

Las Positas College
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Course Outline for KIN DRJ3

DANZAN RYU JUJITSU 3

Effective: Fall 2016

I. CATALOG DESCRIPTION:

KIN DRJ3 — DANZAN RYU JUJITSU 3 — 1.00 - 2.00 units

An intermediate level course of the martial art system of Danzan Ryu Jujitsu. Course will focus on history of techniques, more advanced ukemi, advanced holds, beginning level pins, intermediate hip throws, basic drop throws, striking combinations, and how to receive intermediate techniques safely.

1.00 - 2.00 Units Lab

Strongly Recommended

KIN JDR1 - Jujutsu - Danzan Ryu 1

KIN JDR2 - Jujutsu - Danzan Ryu 2

Grading Methods:

Letter or P/NP

Discipline:

Family: Kinesiology Danzan Ryu Jujitsu

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

- A. KINJDR1
- B. KINJDR2

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- A. Perform intermediate/advanced level ukemi
- B. Demonstrate basic constrictions, advanced locks and holds, and variations
- C. Demonstrate basic Judo drop throws and intermediate Judo hip throws
- D. Perform striking combinations
- E. Apply intermediate combination techniques for defending against strikes
- F. Apply basic pins and hold downs.

V. CONTENT:

- A. Ukemi
 - 1. Standing front fall
 - 2. Standing back fall
 - 3. Supported standing sutemi
 - 4. Receiving drop throws
 - 5. Receiving wrist throws
- B. Yawara
 - 1. Basic constrictions
 - a. Kubi nuki jime
 - b. Hagai jime
 - 2. Variations
- C. Advanced Yawara
 - 1. Advanced locks/holds
 - a. Akushu kote dori
 - b. Akushu ude dori
 - c. Akushu kote maki dori
 - d. Ryoei dori

- e. Katate dori ni
 - f. Katate dori san
 - g. Kata dori shi
 - 2. Aikido/Lua variations
- D. Nage
 - 1. Basic Judo drop throws
 - a. Seoi otoshi
 - b. Daki kubi otoshi
 - c. Tani otoshi
 - d. Seoi tai otoshi
 - 2. Intermediate Judo hip throws
 - a. Daki kubi goshi
 - b. Ippon seoi nage
 - c. Tsode tsurikomi goshi
- E. Shime
 - 1. Basic pins/hold downs
 - a. Eri gatame
 - b. Kata gatame
 - c. Juji gatame
 - d. Shiho gatame
 - 2. Judo variations
- F. Goshin-jitsu
 - 1. Intermediate defenses against stikes
- G. Kenpo/Karate
 - 1. Thunder and lightning

VI. METHODS OF INSTRUCTION:

- A. **Demonstration** - techniques and drills
- B. **Individualized Instruction** -
- C. Application of techniques, concepts, and drills
- D. Partner and individual practice
- E. **Lecture** -

VII. TYPICAL ASSIGNMENTS:

- A. Lead warm-ups
- B. Perform intermediate level ukemi
- C. Participate in intermediate level drills and techniques
- D. Demonstrate combination self-defense techniques
- E. Explain basic techniques and drills to beginners

VIII. EVALUATION:

- A. **Methods**
 - 1. Exams/Tests
 - 2. Papers
 - 3. Class Participation
 - 4. Class Performance
- B. **Frequency**
 - a. Exams/Tests
 - a. 1-2 per semester
 - b. Paper
 - a. 1-2 per semester
 - c. Class Participation
 - a. Daily
 - d. Class Performance
 - a. 2-4 per semester

IX. TYPICAL TEXTS:

- 1. *Karate-Do Kyohan: The Master Text*. 1st ed., Kodansha International Ltd., 2013.
- 2. *Kodokan Judo: The Essential Guide to Judo by Its Founder Jigoro Kano*. 1st ed., Kodansha International Ltd., 2013.
- 3. *The Essence of Aikido: Spiritual Teachings of Morihei Ueshiba*. 1st ed., Kodansha International Ltd., 2013.
- 4. Website with history of the system:
<http://www.danzan.com/>

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. A white Judo or black heavyweight Karate uniform.