



**Dokan Ryu Ju Jutsu Sweden
&
Dokan Ryu International**

道
環
流

**Grading Requirements
Beginner to Black Belt**

5th KYU YELLOW BELT (gokyu)

GENERAL REQUIREMENTS:

- 1 term, minimum training time 4 months
- Minimum age: 14 years of age.
- Zarei (kneeling bow): seiza-mokuso (zazen)-rei-kiritsu
- Rei, sempai/sensei/shihan ni rei
- Budoetiquette (reiho)

KIHON WAZA (Basic techniques)

TACHI WAZA (stance techniques): 1. Musubi dachi (attention stance) 2. Fudo dachi (ready stance) 3. Naifanchi dachi 4. Kokutsu dachi (back stance) 5. Kamae (fighting stance)	TAISABAKI WAZA (body movements): 1. Yori ashi 2. Yoko taisabaki from kamae 3. Taisabaki 180° forward 4. Kokutsu dachi+180° backward	UKEMI WAZA (break falling techniques): 1. Yoko ukemi, with/without hand pad out (side break fall) 2. Ushiro ukemi, with/without hand pad out (backward break fall) 3. Mae ukemi (forward break fall)
NAGE WAZA (throwing techniques): 1. O soto otoshi (major outer drop)	KANSETSU WAZA (joint locking techniques): 1. Omote/ura ude osae (positive/negative arm press) <i>Understand the difference between omote/ura & soto kaiten/uchi kaiten</i>	UKE WAZA (blocking techniques, parrying from fighting stance): 1. Morote jodan uke, with soto/uchi kaiten (two hand high block) 2. Jodan uchi uke from kamae (high outward block) 3. Chudan soto uke from kamae (middle inward block) 4. Gedan soto uke from kamae (low inward block)
ATEMI WAZA (vital point-/distraction techniques): 1. Ganmen ate (face push) 2. Jodan soto empi ate (round inward elbow strike) 3. Ushiro empi ate (backward elbow strike)	TSUKI WAZA (punching techniques): Performed in chudan or jodan. Basic boxing. 1. Seiken sonobatsuki, naifanchi dachi (standing punches in naifanchi dachi) 2. Kizamitsuki from kamae with yori ashi (jab from fighting stance) 3. Gyakutsuki from kamae with yori ashi (reverse punch from fighting stance)	KERI WAZA (kicking techniques): 1. Maegeri (front kick)

BASIC APPLICATIONS IN FIGHTING & SPORT JU JUTSU

RENRAKU WAZA (combination techniques)		KAESHI WAZA (countering techniques)	
1. Gyakutsuki-Jodan kizamitsuki (reverse punch-jab)		1. Gyakutsuki	Surikomi soutuken (front hand inward block), gyakutsuki
		2. Maegeri	Surikomi gedan soutuken, gyakutsuki
		3. O soto otoshi	O soto otoshi
FOCUS PADS		MITTS	
Combination: 1. Kizamitsuki-gyakutsuki (jab-reverse punch)		1. Maegeri	
Mawaru Waza (passing & turning techniques in newaza) & Fusegi waza (escapes)			
GUARD: 1. Control 2. Scissor Sweep	Seiza: 2-point unbalancing, passing aside, hon gesa gatame (scarf hold)	All four-/Turtle position: <i>Arm passes below uke, grab arm & leg, push and turn</i> Kuzure mune gatame (modified side control)=Roll over (escape)	Passing the guard: Basic passing, hon gesa gatame=Roll over (escape)

BASIC APPLICATIONS IN SELF DEFENCE

JIGO WAZA (self defence techniques)	
FINISH OFFS & CONTROL	
You shall finish off your defence with any of the alternatives: 1 Assume distance (maai) & <i>kamae (fighting stance)</i> or with any of the following controlling techniques (katame waza) 1. Hiza osae gatame (bending the arm across the knee control). 2. Ude henkan gatame (arm wing lock).	
1. Front hairgrab, pull 2. Front choke 3. Rear choke + Attempt to front choke 4. Rear armbar choke, mug, pull 5. Forward push + double lapel grab & head butt 6. Single lapel grab and swing punch, gyakudachi	Hazushi, ude osae Hasamiuke/ganmen ate, ude osae Taisabaki 180° forward, hazushi + Morote jodan uke, ura ude osae O soto otoshi Ushiro ukemi + Jodan soto empi ate, ura ude osae Hidari jodan uchiuke/surikomi ganmen ate, hidari o soto otoshi
7. Forehand club attack, gyakudachi 8. Backhand club attack	Jodan uchiuke/jodan soto empi ate, o soto otoshi Soto kaiten morote jodan uke, ura ude osae
RANDORI (free sparring & fighting):	
1. Ne waza randori (ground fighting) 2. Self defence vs. grips, punches and kicks, gi & no-gi	

4th KYU ORANGE BELT (yonkyu)

GENERAL REQUIREMENTS:

- 1 term, minimum training time 4 months
- Tachirei (standing bow)-mokuso
- Count 1-10 in Japanese

KIHON WAZA (Basic techniques)

TACHI WAZA (stance techniques): 1. Shikko dachi (straddle stance)	UKEMI WAZA (break falling techniques): 1. Mae ukemi with hand pad out	NAGE WAZA (throwing techniques): 1. De ashi barai (advancing foot sweep) 2. Seoi nage (shoulder throw), ippon/morote/eri
KANSETSU WAZA (joint locking techniques): 1. Omote/ura kote gaeshi (positive/negative reversed wrist), soto/uchi kaiten	UKE WAZA (blocking techniques): 1. Jodan soto uke (high inward block) 2. Nagashi sukuiuke (sweeping away scooping block vs. maegeri, front kick)	ATEMI WAZA (vital point-/distraction techniques): 1. Kin ate (groin kick)
TSUKI WAZA (straight punching techniques): In chudan & jodan 1. Gyakutsuki, med yoriashi	UCHI WAZA (circular hand strikes): With front or back hand. 1. Yoko uraken uchi, yoriashi (side back fist)	KERI WAZA (kicking techniques): 1. Surikomi maegeri (front leg front kick), without instep 2. Mawashigeri (roundhouse kick)

