

Kujaku Ryu Goshin Jutsu – programma sandan (3^{de} dan)

1. Algemene voorwaarden

- a. Minimumleeftijd – 21 jaar
- b. Minimale wachttijd – 3 jaar vanaf 2^{de} dan
- c. Minimum aantal federale punten vanaf vorige verhoging – 30 punten waarvan minstens 27 actieve punten
- d. Indiening dangraadaanvraag
- e. Betaling dangraadbijdrage

2. Stijltechnische voorwaarden

a. Thema's

i. Basic techniques

1. Kansetsu Waza: Locking Techniques
 - a. show counters to locking techniques (the four principles)
2. Nage Waza: Throwing Techniques
 - a. show counters to throwing techniques
1. Weapons: Defence Against Weapons
 - a. show techniques with JUTTE

2. How To Perform The Basic Techniques

- a. Show the techniques with normal speed. Then you explain the technique in different parts. For Jutte and Hanbo, a program is in progress (so don't panic). The theme's for which you have to create your own vision, you do so in writing (text + pictures).

ii. Combination techniques

1. situations: show technique and variation
 - a. defend yourself against one or two attackers, in special or unusual situations
3. How to perform the combination techniques
 - a. Imagine a difficult situation: sitting on a chair, one arm in a sling, cornered in an elevator, in a wheelchair, whatever.... Create your own defence. Different for each dangrade of course and at least four techniques for each dangrade. Show the techniques with normal speed. Then you explain the technique in different parts. You do so in writing (text + pictures).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 minutes
- 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. Jujutsu Kata: Demonstrate Or Create
 1. tanto no kata (demonstrate)
- ii. Karate Kata: Demonstrate + bunkai
 1. tekki shodan: demonstrate the kata + show application + bunkai of this kata
- iii. 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