



Shurite Ju-Jutsu

7th Kyu Rank Requirements for Traditional Combative Ju-Jutsu

Three DVD Disc Set, 195-Minutes Total (Item Code: DVD-35)
By: Troy J. Price - NTSC DV Widescreen

DVD Contents:

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

- Rolling back & forward drill
- Back fall (Ushiro ukemi)
- Side fall (Yoko ukemi)

Stances/Postures (Tachi)

- Feet together/attention stance (Heisoku dachi)
- Heels together toes out/V-stance (Musubi dachi)
- Shoulder/ready stance (Hachiji dachi/Yoi)

- Horse-riding stance (Kiba dachi)
- Front/forward stance (Zenkutsu dachi)

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

- Walking/in & out step (Ayumi-ashi)
- Step and slide (Tsugi-ashi)
- Body pivot 180 degree (Tenkai-ashi)
- Outward turning pivot 45 degree (Tenkan-ashi)

Blocking Techniques (Uke-Waza)

- Push-away block (Nagashi uke/barai)
- Middle forearm block 3-positions (Chudan ude uke)

Striking Techniques (Atemi-Waza)

Punching Techniques (Tsuki-Waza)

- Straight punch (Seiken tsuki)
- Vertical punch (Tate tsuki)

Hand Striking Techniques (Te-Uchi-Waza)

- Hammer-fist strikes 3-directions (Tetsui uchi)

Elbow Striking Techniques (Empi-Uchi-Waza)

- Cross horizontal elbow
- Rear horizontal elbow

Kicking Techniques (Keri-Waza)

- Front kick (Mae geri)

Knee Striking Techniques (Hiza-Keri)

- Upward vertical knee

Entering & Redirecting Techniques

#1 Slapping hand block with vertical punch, pass and strike

#2 Deflecting hand block, brush, cover & seal (outside & inside)

Release/Escaping Techniques (Hazushi-Waza)

Attack:

Release:

#1 Straight-in wrist grab

Circle over & coil down

#2 Cross wrist grab

Circle over & coil down

#3 Straight-in wrist grab

Cross horizontal elbow

Joint Locking/Bending Techniques (Kansetsu-Waza)

- Joint Bending/Locking Flow Series #1 thru 3
- Arm Bars Flow Series #1 thru 3
- Finger Lock Flow Series #1 thru 3

Hand Techniques (Te-Waza/Chin-Na)

Attack:	Defense:
#1 Straight in wrist grab	Te-hana
#2 Cross wrist grab	Kote-gaeshi
#3 Straight in wrist grab	Kote-mawashi/Nikyo

Takedowns/Dropping Techniques (Otoshi-No-Kata)

- #1 Corner drop (Sumi-otoshi irimi & tenkan)
- #2 Wrist outward turning drop (Kote-gaeshi irimi & tenkan)

Formal Throwing Technique (Nage-no-Kata)

- #1 Major outer drop (O-soto-otoshi)

Ground Controlling Techniques (Katame-Waza - Kansetsu-Waza)

Immobilization with Joint Bending Techniques - Joint Locking Pinning Series Techniques #1 thru 6

- #1 Te-hana/Arm bar
- #2 Goose-neck lock
- #3 Kote-gaeshi
- #4 Arm bar
- #5 Figure-4 lock
- #6 Arm Bar

Ground Controlling Techniques (Katame-Waza - Ne-Waza)

Ground Defensive Techniques (Ne-Waza)

- #1 Escape/counter two hand choke/grab from the mount into juji-gatame
- #2 Escape/counter from bottom position of the mount into top position

Choking/Strangulation Techniques (Shime-Waza)

Choking/Strangulation Flow Series

- #1 Crab choke 3-positions (Kani-jime)
- #2 Scissors choke rear & front (Hasami-jime ushiro & mae)

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

Attack:	Defense:
#1 Single lapel grab	Sumi-otoshi
#2 Frontal two hand choke	Kote-gaeshi
#3 Behind forearm choke	O-soto-otoshi

Extra Video Footage

- Hazushi-Waza #1 thru 4 with additional applications
- Joint Locking Pinning Series Techniques #1 thru 6 with additional details