APPLICATIONS IN FIGHTING & SPORT JU JUTSU

RENRAKU WAZA (combination techniques)	KAESHI WAZA (countering techniques)	
1. Gyakuhanmi: Surikomi ashi barai-gyakutsuki (front leg sweep-reverse punch) 2. Gyakuhanmi: Surikomi jodan sotouke (front hand high inward block)-push away opponents front hand/jodan kizamitsuki (jab)-gyakutsuki (reverse punch) 3. Surikomi jodan uraken (front hand back fist)-surikomi jodan sotouke/gyakutsuki-mawashigeri	1. Gyakutsuki 2. Jodan kizamitsuki, gyakuhanmi 3. Mawashigeri	Surikomi sotouke, surikomi jodan uraken Surikomi jodan sotouke/gyakutsuki Kizamitsuki (body jab)
4. Morote seoi nage-o soto otoshi (circular unbalancing or uke passing on the outside)	<i>Ai hanmi</i> Tori and uke stands in the same kamae (closed guard)	<i>Gyaku hanmi</i> Uke stands in a south paw stance, open stance
KICKING SPADE	MITTS	SPECIAL DRILL
1. Mawashigeri	1. Mawashigeri (haisoku-instep, sune-shin)	1. Gyakutsuki geiko (timing drill)

Mawaru Waza (passing & turning techniques in newaza) & Fusegi waza (escapes)		
Seiza: 1. Kanuki/shimewaza (wrap around stranglehold), turning with the leg, <i>kesa gatame</i> >Makura gesa gatame (pillow hold)	Passing the guard: 1. Grab the belt, passing aside, kuzure yoko shiho gatame (modified side locking of the four quarters)	Back mount: <i>Juji gatame (cross armlock, armbar)</i> 1. Left arm wraps around left armpit, right leg around ukes chin, mae ukemi (forward roll)>Juji gatame-break ukes resistance with your right foot
Side mount: Control drill: Alternate, change position and control during opponents resistance	Ne kamae long distance: Punching against face, defender lying down, attacker standing between the legs = Grab attackers sleeves, spin>Juji gatame- both legs across, grab your own sleeve, "gear lever"	Ne kamae, long distance (guard in ground fighting, opponent standing)

APPLICATIONS IN SELF DEFENCE

JIGO WAZA (self defence techniques):	
FINISH OFFS & CONTROL	
You shall finish off your defence with any of the alternatives: 1. <i>Gedan tsuki & Kamae</i> or with any of the following controlling techniques (katame waza) 1. Hiza osae gatame. 2. Ude henkan gatame. 3. Kote gatame (wrist control).	
1. Double wrist grab from the back, tight wrist	Taisabaki 180° forward, turn around, omote kote gaeshi
2. Front choke, push	Uchi kaiten omote kote gaeshi (inward turning)
3. Attempt to lapel grab, from the front	Jodan sotouke/jodan soto empi ate (high inward block/round elbow strike in one moment)
4. Attempt to lapel grab, from the front	Step to the left, left hand grabs attackers right hand, right hand hooks attacker neck back head, outside turn
5. Front choke, sitting on stomach	Overtun bridge, UPA
6. Lying arm bar choke, mug, sitting on the back	Seoi nage (shoulder throw)
7. Maegeri (front kick)	Nagashi sukuiuke, push ukes left collar, kuzure ashi barai (leg sweep)
8. Forehand club attack, gyakudachi (left foot in front)	Jodan uchiuke/ippon seoi nage
RANDORI (free sparring & fighting):	
1. <i>Ne waza randori (ground fighting)</i> 2. Yakusoku geiko (prearranged throwing) 3. Kumite (punching & kicking) 4. Jigo waza (self defence) with atemi (distraction blows), throws and take downs, gi and no-gi.	

3rd KYU GREEN BELT (sankyu)

GENERAL REQUIREMENTS:	<input type="checkbox"/> Training time: 1 year (since 4 th Kyu) <input type="checkbox"/> Competition rules (IJF & Dokan Kumite)
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KIHON WAZA (Basic techniques)

TAISABAKI WAZA (body movements) : 1. Kagami (ducking) 2. Tsuru ashi (sliding step, instep)	UKEMI WAZA (break falling techniques): 1. Otoshi ukemi (front drop fall)	NAGE WAZA (throwing techniques): 1. Ko uchi gari (minor inner reaping throw) 2. O uchi gari (major outer reaping throw) 3. O goshi (major hip throw) 4. Kubi nage (neck throw)
KANSETSU WAZA (joint locking techniques): 1. Omote ude osae in motion 2. Kote mawashi (turned wrist)	UKE WAZA (blocking techniques): 1. Otoshi hijuke (dropping elbow block) vs. hizageri 2. Nagashi gedan barai/jodan sotouke (sweeping away downward block/high inward block) vs. mawashigeri 3. Surikomi ashibokakeuke (front leg block) vs. lowkick	ATEMI WAZA(vital point-/distraction techniques): 1. Jodan toho ate (choke hold atemi) 2. Ushiro kin ate (back groin kick) vs. rear bear hug attacks 3. Gedan hiza ate (low knee kick to outer thigh)
UCHI WAZA (circular hand strikes): With front and back hand & in chudan and jodan. 1. Yoko uraken uchi (side back fist) 2. Kagitsuki/surikomi kagitsuki (hook punch/front hand hook punch)	KERI WAZA (kicking techniques): 1. Surikomi mawashigeri with instep (front leg roundhouse kick) 2. Gedan sune mawashigeri/uchimomogeri (outside lowkick/inside lowkick) 3. Hizageri/hizamawashigeri (knee kick/roundhouse knee kick)	

KATA (form)

TACHI WAZA: 1. Zenkutsu dachi (front stance in kata)	TAISABAKI WAZA : 1 Mawatte (turn 180° in front stance, performed in kata)	UKE WAZA: 1. Gedan barai, zenkutsu dachi (sweeping downward block, performed in kata)
TSUKI WAZA: 1. Oitsuki, zenkutsu dachi (lunge punch in kata)	KATA: 1. Taikyoku Shodan	First Taikyoku-kata, Taikyoku meaning "first cause"

