

## Kujaku Ryu Goshin Jutsu – programma shodan (1<sup>ste</sup> dan)

### 1. Algemene voorwaarden

- a. Minimumleeftijd – 16 jaar
- b. Minimale wachttijd – 1 jaar vanaf 2<sup>de</sup> kyu
- c. Minimum aantal federale punten – 10 actieve punten vanaf niveau 2<sup>de</sup> kyu, en waarvan minstens 5 als 1<sup>ste</sup> kyu
- d. Te volgen:
  - i. Bijscholingen Ju-Jitsu en Recht 1
  - ii. Bijscholing EHBO
- e. Indiening dangraadaanvraag
- f. Betaling dangraadbijdrage

### 2. Stijltechnische voorwaarden

#### a. Thema's

- i. Basic techniques
  1. Ukemi Waza: Breakfalls
    - a. show all possible rolling and breakfall techniques you know
  2. Hodoki Waza: Releasing Techniques
    - a. defend yourself using releasing techniques against one or two attackers (also on the ground)
  3. Kansetsu Waza: Locking Techniques
    - a. defend yourself using locking techniques against one or two attackers (also on the ground)
  4. Nage Waza: Throwing Techniques
    - a. defend yourself using throwing techniques against one or two attackers
  5. Atemi Waza: Kicking And Punching (Close, Medium And Far Range)
    - a. defend yourself using kicking and punching techniques against one attacker
  6. Katame Waza: Holding Techniques
    - a. secondary techniques, to be used in combinations
  7. Shime Waza: Strangulation Techniques
    - a. secondary techniques, to be used in combinations
  8. Weapons: Defence Against Weapons
    - a. defend yourself against one or two attackers, armed with stick, knife, gun or chair, using a combination of at least three techniques
  9. How To Perform The Basic Techniques
    - a. Show the techniques while the attackers attack you in a 'realistic' way. The emphasis lies on good execution of the technique and on variation in the techniques used. Good control is important.

- ii. Combination techniques
  - 1. Combinations: show technique and variation
    - a. defend yourself against one or two attackers, using a combination of at least three techniques
  - 2. How to perform the combination techniques
    - a. Show the techniques while the attackers attack you in a 'realistic' way. The emphasis lies on good execution of the technique and on variation in the techniques used. Good control is important. For each attack you use at least three of the basic theme's. For instance: an atemi + a throw + a lock.

## **b. Randori**

- i. Randori contact: show speed and reaction --> efficiency!
  - 1. applying everything against 2 or 3 armed and unarmed attackers during 2 x 2 minute
- ii. Randori Distance
  - 1. free fight 2 x 2 minutes + takedowns + groundwork, wearing gloves + light contact, also on the ground
- iii. How to perform the randori
  - 1. The emphasis lies on efficiency! It is not necessary to show too much variation (that has to be done in the combinations). You must show that you are able to defend yourself and survive an attack.

## **c. Kata**

- i. Tai Sabaki No Kata
  - 1. demonstrate the complete kata from yellow till brown belt
- ii. Kansetsu No Kata: Combinations With Locks
  - 1. demonstrate the kata with 20 + 4 locks
- iii. Jujutsu Kata: Demonstrate Or Create
  - 1. Jutsu Nage No Kata: demonstrate the complete kata with your preferred throws
- iv. Karate Kata: Demonstrate + bunkai
  - 1. HEIAN SHODAN: demonstrate the kata + show application + bunkai of this kata
- v. How to perform the kata
  - 1. Perform the kata with normal speed. Explanation is not necessary, except for the bunkai of Heian Shodan, Heian Nidan and Tekki Shodan. For the bunkai: it would be good if you had an explanation for every movement in the kata; for some you can have more explanations. Make use of nage waza, kansetsu waza, shime waza when possible. Also show the possible kyusho jutsu applications: explain the points + body mechanic