



# Shuri-Te Ju-Jutsu

## 6th Kyu Rank Requirements for Traditional Combative Ju-Jutsu

Four DVD Disc Set, 256-Minutes Total (Item Code: DVD-36)  
 By: Troy J. Price - NTSC DV Widescreen  
**Cost: \$59.00**

### DVD Contents:

#### **Rolling & Falling Techniques (Ukemi-Waza/Sutemi-Waza)**

- Basic front fall (Mae ukemi)
- Forward roll (Mae mawari ukemi)
- Back roll (Ushiro mawari ukemi)

#### **Stances/Postures (Tachi)**

- Ha-mae kiba dachi Half-front horse-riding stance
- Shiko dachi Sumo stance
- Sanshin dachi Toe-in stance

- Sankaku dachi Toe-out stance
- Back stance (Kokutsu dachi)

#### **Footwork & Avoiding Movements (Ashi-Sabaki & Tai-Sabaki)**

- Outward body turning 180 degree (Tai-no-tenkan)
- Step forward, outward body turn (Ayumi-ashi/Tai-no-tenkan)
- Outward body turning 180 degree (Tai-no-tenkan) & Step forward, outward body turn (Ayumi-ashi/Tai-no-tenkan)
- Step slide, pivot 180 degree (Tsugi-ashi/Tenkai-ashi)
- Step forward, pivot 180 degree (Kaiten-ashi)

#### **Blocking Techniques (Uke-Waza)**

- Inside & outside forearm block (Uchi & Soto ude uke)
- Downward sweeping block (Gedan barai)

#### **Striking Techniques (Atemi-Waza)**

##### Punching Techniques (Tsuki-Waza):

- Short thrust/no-turn punch (Ura tsuki)
- Rising punch (Age tsuki)

##### Striking Techniques (Uchi-Waza):

- Palm-heel strike (Teisho/Shotei uchi)
- Sword-hand strikes (Shuto uchi)

##### Elbow Striking Techniques (Empi-Uchi-Waza):

- Upward vertical elbow
- Downward vertical elbow

##### Kicking Techniques (Keri-Waza):

- Heel stomp kick (Kakato geri)
- Toe-out sole of the foot kick (Teisoku geri)

##### Knee Striking Techniques (Hiza-Uchi-Waza):

- Forward thrusting knee
- Springing/bouncing knee

Example application of combining some of the basic techniques

#### **Combative Continuous Striking Flow Patterns #1 (Uchi-No-Kata)**

#### **Redirecting/Entering Techniques**

- #3 Inside forearm circular sweeping blocks (2 arm positions)
- #4 Outside forearm circular blocks (2 arm positions)

#### **Release/Escaping Techniques (Hazushi-Waza)**

##### Attack:

- #4 Cross wrist grab
- #5 Straight in wrist grab
- #6 Cross wrist grab

##### Release:

- Circle & coil under, cut hand across (shuto uke)
- Circle & coil under, press/push hand across (Nagashi uke)
- Upward & inward vertical elbow with low kick

- #7 Frontal two hand choke Finger strike (secret sword) into arm-pits or throat
- #8 Frontal two hand choke Back-hand strike to groin, clear arms & palm strike to jaw
- #9 Frontal two hand choke Swing arm over cutting down into arms & shuto strike to neck

### Joint Locking/Bending Techniques (Kansetsu-Waza)

#### Joint Bending/Locking Flow Series #1 thru 7

- Joint lock #4 (Kote-mawashi/Nikyo Variation #1)
- Joint lock #5 (Kote-mawashi/Nikyo Variation #2)
- Joint lock #6 (Kote-mawashi/Nikyo Variation #3)
- Joint lock #7 (Kote-mawashi/Nikyo Variation #4)
- Joint bending/locking flow series #1 thru 7 review & additional details

#### Arm Bar Flow Series #1 thru 6

- Arm bar #4
- Arm bar #5
- Arm bar #6
- Arm bar #7
- Arm bar flow series #1 thru 7 review and additional details