APPLICATIONS IN FIGHTING & SPORT JU JUTSU

RENRAKU WAZA (combination techniques)		KAESHI WAZA (countering techniques)	
1. Jodan kizamitsuki-gyakutsuki-gedan sune mawashigeri (jab-reverse punch-outside lowkick)	1. Gedan sune mawashigeri	Surikomi ashibo kakeuke-surikomi uchimomogeri, hizamawashigeri	
2. O soto otoshi (uke takes one step back)-kubi nage 3. Ko uchi gari -o uchi gari 4. O uchi gari-morote seoi nage 5. Ippon seoi nage (uke passing on the outside)-ko uchi gari	2. O uchi gari 3. O goshi	Ippon seoi nage Hidari kubi nage	
RENRAKU TO KAESHI WAZA	FOCUS PADS	KICKING SPADE	MITTS
Fighting drill: 1. Surikomi mawashigeri (front leg roundhouse kick)=Parrying/slide back=Surikomi sotouke/ko uchi gari, gyakutsuki	1. Kagitsuki (hook punch) Combination: 1. Jodan kizamitsuki-jodan gyakutsuki-surikomi jodan kagitsuki	1. Surikomi mawashigeri (front leg roundhouse kick)	1. Gedan sune mawashigeri (lowkicks), partner drill, 2. Clinching/neck grappling with hizageri Combination: 1. Gyakutsuki-double surikomi kagitsuki
GUARD	Mawaru Waza (passing & turning techniques in newaza)		
1. Ne kamae, short distance (uke on stomach)	All four-/Turtle position: <i>Arm passes below uke, grab arm & leg, push and turn</i> 1. Kuzure mune gatame-mune gyaku (chest armlock, armbar from side mount) 2. Kesa gatame-kata gatame (shoulder hold) or kesa garami (scarf entangled arm lock)		Back-mount: <i>Push your legs underneath uke</i> 1. Turn with hadaka jime (naked strangle) or pull and stretch out 2. Sode jime (strangle with your own sleeve)

APPLICATIONS IN SELF DEFENCE

JIGO WAZA (self defence techniques):

FINISH OFFS & CONTROL

You shall finish off your defence with any of the alternatives: 1. *Gedan tsuki & Kamae* or with any of the following controlling techniques (katame waza): 1. *Hiza osae gatame*, 2. *Ude henkan gatame*, 3. *Kote gatame*, 4. *Kanuki gatame (bott lock)*, 5. *Kata osae (shoulder press)*, 6. *Hiza hishigi (knee crush)*, 7. *Okuri hiza osae (two leg knee press control)*.

1. Attempt to front choke	Surikomi sotouke (left front hand inward block), o soto osae (major outer press)
2. Front choke, push	Kubi nage (neck throw)
3. Single hand choke (toho) against wall	Turn 90° left/kote mawashi (turned wrist)
4. Single lapel grab and swing punch,, gyakudachi	Jodan uchiuke/surikomi uchimomogeri (left high outward block/inside lowkick), kote mawashi
5. Front bearhug, arms free	Hachi mawashi (hair-chin grip turn)
6. Rear bearhug, arms free, with lifting	Ko uchi gari (minor inner reaping throw)
7. Hook punch against face, defender lying down, attacker sitting on stomach (“mount”)	Ne kamae, short distance (guard), grip ukes leg, roll over , turn to your left
8. Roundhouse kick to the head from the side, defender lying down	Morote jodan uke (two hand high block), ura morote gari (back two handed reap, “back double leg take down”), okuri hiza osae (two leg knee press control)
9. Jodan kagitsuki (high hook punch), gyaku dachi (left foot in front), from clinch	Jodan uchiuke, kubi nage (high outward block, neck throw)
10. Jodan kagitsuki (high hook punch), gyaku dachi (left foot in front)	Kagami, ducking outside, kata gatame (duck to the outside, shoulder hold)
11. Mawashigeri (roundhouse kick)	Nagashi gedan barai/jodan sotouke (sweeping away downward block/high inward block), o uchi gari
12. Forehand club attack, gyakudachi (left foot in front)	Jodan uchiuke, kubi nage (high outward block, neck throw)
AID SOMEONE BEING ATTACKED	
1. Standing fight scenario	O soto osae (major outer press)
2. Attacker sitting on stomach	Hachi mawashi (hair-chin grip turn)
SPECIAL DRILLS	RANDORI (free sparring & fighting):
1. Controlling the attacker in ude osae-position with kata osae>hiji hineri>kote mawashi	1. <i>Ne waza randori</i> 2. <i>Nage waza</i> (throws, full speed motion) 3. <i>Kumite (tsuki to keru waza, punching & kicking)</i> 4. <i>Jigo waza (self defence) with atemi (distraction blows), throws and take downs, gi & no-gi</i>

2nd KYU BLUE BELT (nikyu)

GENERAL REQUIREMENTS:

- Training time: 1 year (since 3rd Kyu)
- Hanka fuza/keka fuza (half lotus position/complete lotus position)

KIHON WAZA (Basic techniques)

UKEMI WAZA (break falling techniques): 1. Chugaeri (forward summersault/volt fall)	NAGE WAZA (throwing techniques): 1. Harai goshi (sweeping hip throw) 2. Tai otoshi (body drop) 3. <i>Seoi otoshi (shoulder drop)</i> 4. Ko soto gake (minor outer hook)	KANSETSU WAZA (joint locking techniques): <i>1. Soto kaiten ura kote gaeshi in motion from attempt to grab the wrist</i> 2. Omote/ura shihonage (four direction throw) 3. Kote hineri (twisted wrist) 4. Omote/ura waki gatame (side elbow lock)
TSUKI WAZA (punching techniques): 1. Shitatsuki/age tsuki med yori ashi (low uppercut/upper punch)	KERI WAZA (kicking techniques): 1. Yokogeri (side kick)	

KATA (form)

1. Taikyoku Shodan

APPLICATIONS IN AIKI JU JUTSU

RENRAKU WAZA	KAESHI WAZA	
1. Omote shihonage-hidari kote hineri 2. Ura ude osae (uke bends his elbow)-ura kote gaeshi	1. Kote gaeshi	Omote waki gatame

APPLICATIONS IN FIGHTING & SPORT JU JUTSU

RENRAKU WAZA	KAESHI WAZA		
1. Jodan uraken/maegeri (right backfist/right front kick)	1. Gyakutsuki	Surikomi soutuken/surikomi (jodan)mawashigeri, gyakutsuki	
2. Ko uchi gari -harai goshi	2. Shitatsuki	Urauke, inside/neckhook, hizageri	
	3. Jodan kizamitsuki-jodan kagitsuki	Surikomi jodan soutuken, surikomi jodan uchiuke, harai goshi	
	4. Tai otoshi	Ko soto gake	
KICKING SPADE	MITTS	SPECIAL DRILLS	KUMIKATA DEFENCE (grip fighting defence)
1. Surikomi mawashigeri without instep	1. Yokogeri	1. Kumikata geiko (grip fighting drill/exercise) 2. One punching & kicking/one grappling & throwing (shiai pre-exercise)	1. Waki gatame (elbow lock)

