOINT LOCKS- C & S Locks, Arm Bar(various positions), Figure 4, Folding Arm Wraps, Shoulder Lock, Hammerlock, Standing Ankle Locks, Reverse Wristlock, Finger Manipulation, Concepts of Hyperextension and Compression,

INTERMEDIATE GRAPPLING (GROUND SUBMISSIONS)- Armbars, Americana, Kimura, Leg & Ankle Locks, Crosshand Gi & Collar Choke, Rear Naked Choke, Triangle, Joint Locks on Ground, Ground Kicks & Sweeps, Locking Joint against ground, Compound Arm/Leg Locks.

BASIC SPARRING (ONE-STEP SPARRING) Block Evade Strike/ Block, Evade, Takedown,

BASIC CANE TECHNIQUES- Basic Blocks, Strikes & Positioning

BASIC STICK AND KNIFE DEFENSES- Straight thrust, overhand, diagonal, side & upward slash)

**BLUE BELT TO BROWN BELT (IKKYU/1st KYU):**

INTERMEDIATE STANDING JOINT LOCKS- Chicken Wing (With choke variation), Compound Locks(e.g. Armbar/wristlock), etc. Counters of Basic Joint Locks.

ADVANCED GRAPPLING (BAITS, TRAPS & REVERSALS)- Advanced Gi & Collar Chokes, Applying any of the above submissions to encourage "resistance" to help submission in the opposite direction. Sweeps, Rolling Escapes, Standing Up & other escapes from Back Mount, "Shrimping", "Chokeproofing" techniques, Standing baits to get opponent to grab or otherwise present arm or leg, etc.

INTERMEDIATE SPARRING (TWO-STEP SPARRING)

INTERMEDIATE CANE TECHNIQUES- Hooks, Sweeps, Chokes

INTERMEDIATE STICK AND KNIFE DEFENSES- Reverse grip, circling, basic disarms,

HISTORY AND PHILOSOPHY OF JUJUTSU

LEGAL IMPLICATIONS OF USE OF FORCE

**BROWN BELT TO BLACK BELT (SHODAN/1st DAN):**

ADVANCED STANDING JOINT LOCKS- Shifting locks on resisting subject, flowing locks (See also "KI NO NAGARE", Joint Lock Energy Drills, Counters to Intermediate & Advanced Joint Locks

ADVANCED CANE TECHNIQUES- Locks, Takedowns & Throws

ADVANCED STICK AND KNIFE DEFENSES-, Multidirectional slashing, baiting, changing hands, vs. multiple weapon, making attacker cut self, taking attacker down with his own weapon,

intermediate & advanced disarm, stick locks, throws & takedowns, application of energy sensitivity with weapons, etc.