

Las Positas College
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Course Outline for KIN DRJ4

DANZAN RYU JUJITSU 4

Effective: Spring 2017

I. CATALOG DESCRIPTION:

KIN DRJ4 — DANZAN RYU JUJITSU 4 — 1.00 - 2.00 units

A fourth semester 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. 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 JDR1 - Jujutsu - Danzan Ryu 1
and/or

KIN JDR2 - Jujutsu - Danzan Ryu 2
and/or

KIN JDR3 - Jujutsu - Danzan Ryu 3

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
- C. KINJDR3

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. Partner and individual practice
- B. Application of techniques, concepts, and drills
- C. **Lecture** -
- D. **Individualized Instruction** -
- E. **Demonstration** - techniques 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. *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. Ellgen, Pamela. *Psoas Strength and Flexibility: Core Workouts to Increase Mobility, Reduce Injuries & End Back Pain*. 1st ed., Ulysses Press, 2015.
- 5. Website with history of the system:
<http://www.kodenkankomori.com/web/>

X. OTHER MATERIALS REQUIRED OF STUDENTS:

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