

Las Positas College  
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## Course Outline for KIN DRJ2

### DANZAN RYU JUJITSU 2

Effective: Spring 2016

#### I. CATALOG DESCRIPTION:

KIN DRJ2 — DANZAN RYU JUJITSU 2 — 1.00 - 2.00 units

A semi-intermediate course of the martial art system of Danzan Ryu Jujitsu. Course will focus on history of techniques, application of proper breathing, beginning level holds, intermediate sweeps and trips, basic hip throws, basic striking combinations, and how to receive semi-intermediate level throws and holds safely.

1.00 - 2.00 Units Lab

#### **Strongly Recommended**

KIN JDR1 - Jujutsu - Danzan Ryu 1

#### **Grading Methods:**

Letter or P/NP

#### **Discipline:**

**Family:** Kinesiology Danzan Ryu Jujitsu

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	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

#### IV. MEASURABLE OBJECTIVES:

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

- A. Explain the successorship of the system and the history and development of techniques
- B. Discuss and demonstrate the use of kiai
- C. Perform beginning/intermediate level ukemi
- D. Demonstrate basic yawara holds and variations
- E. Demonstrate intermediate nage trips and sweeps, and basic hip throws
- F. Apply techniques for defending against strikes
- G. Employ concepts of throwing

#### V. CONTENT:

- A. History
  1. Successor of the system
  2. Techniques
- B. Internal energy work and proper breathing
  1. Kiai
- C. Ukemi
  1. Standing side fall
  2. Medium/standing front fall
  3. Medium back fall
  4. Twisting sutemi
  5. Receiving hip throws
- D. Yawara
  1. Basic holds/controls
    - a. Yubi dori
    - b. Moro yubi dori
    - c. Katate dori
    - d. Ryote dori
    - e. Tekubi dori ichi
    - f. Tekubi dori ni

- g. Imon dori
  - 2. Aikido/Lua variations
- E. Nage
  - 1. Intermediate sweeps
    - a. Okuri barai
  - 2. Intermediate trips
    - a. Sasae ashi
    - b. Uchi gama
  - 3. Basic hip throws
    - a. Ogoshi
    - b. Seoi nage
    - c. Tsurikomi goshi
  - 4. Judo variations
    - a. Uki goshi
    - b. O soto gari
    - c. O uchi gari
    - d. Ko uchi gari
- F. Goshin-jitsu
  - 1. Basic defenses against stikes
- G. Kenpo/Karate;
  - 1. Five Swords
- H. Concepts and principles of throws
  - 1. Tsukuri
  - 2. Kazushi
  - 3. Kake

#### VI. METHODS OF INSTRUCTION:

- A. **Individualized Instruction** -
- B. Partner and individual practice
- C. **Demonstration** - techniques and drills
- D. **Lecture** - Explain history of techniques, and explain martial concepts, principles, and tactics.
- E. Application of techniques, concepts, and drills

#### VII. TYPICAL ASSIGNMENTS:

- A. Participate in warm-ups
- B. Participate in ukemi practice
- C. Participate in intermediate level drills and techniques
- D. Demonstrate self-defense techniques
- E. Demonstrate 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. *Kodokan Judo: The Essential Guide to Judo by Its Founder Jigoro Kano*. 1st ed., Kodansha International Ltd., 2013.
- 2. *Karate-Do Kyohan: The Master Text*. 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.