

Las Positas College
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Course Outline for KIN DRJ2

DANZAN RYU JUJITSU 2

Effective: Fall 2016

I. CATALOG DESCRIPTION:

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

A second 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 history of techniques and the successor, ukemi, holds, trip throws, sweep throws, and how to receive techniques 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

	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

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 the use of meditation.
- C. Perform medium level ukemi.
- D. Demonstrate holds/controls from the Yawara board.
- E. Demonstrate trip and sweep throws from the Nage no Kata board.
- F. Apply defenses using wrist or finger holds.
- G. Demonstrate Kenpo/Karate kicks and combination strikes.
- H. Discuss and apply concepts and principles of strikes.

V. CONTENT:

- A. History
 1. Successor of the system
 2. Techniques
- B. Internal energy work and proper breathing
 1. Meditation
- C. Ukemi
 1. Standing side fall
 2. Medium/standing front fall
 3. Medium back fall
 4. Rolling sutemi
 5. Receive sweep throws
- D. Yawara
 1. Holds/controls
 - a. Yubi dori
 - b. Moro yubi dori
 - c. Katate dori
 - d. Ryote dori

- e. Tekubi dori ichi
 - f. Tekubi dori ni
 - 2. Variations
 - a. Aikido
 - b. Lua variations
- E. Nage
 - 1. Trip throws
 - a. Sasae ashi
 - b. Uchi gama
 - 2. Sweep throws
 - a. Deashi barai
 - b. Soto gama
- F. Goshin-jitsu
 - 1. Defenses using wrist or finger holds
- G. Atemi
 - 1. Kenpo/Karate
 - a. Kicks
 - b. Combination strikes
- H. Martial concepts and principles of strikes
 - 1. Economy of motion
 - 2. Point of origin

VI. METHODS OF INSTRUCTION:

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

VII. TYPICAL ASSIGNMENTS:

- A. Participate in warm-ups
- B. Participate in ukemi practice
- C. Participate in drills and techniques
- D. Demonstrate self-defense techniques using wrist holds

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. 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.