

Las Positas College
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Course Outline for KIN DRJ1

DANZAN RYU JUJITSU 1

Effective: Fall 2015

I. CATALOG DESCRIPTION:

KIN DRJ1 — DANZAN RYU JUJITSU 1 — 1.00 - 2.00 units

An introductory course of the martial art system of Danzan Ryu Jujitsu, a hybrid of Japanese Jujitsu, Judo, and Kenpo, and the Hawaiian art of Lua. Techniques are not strength based and primarily involve the use of joint and nerve manipulation, precision striking, and throwing to subdue an attacker. The course will focus on history, basic movement, beginning level escapes, throws, and strikes, and how to receive techniques safely.

1.00 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

	<u>MIN</u>	<u>MAX</u>
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:

IV. MEASURABLE OBJECTIVES:

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

- A. Explain the history and development of Danzan Ryu Jujitsu.
- B. Demonstrate proper warm-ups and stretching.
- C. Demonstrate proper dojo etiquette.
- D. Discuss the use of internal energy and proper breathing.
- E. Perform basic ukemi.
- F. Demonstrate basic yawara and nage techniques and variations.
- G. Interpret the names of techniques.
- H. Identify and discuss basic martial concepts.

V. CONTENT:

- A. History
 1. Founder
 2. System
- B. Dojo etiquette
- C. Warm-ups and stretching
- D. Internal energy work and proper breathing
 1. Chi gong
 2. Meditation
- E. Ukemi
 1. Forward roll
 2. Backward roll
 3. Low/medium side fall
 4. Low front fall
 5. Low back fall
 6. Rolling sutemi
 7. Low straight-over
 8. Receiving basic throws
- F. Yawara
 1. Basic escapes/releases
 2. Aikido variations
- G. Nage
 1. Basic sweeps
 2. Basic trips
 3. Basic Judo variations
- H. Goshin-jitsu
 1. Basic defenses against grabs
- I. Kenpo/Karate

1. Basic striking
2. Basic kicking
3. Stances
4. Movement
- J. Martial concepts and principles
 1. Minimum effort for maximum effect
 2. Economy of motion
 3. Unitized body movement
- K. Discussion of different martial arts types
 1. Sport
 2. Combat
 3. Self-defense

VI. METHODS OF INSTRUCTION:

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

VII. TYPICAL ASSIGNMENTS:

- A. Participate in warm-ups
- B. Participate in ukemi practice
- C. Participate in drills and techniques
- D. Keep a notebook with descriptions on how to perform techniques and drills

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. Kano, Jigoro. *Kodokan Judo: The Essential Guide to Judo by Its Founder Jigoro Kano*. 1st ed., Kodansha International Ltd., 2013.
2. Funakoshi, Gichin. *Karate-Do Kyohan: The Master Text*. 1st ed., Kodansha International Ltd., 2013.
3. Ueshiba, Morihei. *The Essence of Aikido: Spiritual Teachings of Morihei Ueshiba*. 1st ed., Kodansha International Ltd., 2013.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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