GUARD POSITIONS	Mawaru Waza (passing & turning techniques in newaza), Fusegi Waza (escapes) & Hikkomi Waza	
1. Ne kamae, middle distance (“guard” in ground fighting, opponent sitting between legs) 2. Ne kamae, sitting between leg-position (opponent in guard)	<u>All four-/Turtle position:</u> <i>Arm passes below uke, grab arm & leg, push and turn</i> 1. To side mount. Kuzure mune gatame. Uke makes resistance, pushing with the arm, ude garami (entangled armlock, Kimura) 2. Half-nelson turning, right arm to opponents armpit, grip the neck collar>kuzure kami shiho gatame, left hand grips the collar and pass over in front of the opponent>shime waza (strangle).	<u>Passing the guard.(opponent in guard):</u> 1. Control 2. Grab the obi (belt), Mochiage-passing to mount= Juji jime (cross strangle)= juji gatame
<u>Back Mount:</u> 1. Right hand passes opponents right armpit>kuzure waki gatame	<u>Guard position:</u> 1. Windmill sweep>Juji gatame 2. Juji jime (cross strangle) 3. Kuzure juji jime (modified cross strangle)	<u>Standing:</u> 1. Morote seoi nage, kami shihogatame= Rolling/turning to stomach

APPLICATIONS IN SELF DEFENCE

JIGO WAZA (self defence techniques):	
FINISH OFFS & CONTROL	
You shall finish off your defence with any of the alternatives: 1 . <i>Gedan tsuki & Kamae</i> or with any of the following controlling techniques (katame waza): <i>Ashi dori gatame (wrap around ankle control) or katame waza from 3-5th Kyu Syllabus</i>	
1. Double wrist grab from the back, pull 2. Front hair grab, pull 3. Rear hair grab, pull 4. Rear single wristgrab/hand over mouth, pull back 5. Front choke, push 6. Rear choke, pull 7. Rear armbar choke, mug 8. Full nelson, pressing down 9. Double lapel grab pull close, threatening 10. Side bearhug, arms locked, push	Kote hineri Ude garami Step back, kote hineri Step back, kote hineri Tai otoshi Ushiro empi ate, ude garami Seoi otoshi Mae ukemi Ippon nukite, obi otoshi (belt drop) Harai goshi
11. Mawashigeri (roundhouse kick)	Nagashi gedan barai/jodan sotouke, hidari harai goshi
12. Forehand club attack, gyakudachi 13. Knife, stomach thrust 14. Knife, backhand face slash	Jodan uchiuke, harai goshi Soto kaiten ura kote gaeshi Soto kaiten ura waki gatame
SPECIAL CLUB DEFENCE DRILL	RANDORI (free sparring & fighting):
1. Repeated club attacks, rapid order attacks	1. <i>Ne waza randori</i> 2. <i>Nage waza (throws, full speed motion)</i> 3. <i>Kumite (tsuki to keri waza, punching & kicking)</i> 4. <i>Jigo waza (self defence) with atemi (distraction blows), throws and take downs, gi & no-gi</i> 5. <i>Shiai (sport ju jutsu) 2 minutes</i>

1st KYU BROWN BELT (ikkyu)	
GENERAL REQUIREMENTS:	☐ Training time: 1 ½ year (since 2nd Kyu)

KIHON WAZA (Basic techniques)

NAGE WAZA (throwing techniques): 1. O soto gari (major outer reaping throw) 2. Sasae tsurikomi ashi (lifting pulling ankle block) 3. Uchi mata (inner thigh throw) 4. Soto makikomi (outer wrap-around) 5. Sumi gaeshi (corner reversal)	KANSETSU WAZA (joint locking techniques): 1. Uchi kaiten kote hineri (inside inward twisted wrist in motion) 2. Ura hiji gatame (negative/outside turning elbow lock) 3. Ura iriminage (negative/outside turning entering throw)
UCHI WAZA (circular hand strikes) : 1. Haito uchi from kamae with yori ashi (ridge hand strike)	KERI WAZA (kicking techniques): 1. Move one step back, kick front leg mawashigeri 2. Surikomi yokogeri (front leg side kick) without instep 3. Ushirogeri from kamae (back kick) 4. Uramawashigeri from kamae (reverse roundhouse kick/hook kick)

KATA (form)

UKE WAZA: 1. Jodan uke, zenkutsu dachi (upper block, front stance, performed in kata) 2. Jodan uchiuke, zenkutsu dachi (high outward block, front stance, performed in kata) 3. Jodan shutouke, kokutsu dachi (high knife-hand block, back stance, performed in kata) 4. Jodan moroteuke, zenkutsu dachi (high double arm block, front stance, performed in kata)	TSUKI WAZA: 1. Gyakutsuki, zenkutsu dachi, in kata 2. Tate yohon nukite, zenkutsu dachi (vertical four-finger spear-hand, front stance, performed in kata)	UCHI WAZA: 1. Tetsui otoshi uchi, fudo dachi (dropping hammer fist strike, ready stance, performed in kata) 2. Yoko tetsui uchi, shikko dachi (sideward hammer fist strike, straddle stance, performed in kata)
KATA	BUNKAI (kata applications)	Bunkai no Pinan Shodan
1. 1. Pinan Shodan (first Pinan-kata, Pinan meaning "peaceful mind")	1. Single shoulder grab from the back 2. Single sleeve grab and swing punch, from the side 3. Single sleeve grab and swing punch, from the side	Jodan uchiuke/maegeri Double armblock, turn around to arm-/elbowlock Double armblock, left hand hooks attackers neck back head/tetsui otoshi uchi

APPLICATIONS IN AIKI JU JUTSU

KAESHI WAZA	
1. Ura irimi nage	Hidari kote hineri

APPLICATIONS IN FIGHTING & SPORT JU JUTSU

RENRAKU WAZA	KAESHI WAZA	
1. Surikomi jodan uraken-ushirogeri 2. Surikomi jodan uraken-gyakutsuki-jodan uramawashigeri	1. Jodan gyakutsuki 2. Jodan kizamitsuki-ushirogeri (jab-back kick)	Surikomi yokogeri (front leg side kick, no instep) Evasion to the left, nagashi gedan barai (sweeping away low block), kuzure ashi barai (leg sweep)
3. Ko uchi gari-uchimata 4. Left sasae tsurikomi ashi-right harai goshi	3. Uchi mata 4. Uchi mata	Grip opponents left leg, left harai goshi Uchi mata sukashi (pass in front of the opponent, left tai otoshi)

