

Las Positas College  
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## Course Outline for KIN JDR2

### JUJUTSU - DANZAN RYU 2

Effective: Fall 2018

#### I. CATALOG DESCRIPTION:

KIN JDR2 — JUJUTSU - DANZAN RYU 2 — 1.00 - 2.00 units

A second semester course of the martial art system of Danzan Ryu Jujutsu. 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  
 with a minimum grade of C

#### **Grading Methods:**

Letter or P/NP

#### **Discipline:**

- Martial Arts/Self-Defense

**Family:** Kinesiology Danzan Ryu Jujitsu

	<b>MIN</b>	<b>MAX</b>
<b>Lab Hours:</b>	54.00	108.00
<b>Total Hours:</b>	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

1. Demonstrate proper warm-ups and stretching.
2. Demonstrate proper dojo etiquette.
3. Discuss the use of a kiai.
4. Perform low level ukemi.
5. Demonstrate escapes from Yawara board.
6. Demonstrate trip throws from the Nage no Kata board.
7. Perform defenses against wrist grabs.
8. Demonstrate Kenpo/Karate strikes.

#### 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. **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. 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. 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.