

Las Positas College
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Course Outline for KIN JDR1

JUJUTSU - DANZAN RYU 1

Effective: Fall 2018

I. CATALOG DESCRIPTION:

KIN JDR1 — JUJUTSU - DANZAN RYU 1 — 1.00 - 2.00 units

An introductory course of the martial art system of Danzan Ryu Jujutsu: 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 history of the system and founder, basic movement, escapes, trip throws, strikes, and how to receive techniques safely.

1.00 - 2.00 Units Lab

Grading Methods:

Letter or P/NP

Discipline:

- Martial Arts/Self-Defense

Family: Kinesiology Danzan Ryu Jujitsu

	<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:

- Explain the history and development of Danzan Ryu Jujitsu.
- Demonstrate proper warm-ups and stretching.
- Demonstrate proper dojo etiquette.
- Discuss the use of a kiai.
- Perform low level ukemi.
- Demonstrate escapes from Yawara board.
- Demonstrate trip throws from the Nage no Kata board.
- Perform defenses against wrist grabs.
- Demonstrate Kenpo/Karate strikes.
- Identify and discuss martial art categories.

V. CONTENT:

- History
 - Founder
 - System
- Dojo etiquette
- Warm-ups and stretching
- Internal energy work and proper breathing
 - Kiai
- Ukemi
 - Forward roll
 - Backward roll
 - Low/medium side fall
 - Low front fall
 - Low back fall
 - Receive trip throws
- Yawara
 - Escapes/releases
 - Katate hazushi ichi
 - Katate hazushi ni
 - Ryote hazushi
 - Morote hazushi
 - Momiji hazushi
 - Ryoeri hazushi

- g. Yubi dori hazushi
 - 2. Aikido variations
- G. Nage no Kata
 - 1. Trip throws
 - a. Soto Gake
 - b. Tani Otoshi
 - 2. Variations
 - a. Judo
 - b. Kashima-Shinryu
- H. Goshin-jitsu
 - 1. Defenses against wrist grabs
- I. Atemi
 - 1. Kenpo/Karate
 - a. Strikes
- J. Martial concepts and principles
 - 1. Minimum effort for maximum effect
 - 2. Unitized body movement
 - 3. Martial art categories
 - a. Sport
 - b. Combat
 - c. Self-defense

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

IX. TYPICAL TEXTS:

- 1. Daigo, Toshiro. *Kodokan Judo Throwing Techniques*. 1st ed., Kodansha International, 2016.
- 2. Burns, Andy, and Mike Callan. *Strength and Conditioning for Judo*. 1st ed., Crowood Press, 2017.
- 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.