

Kujaku Ryu Goshin Jutsu – programma yondan (4^{de} dan)

1. Algemene voorwaarden

- a. Minimumleeftijd – 25 jaar
- b. Minimale wachttijd – 4 jaar vanaf 3^{de} dan
- c. Minimum aantal federale punten vanaf vorige verhoging – 40 punten waarvan minstens 36 actieve punten
- d. Indiening dangraadaanvraag
- e. Betaling dangraadbijdrage

2. Stijltechnische voorwaarden

a. Thema's

i. Basic techniques

1. Kansetsu Waza: Locking Techniques
 - a. create and show your own vision on this theme (at least four techniques)
2. Nage Waza: Throwing Techniques
 - a. create and show your own vision on this theme (at least four techniques)
3. Weapons: Defence Against Weapons
 - a. show techniques with HANBO or walkingstick
4. 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
2. 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 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. Jujutsu Kata: Demonstrate Or Create
 1. sentei no kata 1 against unarmed attacks (create)
- ii. How to perform the kata
 1. Make a kata of at least 12 techniques against unarmed attacker(s). You can use the techniques you used for your own vision (kansetsu and nage waza) and the situations