RENRAKU TO KAESHI WAZA	KICKING SPADE	MITTS
<i>Kicking Drill (from migi dachi):</i> Surikomi (front leg) mawashigeri, drop the leg and shift stance = Surikomi (front leg) mawashigeri, drop the leg and shift stance = Surikomi mawashigeri = Ushirogeri (back kick)	1. Ura mawashigeri	1. Ushirogeri
KICKING SPADE & MITTS	KUMIKATA DEFENCE (grip fighting defence)	KNOCKDOWN FIGHTING DRILL
<i>Combination:</i> 1. Mawashigeri/45° surikomi yokogeri (roundhouse kick & side kick standing on one leg, double kicking)	1. Ude gatame (straight arm arm lock) versus back collar grip	1. . Knockdown geiko
Mawaru Waza (passing & turning techniques in newaza) & Fusegi waza (escapes)		
<u>All four-/Turtle position:</u> <i>Arm passes below uke, grab arm & leg, push and turn</i> 1. Turn to kuzure mune gatame (side mount), opponent makes resistance, pushing with the arm, ude gatame (straight arm arm lock) 2. Side bearhug, arms free= Roll over, kuzure ushiro gesa gatame (modified rear scarf hold) <i>Push your leg underneath uke</i> 3. .Ura gatame (back-mount hold) 4. Okuri eri jime, (sliding collar lock) turn over	<u>Back Mount:</u> 1. Leg strangulation hold, uke defences turning inwards>juji gatame (cross armlock/armbar)	
<u>Side mount:</u> 1. Juji gatame (cross armlock/armbar)-both legs across>break opponents resistance with kote gatame (wrist control)/ude gatame (straight arm arm lock)arm on the opposite arm <u>Armbar Drill:</u> Controlling the opponent in the juji gatame (cross armlock/armbar)-position	<u>Guard:</u> 1. Ude gatame (straight arm arm lock)	

APPLICATIONS IN SELF DEFENCE

KATAME WAZA (controlling techniques): 1. Okuri hiji osae (renko waza) (double arm elbow control, arresting-/transportation technique)	SPECIAL CONTROL DRILL: 1. Alternate and shift controlling techniques during the opponents resistance
JIGO WAZA (self defence techniques):	
1. Choke from the side 2. Attempt to double lapel grab 3. Grip the collar from the back, pull 4. Grip the collar from the back, pull 5. Attempt to front bearhug, arms free 6. Rear bearhug, arms free, with lifting	Yoko empi ate, ude gatame Sasae tsurikomi ashi Jodan uchiuke/ura ate (high outward block/uppercut), ude gatame Jodan uchiuke/ura ate (uke one step back), soto makikomi Hikkomi gaeshi (pulling in reversal)-tate shiho gatame (straight locking four-corner hold, the mount) Soto makikomi
7. Lying double wristgrab, sitting on stomach 8. Front choke, sitting between legs	Yoko taisabaki/soto empi ate, ude gatame Fumikomi (stamp kick) against hips, yoko taisabaki, ude gatame
9. Jodan kagitsuki (high hook punch), gyaku dachi 10. Mawashigeri (roundhouse kick)	Jodan uchiuke/jodan soto empi ate (uke is ducking), hiza ate (knee kick), hikkomi gaeshi Nagashi gedan barai/jodan sotouke (sweeping away low block/high inward block), sasae tsurikomi ashi
11. Forehand club attack, gyakudachi (left foot in front) 12. Backhand club attack 13. Backhand club attack	Morote jodan uke (two-hand high block), hiki otoshi (pulling elbow drop throw) Morote jodan uke, ura hiji gatame Morote jodan uke, soto kaiten ura irimi nage
AID SOMEONE BEING ATTACKED	RANDORI (free sparring & fighting):
1. Standing fight scenario Okuri hiji osae (double arm elbow control)	1. Nage waza (throws, full speed motion) 2. Jigo waza (self defence) with atemi (distraction blows), throws and take downs 3. Club randori (club attack defences) 4. Kumite (tsuki to keru waza, punching & kicking) 5. Shiai (sport ju jutsu) 2 minutes

1st DAN BLACK BELT (shodan)

GENERAL REQUIREMENTS:

- Training time: 1 ½ year (since 1st Kyu)
- Minimum age: 18 year
- Completed the Basic Course for Instructors

KIHON WAZA (Basic techniques)

NAGE WAZA (throwing techniques)	KANSETSU WAZA (joint locking techniques)	KERI WAZA (kicking techniques)
1. Te guruma (hand wheel throw) 2. Tani otoshi (valley drop) 3. Tomoe nage (circular throw) 4. Yoko gake (side hook)	1. Mae otoshi (front drop, performed in motion) 2. Soto kaiten omote shihonage (outside turning positive four direction throw, performed in motion) 2. Ushiro ude garami (back entangled armlock) 4. Koshinage (hip throw)	1. Jabbing, Surikomi mawashigeri (front leg roundhouse kick) without instep 2. Surikomi ura mawashigeri (front leg hook kick) from kamae without instep

KATA (form)

TACHI WAZA	UKE WAZA	KATA
1. Heisoku dachi (closed toe stance, performed in kata) 2. Neko ashi dachi (cat stance, performed in kata)	1. Koteuke, shikko dachi (wrist block, straddle stance, performed in kata)	1. Pinan shodan 2. Pinan sandan
BUNKAI (kata applications): Bunkai no Pinan Sandan		
1. Diagonal single wristgrab from the front	Taisabaki 360°, surikomi yoko uraken uch (front backfist), oitsuki	
2. Rear bearhug, arms locked	Ushiro empi ate/ushiro kagitsuki	
3. Oi tsuki	Koteuke, soto kaiten with armlock /ushiro empi ate	

APPLICATIONS IN AIKI JU JUTSU

RENRAKU WAZA
1. Omote shiho nage-koshi nage (in motion) 2. Hiji gatame-ude garami

APPLICATIONS IN FIGHTING & SPORT JU JUTSU

RENRAKU WAZA	KAESHI WAZA	
1. Surikomi jodan uraken uchi-surikomi jodan mawashigeri-gyakutsuki 2. Surikomi mawashigeri/surikomi jodan mawashigeri (foot-jab) 3. Ashi barai-surikomi jodan mawashigeri	1. Gyakutsuki	Surikomi mawashigeri
	2. O goshi	Tani otoshi
	3. O goshi	Ushiro goshi (backward hip throw)
	4. Harai goshi	Te guruma
RENRAKU TO KAESHI WAZA	KICKING SPADE	KUMIKATA GEIKO
1. From kumikata: O uchi gari=Ippon seoi nage= Te guruma	1. Kaiten surikomi mawashigeri (tornado) Combination: 1. Surikomi jodan uramawashigeri/jodan mawashigeri (with the same leg, double kicking)	1. Kumikata geiko (grip fighting defence drill)

