

Las Positas College
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Course Outline for KIN DRJ

DANZAN RYU JUJITSU

Effective: Spring 2008

I. CATALOG DESCRIPTION:

KIN DRJ — DANZAN RYU JUJITSU — 0.50 - 2.00 units

A blend of traditional Japanese martial art schools which emphasize balance, position, timing, and the principle of minimum effort for maximum effect. The techniques are not strength based and primarily involve the use of joint and nerve manipulation, precision striking, and leverage to subdue an attacker.

0.50 - 2.00 Units Lab

Grading Methods:

Discipline:

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Demonstrate precision and control in technique;
- B. Translate and explain principles of technique and combat;
- C. Demonstrate knowledge of history of jujitsu and Danzan Ryu specifically;
- D. Demonstrate knowledge of internal energy and proper breathing

V. CONTENT:

- A. history of the style and founder;
- B. warm-ups and stretching;
- C. techniques for falling, rolling, and receiving technique safely;
- D. internal energy work and proper breathing;
- E. basic Danzan Ryu kata (formal technique);
- F. applications and variations of kata;
- G. discussion of appropriate use and timing of technique;
- H. discussion of martial (combative) mentality;

VI. METHODS OF INSTRUCTION:

- A. verbal explanation of history and technique;
- B. demonstration of technique;
- C. handouts and articles regarding technique and history;
- D. individual assistance when possible;
- E. partner practice;

VII. TYPICAL ASSIGNMENTS:

A. keep a notebook of technique and history; 1. history of founder; 2. description of how to perform a technique; B. practice basic movements individually and with a partner focusing on control, precision, and consistency; 1. rolling and falling; 2. stances and movement; 3. defenses from typical attacks; a. escapes from various grabs; b. avoiding strikes;

VIII. EVALUATION:

A. **Methods**

- 1. Exams/Tests
- 2. Class Participation
- 3. Other:

- a. Student participation is evaluated daily;
- b. Verbal examination;
- c. Demonstration of technique;

B. **Frequency**

IX. TYPICAL TEXTS:

X. OTHER MATERIALS REQUIRED OF STUDENTS:

A. Appropriate clothing allowing for freedom of movement