#### Finger Lock Flow Series #4 thru 7

- Finger lock #4
- Finger lock #5
- Finger lock #6
- Finger lock #7
- Finger lock flow series #4 thru 7 review & additional details

#### Leg Lock Flow Series #1 thru 3

- Leg Lock #1
- Leg Lock #2
- Leg Lock #3
- Leg lock flow series #1 thru 3 review and additional details

#### Neck/Cervical Spine Lock Flow Series #1 thru 6

- Neck/Cervical spine lock #1 (A & B)
- Neck/Cervical spine lock #2
- Neck/Cervical spine lock #3
- Neck/Cervical spine lock #4
- Neck/Cervical spine lock #5
- Neck/Cervical spine lock #6

### Hand Techniques (Te-Waza/Chin-Na)

Attack:

Defense:

- #4 Cross wrist grab Nikyo/Kote-mawashi (wrapping hand)
- #5 Straight in wrist grab Ude-gatame (arm bar #5)
- #6 Cross wrist grab Kote-gaeshi into finger locks

### Takedowns/Dropping Techniques (Otoshi-No-Kata)

#### #3 Arm bar takedown (Ikkyo/Ude-osae-otoshi)

- Otoshi #3 - Arm bar takedown (Ikkyo/Ude-osae-otoshi) Variation #1
- Otoshi #3 - Arm bar takedown (Ikkyo/Ude-osae-otoshi) Variation #2
- Otoshi #3 - Arm bar takedown (Ikkyo/Ude-osae-otoshi) Variation #3

#### #4 Wrist inward turning takedown (Nikyo/Kote-mawashi-otoshi)

- Otoshi #4 - Wrist inward turning takedown (Nikyo/Kote-mawashi-otoshi) Variation #1
- Otoshi #4 - Wrist inward turning takedown (Nikyo/Kote-mawashi-otoshi) Variation #2
- Otoshi #4 - Variations #1 & 2 combined and additional details

### Formal Throwing Technique (Nage-no-Kata)

- #2 Major outer reaping throw (**O-soto-gari**)

### Ground Controlling Techniques (Katame-Waza)

#### Immobilization with Joint Bending Techniques (Kansetsu-Waza)

- Joint locking pinning series - Review of techniques #1 thru 6
- #7 Joint Lock Pin - Arm bar & bend-wrist lock with knee on shoulder
- #8 Joint Lock Pin - Arm bar & bend-wrist lock with hand on shoulder
- #9 Joint Lock Pin - Standing arm bar & bend-wrist lock
- #10 Joint Lock Pin - Straight arm bar sitting across the shoulder
- #11 Joint Lock Pin - Bend arm bar sitting across the shoulder
- #12 Joint Lock Pin - Bend arm bar/shoulder lock in kneeling position
- Joint locking pinning series - Review of techniques #1 thru 12 with additional details & angles

### **Ground Controlling Techniques (Oase-Komi-Waza)**

Immobilization/Holding Down Techniques - Hold Down Pinning Series Techniques #1 thru 3

- #1 Kata katame (inside arm)
- #2 Kesa katame with shoulder lock
- #3 Kesa katame with arm pin & neck stretch

### **Ground Controlling Techniques (Ne-Waza)**

Ground Defensive Techniques (Ne-Waza)

- #3 Escape/counter from the guard position (pass the guard)
- #4 Transition from one knee-on-chest mount into juji-gatame

### **Choking/Strangulation Techniques (Shime-Waza)**

Choking/Strangulation Flow Series

- #3 Rear forearm choke (Ushiro-jime)
- #4 Figure-4 rear forearm choke (Morote-ushiro-jime)
- Review of chokes #3 & 4 with additional details

### **Combative Forms of Self Defense (Goshin-Jutsu-No-Kata)**

Attack:

Defense:

- #4 Single lapel grab                      Nikyo into Ude-osae-otoshi
- #5 Double lapel grab                    O-soto-gari
- #6 Frontal two hand choke          Outside arm bar takedown