Mawaru Waza (passing & turning techniques in newaza) & Fusegi waza (escapes)		
All four-/Turtle position: <i>Push your leg underneath uke</i> 1. Kata ha jime (single wing strangle), turn over Jigoku-entry 2. Jigoku jime (hell strangle)-kata ha jime From the front: 3 Seiza, grab attack=Kote mawashi-kaeshi jime (reversed choke)	Back Mount: 1. Ushiro morote jime (two hand strangle from the back) 2. Koshi jime (hip strangle)	Guard: 1. Sankaku jime (triangular strangle) 2. Do jime (body strangle) 3. Sankaku do jime (triangular body strangle) 4 Tsukkomi jime (thrust choke)=Hiza gatame (knee arm lock)

APPLICATIONS IN SELF DEFENCE

KATAME WAZA (controlling techniques)	SPECIAL CONTROL DRILL
1. Kuzure ude guruma (modified arm wheel lock) (renko waza/arresting & transportation technique) 2. Kuzure kote gaeshi gatame (variation of wrist out turn lock) (renko waza/arresting & transportation technique)	1. Renko waza (arresting & transportation technique drill)
JIGO WAZA (self defence techniques):	
1. Attempt to front choke	Mae otoshi
2. Front choke, sitting between legs	Yoko taisabaki/soto empi ate, hiza gatame
3. Hook punch against face, defender lying down, attacker sitting between the legs	Ne kamae, guard middle distance, dojime/sankaku do jime
4. Hook punch against face, defender lying down, attacker sitting on stomach ("mount")	Ne kamae, short distance (guard), sankaku jime with the arms
5. Jodan kagitsuki (high hook punch), gyaku dachi	Kagami, outside, ura te guruma
6. Shitatsuki, gyaku dachi	Urauke/neckhook, kuzure ude guruma
7. Maegeri (front kick)	Nagashi gedan barai, koshi nage
8. Mawashigeri (roundhouse kick)	Gedan barai/jodan sotouke, inside, kake ashi gaeshi
9. Attempt to knife attack, backhand face slash	Front hand osaeuke (press block), kuzure ude guruma, kuzure kote gatame
10. Knife, stomach thrust, pressed into a corner	Gaiwan urauke/neckhook, hizageri, kuzure ude guruma
AID SOMEONE BEING ATTACKED	
1. Standing fight scenario	Kata ha jime

BUKI WAZA (weapon techniques)

HANBO JUTSU (short staff techniques)	
1. Single wrist grab from the front	Hanbo turn over, hanbo kote hishigi
2. Single hanbo grab from the front	Hanbo kote mawashi
3. Jodan gyakutsuki	Hanboblock, outside, hanbo ate, hanbo hadaka jime
4. Maegeri	Hanbo gedan barai, hanbo ate, hanbo ura morote gari
5. Knife, forehand face slash	Kakeuke/hanbo ate to biceps, hanbo ate to knife hand, maai (take distance)

RANDORI (free sparring & fighting)

1. Jigo waza (self defence) with atemi (distraction blows), throws and take downs 2. Randori , attacker standing/defender lying down, with self-defence newaza 3. Club randori (club attack defences) 4. Ne waza to tsuki waza (combat ne waza) 5. Nage waza (throws, full speed motion) 6. Kumite (tsuki to keri waza, punching & kicking) 7. Shiai (sport ju jutsu) 2x2 min 8. Kumite (knockdown) 9. Dokan Kumite (full contact knockdown sport ju jutsu)

2nd DAN BLACK BELT (nidan)

GENERAL REQUIREMENTS:

- Training time: 2 years (since 1st Dan)
- Completed the Intermediate Course for Instructors

KIHON WAZA (Basic techniques)

NAGE WAZA (throwing techniques): 1. Okuri ashi barai (following foot sweep) 2. Sode tsurikomi goshi (sleeve lifting-pull hip) 3. Kata guruma (shoulder wheel) 4. Ko uchi makikomi (minor inner wrap around) 5. O uchi makikomi (major inner wrap around) 6. Seoi makikomi (shoulder wrap around, flying mar)	KANSETSU WAZA (joint locking techniques): 1. Ude kimenage (arm lock throw) in motion 2. Iriminage from attempt to grab the wrist 3. Koshinage in motion 4. Kaitennage (rotary throw) 5. Tenchinage (heaven and earth throw)
UCHI WAZA (circular hand strikes): 1. Shutouchi from kamae (knife hand strike)	KERI WAZA (kicking techniques): 1. Tobi mawashigeri (jumping roundhouse kick) 2. Tobi ushirogeri (jumping back kick) 3. Surikomi ura mawashigeri (front leg hook kick) without instep 4. Otoshigeri/surikomi otoshigeri (drop kick/front led drop kick) 5. Ushiomawashigeri (back roundhouse kick)

KATA (form)

TACHI WAZA: 1. Tsuru ashi dachi 2. Kosa dachi (cross stance)	UKE WAZA: 1. Jodan kakeuke (high hook block), zenkutsu dachi 2. Yohon nukite/osaeuke (vertical spearhand thrust/press block), zenkutsu dachi	KATA: 1. Pinan sandan 2. Yul-Gok 3. Toyama Ryu Seitei Iai (1-3) or other recognised Iai kata)
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APPLICATIONS IN AIKI JU JUTSU

RENRAKU WAZA	KAESHI WAZA	
1. Ura kote gaeshi-tenchi nage 2. Ippon seoi nage (uke hand mot höften)-kote hineri-kaiten nage	1. Omote kote gaeshi 2. Omote shiho nage	Ude kime nage Kote hineri-kaiten nage

APPLICATIONS IN FIGHTING & SPORT JU JUTSU

RENRAKU WAZA	KAESHI WAZA	
1. Kizamitsuki-direkt surikomi jodan uramawashigeri 2. Surikomi jodan uraken-gyakutsuki-koshi nage	1. Gedan sune mawashigeri	Surikomi ashibo kakeuke-surikomi uchimomogeri-ushiromawashigeri
4. Surikomi mawashigeri-ushiromawashigeri-saxsteg-surikomi otoshigeri 5. Surikomi mawashigeri-tobi mawashigeri 6. Surikomi otoshigeri-gedan sune mawashigeri	2. Hidari kubi nage	Migi sode tsurikomi goshi
7 Ko uchi gari-hiza kata gurma 8. Ippon seoi nage-okuri ashi barai 9. Ippon seoi nage-ko uchi makikomi		

