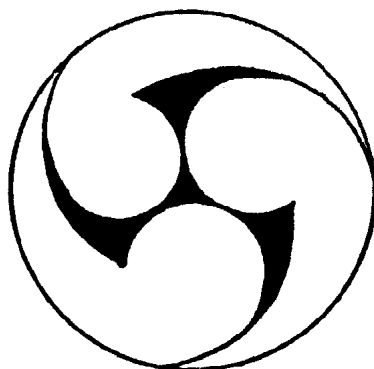


Nage Te

Throwing Techniques

- | | | | |
|-----|------------------------|--------------------|----------------------|
| 1. | Deashi Harai | | Advancing Foot Sweep |
| 2. | Sasae Ashi | 投
手 | Propping Leg |
| 3. | Okuri Harai | | Sending Sweep |
| 4. | Soto Gama | | Outside Sickle |
| 5. | Uchi Gama | | Inside Sickle |
| 6. | Soto Momo Harai | | Outside Thigh Sweep |
| 7. | Uchi Momo Harai | Inside Thigh Sweep | |
| 8. | Ogoshi | Major Hip | |
| 9. | Utsuri Goshi | Changing Hip | |
| 10. | Seoi Nage | Back-carry Throw | |
| 11. | Ushiro Goshi | Rear Hip | |
| 12. | Seoi Goshi | Back Carry Hip | |
| 13. | Tsurikomi Goshi | Lift Pull Hip | |
| 14. | Harai Goshi | Sweeping Hip | |
| 15. | Hane Goshi | Springing Hip | |
| 16. | Uki Otoshi | Floating Drop | |
| 17. | Makikomi | Winding Drop | |
| 18. | Kani Sute | ab Sacrifice Throw | |
| 19. | Tomoe Na | rcle Throw | |
| 20. | Yama Ara | ountain Storm | |



Red Dragon Jujitsu Club
Requirements For Gokyu (1st Blue)

NAGE NO KATA

1. **Ogoshi**
2. **Seoi Goshi**
3. **Seoi Nage**
4. **Tsurikomi Goshi**
5. **Makikomi**
6. **Deashi Harai**
7. **Okuri Harai**
8. **Soto Gama**
9. **Uchi Gama**
10. **Kani Sute**



ALSO

1. **Kesa Gatame**
2. **Tai Otoshi**

C. Demonstrate POINT and LINE Balance

D. Notebook turned in

E. Membership in AJJF

Points To Safe Falling:

By this stage in your training, you should have mastered the elementary rolling and falling techniques, however, many of the new throws you will be learning will require even more extensive falling practices. Remember: one must always strive to improve one's rolling and falling skills, as the higher one ascends up the Jujitsu ladder, the more violent falls one must be able to withstand

Included is a list of five basic keys to safe falling. Make a point to explain these five points to other students when you are delegated to teach rolling and falling.

1. **RELAX**-----Tense muscles transmit shock to the spinal column and make a fall painful. Relaxed muscles absorb the shock. If a beginner is falling in the proper position, and experiencing headaches or backaches, it is probably because he is falling stiffly, that is, with his/her muscles tense.

2. Don't reach for the mat. This is the second most common cause of falling injury. By reaching for the mat when falling to the rear, your hand supports your full weight and force, and will many times result in an injury to the wrist, elbow or shoulder joints.

3. Avoid touching the mat with the spine, skull, and all bony surfaces of the body.

4. Spread the shock of falling evenly over the fleshy muscular surface of the leg and arm. This means the arm and body should hit the mat at once, *limply*.

5. Slap the mat and kiai.

ROKKYU

INSTRUCTIONS FOR COLORED BELTERS

by Prof. Ray L. Law (abridged)

As colored belter you will have entered a new phase of your jujitsu career. We will no longer expect to treat you or to have you act a student of lower degree. From then on you will be a definite part of the teaching curriculum of our organization. as such, we expect you to follow and measure up to these requirements:

1. To set an example that will be inspirational, constructive, and valuable to others in our organization.
2. To acquaint yourself as much as possible with the history, ethics, objectives, and policies of our organization.
3. To dedicate yourself to the teaching and instruction of students of lower rank, since your own progress has been predicated upon the dedication of others in your behalf.
4. To instill in yourself and others the importance and dignity we place upon the degrees of colored belts, and while wearing them so conduct yourself and your efforts as to constantly enhance this importance and dignity.
5. To constantly be on the alert to take up with the heads of the dojo any and all matters that might either help or hinder the progress of the students.
6. To continuously and constantly strive to improve yourself in every way in order that you may in time become a candidate for our highest recognitions and honors. To do this, however, upon your own effort and merit and not by the patronizing of others of higher degree.
7. To be at all times aware of the safety of others around and about you, not only in the dojo, but in all places; and in case of emergency render at all times the best in your capacity for their relief, and to train yourself to be of intelligent and of real assistance.
8. To constantly devote yourself to the service of your fellow man, whether it be in relation to your country, community, family, or to the individual, whether friend or stranger, in order that we may have a better world in which we may all live in greater harmony, peace and friendship.
9. These are among the objectives and responsibilities of your colored belt. May you strive toward them in the spirit of humility and gentleness.