

Las Positas College
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Course Outline for KIN JDR3

JUJUTSU - DANZAN RYU 3

Effective: Fall 2018

I. CATALOG DESCRIPTION:

KIN JDR3 — JUJUTSU - DANZAN RYU 3 — 1.00 - 2.00 units

A third semester course of the martial art system of Danzan Ryu Jujutsu. 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 JDR2 - Jujutsu - Danzan Ryu 2
 with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

- Martial Arts/Self-Defense

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. KINJDR2

1. Perform medium level ukemi.
2. Demonstrate holds/controls from the Yawara board.
3. Demonstrate trip and sweep throws from the Nage no Kata board.
4. Apply defenses using wrist or finger holds.
5. Demonstrate Kenpo/Karate kicks and combination strikes.
6. Discuss and apply concepts and principles of strikes.

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. Ryoei 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. **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. 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. 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.