Mawaru Waza (passing & turning techniques in newaza)		
Passing the guard (opponent in guard): 1. Ashi kubi hishigi (single leg dislocation) 2. Ushiro kata ashi hishigi	Guard: 1. Ashi sankaku garami (leg triangle arm lock, Omoplata)	Sweeps, opponent standing: 1. Omoplata sweep 2. Leg trap sweep
HIKKOMI WAZA		RENRAKU TO KAESHI WAZA
1. Yoko uchi mata-sobi hishigi (knee lock) 2. From one arm grab-kuzure kata guruma makikomi		Hidari surikomi otoshigeri=Ushiro taisabaki-jodan mawashigeri=Surikomi uchimomogeri
KICKING SPADE		MITTS
1. Otoshigeri/surikomi otoshigeri 2. Ushiromawashigeri Countering technique: Surikomimawashigeri=Ushiromawashigeri		1. Tobi ushirogeri

APPLICATIONS IN SELF DEFENCE

JIGO WAZA (self defence techniques)	
1. Double wrist grab from behind, pull 2. Attempt to front choke 3. Front choke in motion, pressing down 4. Rear armbar choke, mug, pull-down 5. Side head lock, pull down 6. Grab around neck, clinch, hizageri (knee kick) 7. Hizageri, reversed front bearhug	Kote hineri, kaiten nage Sode tsurikomi goshi Hiji sutemi (elbow sacrifice throw) Seoi makikomi Yoko guruma (side wheel throw) Otoshi hijiuke, o uchi makikomi Kuzure kata guruma makikomi
8. Jodan kagitsuki, gyaku dachi 9. Maegeri 10. Jodan ushiromawashigeri	Jodan uchiuke, seoi makikomi Gedan sotouke/surikomi gedan sune mawashigeri, utsida, hadaka jime Jodan uchiuke, utsida, kuzure ashi barai
11. Backhand club attack 12. Knife, forehand face slash 13. Knife, backhand stab 14. Rapid order knife attacks: forehand face slash, backhand face slash, uppercut, stomach thrust	Jodan uchiuke, ude kime nage Jodan gaiwan (outer forearm) uchiuke/jodan shuto uchi, ude garami Ude ganmen osae (arm face press) Gaiwanuke (outer forearm block), urauke (uppercut block), atemi waza (soto empi ate, hiza ate, gedan sune mawashigeri), control & finish off
15. Multiple attack, wrap around arms from the sides	Okuri kami dori (double hair grab), atama ate (head smash), pull down
KATAME WAZA (controlling technique): 1. Ude kote gatame (renko waza)	KNIFE DEFENCE DRILL: Two defenders vs. one knife attacker

BUKI WAZA (weapon techniques)

HANBO JUTSU (short staff techniques)	
1. Knife, chest thrust 2. Knife, forehand carotid stab	Hanbo sotouke, outside, hanbo kuzure ude guruma Kakeuke/hanbo ate against biceps, hanbo ude garami

RANDORI (free sparring & fighting)

<p>1. Jigo waza (self defence) with atemi (distraction blows), throws and take downs</p> <p>2. Kakari geiko (self defence vs. two attackers)</p> <p>3. Nage waza (throws, full speed motion)</p> <p>4. Keri waza (kicking with protections)</p> <p>5. Kumite (knockdown)</p> <p>6. Sport Ju Jutsu i 2x2 min</p> <p>7. Dokan kumite (full contact knockdown sport ju jutsu)</p>
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3rd DAN BLACK BELT (sandan)

GENERAL REQUIREMENTS:

- Training time: 3 years (since 2nd Dan)
- Completed the Advanced Course for Instructors

KIHON WAZA (Basic techniques)

NAGE WAZA (throwing techniques): 1. Hane goshi (springing hip throw) 2. Uki otoshi (floating drop) 3. Uki waza (floating technique) 4. Yoko wakare (side separation) 5. Kani basami (scissors throw)	KANSETSU WAZA (joint locking techniques): 1. Kubi osae (neck press) in motion 2. Kaiten nage (rotary throw) in motion from single wrist grab 3. Ura katsugi gatame (negative shoulder carry lock) 4. Kata otoshi (rear shoulder drop) from attempt to grab the wrist	KERI WAZA (kicking techniques): 1. Tobi ushiro geri (jumping back kick), one leg, 360° 2. Haisoku uchi mawashigeri (outward roundhouse kick, twist kick)
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KATA (form)

KATA	BUNKAI: Bunkai no Pal-Gwe Pal-Chang	
1. Toyama Ryu Seitei Iai (1-5) 2. Yul-Gok 3. Pal-Gwe Pal-Chang 4. Taisabaki no Kata	1. Single wrist grab from the side 2. Front choke 3. Single sleeve grab from the side	Hazushi, yoko empi ate, uchiuke, gyakutsuki, ko uchi gari Kakiwakeuke, morote shitatsuki Shuto sotouke, kaiten ushiro empi ate

APPLICATIONS IN AIKI JU JUTSU

RENRAKU WAZA	KAESHI WAZA	
1. . Kote gaeshi-uki waza (motion)	1. Omote kote gaeshi	One-handed uki waza

APPLICATIONS IN FIGHTING & SPORT JU JUTSU

RENRAKU WAZA	KICKING SPADE
1. Surikomi mawashigeri-ushiromawashigeri-360° tobi ushirogeri 2. Ashi barai-surikomi tobi mawashigeri 3. Ko uchi gari (circle)-hane goshi 4. O soto gari-yoko wakare 5. O uchi gari-uki waza	1. Haisoku uchi mawashigeri 2. Tobi ushiromawashigeri (jumping back roundhouse kick)
KAESHI WAZA	
1. O goshi 2. Harai goshi 3. Morote gari (two hand reap)	Uki waza Kuchiki taoshi (dead tree fall) Tawara gaeshi (rice ball throw), kuzure yoko shiho gatame, neck lock

APPLICATIONS IN SELF DEFENCE

KATAME WAZA (controlling techniques): 1. Kubi hishigi (neck dislocation) 2. The Stock (renko waza)	KATAME WAZA DRILL: 1. One free controlling techniques combination
JIGO WAZA (self defence techniques)	
1. Attempt to front choke 2. Front head lock 3. Side shoulder grab, pull 4. Attempt to front bear hug, arms locked	Uki waza Gedan haito ate, kubi hishigi Block/uraken ate, kani basami Shuto mawashi ate, uki otoshi
5. Jodan kagitsuki, gyakudachi	Jodan uchiuke/neckhook, hiza ate, kubi hishigi
6. Backhand club attack	Morote jodan uke, hiza fumikomi/kami dori (knee joint stamp/hair pull)
7. Backhand club attack	Morote jodan uke, ura katsugi gatame
8. Rapid order knife attacks: forehand face slash, backhand face slash, uppercut, stomach thrust	Defence with jacket
9. Pistol threat from the hip	Pisutoru ganmen ate (pistol face thrust)
10. Front stomach pistol threat	Kuzure kote hineri (modified twisted wrist)

