

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN DRJ3

DANZAN RYU JUJITSU 3

Effective: Fall 2016

I. CATALOG DESCRIPTION:

KIN DRJ3 — DANZAN RYU JUJITSU 3 — 1.00 - 2.00 units

A third 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, sweep throws, reap throws, hip throws, pins, striking combinations, 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

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

IV. MEASURABLE OBJECTIVES:

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

- A. Explain the history and development of techniques and organizations.
- B. Discuss the use of chi gong.
- C. Perform standing ukemi.
- D. Demonstrate escapes and holds/locks from the Yawara board.
- E. Demonstrate sweep, reap, and hip throws from the Nage no Kata board.
- F. Demonstrate pins/hold downs from the Shime no Kata board.
- G. Apply defenses against pushes.
- H. Demonstrate the Kenpo/Karate technique Thunder and Lightning.
- I. Discuss and apply the concepts and principles of throwing.

V. CONTENT:

- A. History
 - 1. Techniques
 - 2. Organizations
- B. Internal energy work and proper breathing
 - 1. Chi gong
- C. Ukemi
 - 1. Standing front fall
 - 2. Standing bridge back fall
 - 3. Twisting sutemi
 - 4. Low straight-over
 - 5. Receive hip throws
- D. Yawara

1. Escapes
 - a. Kubi nuki jime
 - b. Hagai jime
2. Holds/locks
 - a. Imon dori
 - b. Akushu kote dori
 - c. Akushu ude dori
 - d. Akushu kote maki dori
 - e. Ryoeri dori
3. Variations
 - a. Aikido
 - b. Lua
- E. Nage no Kata
 1. Sweep throws
 - a. Okuri barai
 2. Reap throws
 - a. O soto gari
 - b. Ko uchi gari
 3. Hip throws
 - a. Ogoshi
 - b. Seoi nage
 4. Variations
 - a. Judo
- F. Shime no Kata
 1. Pins/hold downs
 - a. Eri gatame
 - b. Kata gatame
 - c. Juji gatame
 - d. Shiho gatame
 2. Variations
 - a. Judo
- G. Goshin-jitsu
 1. Defenses against pushes
- H. Atemi
 1. Kenpo/Karate
 - a. Thunder and lightning
- I. Martial concepts and principles of throws
 1. Tsukuri
 2. Kazushi
 3. Kake

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 ukemi
- C. Participate in drills and techniques
- D. Demonstrate techniques and drills to beginners

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.