

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN JDR4

JUJUTSU - DANZAN RYU 4

Effective: Fall 2018

I. CATALOG DESCRIPTION:

KIN JDR4 — JUJUTSU - DANZAN RYU 4 — 1.00 - 2.00 units

A fourth semester course of the martial art system of Danzan Ryu Jujutsu. This course will focus on ukemi, escapes, locks, constrictions, hip throws, drop throws, and how to receive techniques safely.

1.00 - 2.00 Units Lab

Strongly Recommended

KIN JDR3 - Jujutsu - Danzan Ryu 3
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

- Martial Arts/Self-Defense

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. KINJDR3

1. Perform standing ukemi.
2. Demonstrate escapes and holds/locks from the Yawara board.
3. Demonstrate sweep, reap, and hip throws from the Nage no Kata board.
4. Demonstrate pins/hold downs from the Shime no Kata board.
5. Apply defenses against pushes.
6. Demonstrate the Kenpo/Karate technique Thunder and Lightning.
7. Discuss and apply the concepts and principles of throwing.

IV. MEASURABLE OBJECTIVES:

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

- A. Perform upper level ukemi.
- B. Demonstrate escapes, locks, and constrictions from the Yawa board.
- C. Demonstrate hip and drop throws from the Nage no Kata board.
- D. Demonstrate constrictions from the Shime no Kata board.
- E. Apply defenses against strikes.
- F. Perform the Kenpo/Karate technique Five Swords.
- G. Discuss and apply concepts and principles of strikes.

V. CONTENT:

A. Ukemi

1. Standing back fall
2. Supported standing sutemi
3. Standing straight-over
4. Receive drop throws

B. Yawara

1. Escapes
 - a. Momiji hazushi ni
 - b. Ushiro momiji hazushi
2. Locks/holds
 - a. Katate dori ni

- b. Katate dori san
 - c. Katate dori shi
 - 3. Constrictions
 - a. Hagai jime
 - 4. Variations
 - a. Aikido
 - b. Lua
- C. Nage no Kata
 - 1. Hip throws
 - a. Seoi goshi
 - b. Tsurikomi goshi ichi
 - c. Tsurikomi goshi ni
 - d. Tsurikomi goshi san
 - e. Tsurikomi goshi yon
 - 2. Drop throws
 - a. Seoi otoshi
 - b. Daki kubi otoshi
 - c. Tani otoshi
 - 3. Variations
 - a. Judo
- D. Shime no Kata
 - 1. Constrictions
 - a. Eri gatame
 - b. Kata gatame
 - c. Juji gatame
 - d. Shiho gatame
- E. Goshin-jitsu
 - 1. Defenses against strikes
- F. Atemi
 - 1. Kenpo/Karate
 - a. Five swords
- G. Martial concepts and principles of strikes
 - 1. Engaging body mass
 - 2. Fajing

VI. METHODS OF INSTRUCTION:

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

VII. TYPICAL ASSIGNMENTS:

- A. Lead warm-ups
- B. Perform intermediate level ukemi
- C. Demonstrate drills and techniques to beginners
- D. Demonstrate striking combination self-defense techniques

VIII. EVALUATION:

- A. **Methods**
 - 1. Class Participation
 - 2. Class Performance
- B. **Frequency**
 - a. Class Participation
 - a. Daily
 - b. Class Performance
 - a. 2-4 per semester

IX. TYPICAL TEXTS:

- 1. Burns, Andy, and Mike Callan. *Strength and Conditioning for Judo*. 1st ed., Crowood Press, 2017.
- 2. Daigo, Toshiro. *Kodokan Judo Throwing Techniques*. 1st ed., Kodansha International, 2016.
- 3. Roosa, Mark. *The Teaching of Judo: An Instructor's Handbook*. 1st ed., Wheatmark, Inc., 2016.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. A Judo or heavyweight Karate uniform.