BUKI WAZA (weapon techniques)

HANBO JUTSU (short staff techniques)	
1. Single wrist grab, underneath	Hanbo ushiro ude garami
2. Mawashigeri	Hanbo gedan tsuki, hanbo ate against.
3. Mawashigeri	throat, hiki otoshi Hanbo morote uke, hanbo ate against. throat, o soto otoshi
JO DORI (defence against staff)	
1. Jo shomen uchi, oi dachi	Moroteuke, outside/ushiro taisabaki, jodan jo chokutsuki (thrust)
2. Jo shomen uchi, gyaku dachi	Moroteuke, outside, jo shiho nage
3. Jo chokutsuki, oi dachi	Moroteuke, outside, jo kote mawashi, jo chokutsuki

RANDORI (free sparring & fighting)

<ol style="list-style-type: none"> 1. Jigo waza (self defence) with atemi (distraction blows), throws and take downs 2. Kakari geiko (self defence vs. two attackers) 3. Nage waza (throws, full speed motion) 4. Kumite (tsuki to keri waza, kicking & punching) 5. Keri waza (kicking with protection) 6. Dokan kumite (full contact knockdown sport ju jutsu, knockdown shiai)

4th DAN BLACK BELT (yondan)	
GENERAL REQUIREMENTS	TECHNICAL ASPECTS (JUTSURI no KATA)
At least 4 years training since 3rd Dan. Minst 4 års träning sedan 3 Dan. Jutsuri no Kata.	Technical aspects of one free basic technique. Discuss the history, background and applications of the technique. Discuss the training methods and the technical progression of the technique. Demonstrate at least 5 applications of the basic technique (in combination, in countering, in self defence).

KIHON WAZA (Basic techniques)

NAGE WAZA (throwing techniques):	KANSETSU WAZA (joint locking techniques):	KATAME WAZA (controlling techniques):
<ol style="list-style-type: none"> 1. <i>O soto guruma (major outer wheel)</i> 2. <i>Harai makikomi (sweeping wrap around)</i> 3. <i>Hane makikomi (spring wrap-around throw)</i> 4. <i>O guruma (major wheel)</i> 5. <i>Kata ashi dori sumi gaeshi (shoulder leg corner throw)</i> 	<ol style="list-style-type: none"> 1. <i>Kaitennage (rotary throw) from attempt to grab the wrist</i> 2. <i>Aiki koshinage (aiki hip throw)</i> 	<ol style="list-style-type: none"> 1. <i>Ura kubi hishigi (negative neck dislocation)</i>

KATA (form)

1. Wanshu

APPLICATIONS

RENRAKU WAZA	KAESHI WAZA	
<ol style="list-style-type: none"> 1. <i>Ko uchi gari -kata ashi dori sumi gaeshi</i> 2. <i>Ko uchi gari-hane makikomi</i> 	<ol style="list-style-type: none"> 1. <i>Tsuri goshi</i> 2. <i>Uchi mata</i> 	<ol style="list-style-type: none"> <i>Hiza otoshi (knee drop)</i> <i>Kuzure sumi otoshi (modified corner drop)</i>
<ol style="list-style-type: none"> 3. <i>Omote ude osae-mae otoshi-aiki koshinge</i> 4. <i>Kote gaeshi-o soto guruma</i> 5. <i>Omote tenchi nage-maegeri-juji garami</i> 	<ol style="list-style-type: none"> 3. <i>Ura iriminage</i> 	<ol style="list-style-type: none"> <i>Hidari kote hineri-o guruma</i>
HIKKOMI WAZA	1. <i>Ude gaeshi (arm reversal)</i>	

JIGO WAZA (self defence techniques)

<ol style="list-style-type: none"> 1. <i>Double wristgrab from behind, pull</i> 2. <i>Attempt to front choke</i> 3. <i>Attempt to double lapel grab</i> 4. <i>Front bear hug, arms free, with lifting</i> 	<ol style="list-style-type: none"> <i>Juji garami (cross throw)</i> <i>Morote jodan uke, mae otoshi, aiki koshinage</i> <i>Kaitennage in motion</i> <i>Uchi hiza hishigi</i>
<ol style="list-style-type: none"> 5. <i>Jodan kagitsuki</i> 6. <i>Maegeri</i> 	<ol style="list-style-type: none"> <i>Jodan uchiuke/jodan soto empi ate (uke ducking), kata ashi dori sumi gaeshi</i> <i>Gedan soutuoke/surikomi gedan sune mawashigeri, outside, kaiten o soto gari</i>
<ol style="list-style-type: none"> 7. <i>Backhand club attack</i> 8. <i>Backhand club attack</i> 	<ol style="list-style-type: none"> <i>Morote jodan uke, ude gaeshi</i> <i>Morote jodan uke, ura kubi hishigi</i>

BUKI WAZA (weapon techniques)

HANBO JUTSU (short staff techniques)	
1. Single lapel grab & swing punch	Jodan uchiuke, hanbo kubi osae
2. Jodan gyakutsuki	Morote hanbouke, outside, hanbo do osae
JO DORI (defence against staff)	
1. Jo shomen uchi, oi dachi	Morote uke, soto kaiten, jo irimi nage
2. Jo chokutsuki, oi dachi	Morote uke, insida, jo kokyonage
RANDORI (free sparring & fighting)	1. Tantodori (knife defence) 2. <i>Jigo waza (self defence) with atemi (distraction blows), throws and take downs</i>

5th DAN BLACK BELT (godan)

GENERAL REQUIREMENTS:	<input type="checkbox"/> At least 5 years training since 4th Dan or totally 20 years training background. <input type="checkbox"/> Menkyo Chuden-licence
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KATA (form)

KATA	BUNKAI
1. Tokui kata (favorite kata) punch & kick (one recognised classical kata/poomse/tul) 2. Tekubi no Kata 3. <i>Toyama Ryu Seitei Iai (1-8) or other recognised Iai kata</i>	Demonstrate 3 applications from the tokui kata.

TOKUI WAZA (favorite-/special techniques)

1. Tsuki or keru waza, demonstrate 5 applications. 2. Nage waza, demonstrate 5 applications 3. Kansetsu waza, demonstrate 5 applications	APPLICATIONS: Could be demonstrated as renraku waza, kaeshi waza, renraku to kaeshi waza, jigo waza or buki waza.
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