

Red Dragon Jujitsu Club
Requirements For Ikkyu (1st Brown)

OKU NO KATA

1. **Gyakute Nage**
2. **Hon Tomoe**
3. **Katate Tomoe**
4. **Shigarami**
5. **Gyaku Shigarami**
6. **Kote Shigarami**
7. **Koguruma**
8. **Tora Nage**
9. **Tora Katsugi**
10. **Arashi Otoshi**
11. **Hiki Otoshi**
12. **Kine Katsugi**
13. **Kin Katsugi**
14. **Kazeguruma**
15. **Jigoku Otoshi**



KIAI NO MAKI

Tanto No Maki

- a. **Hizaori Hazushi**
- b. **Tsukomi Hazushi**
- c. **Hibara Hazushi**
- d. **Katate Hazushi**

Tanju No Maki

- a. **Gan Hazushi**
- b. **Mune Hazushi**
- c. **Hibara Hazushi 1,2,3,4**
- d. **Ushiro Hazushi 1,2**

Yawara Stick

Bo No Maki

KAPPO

1. **Kin Katsu**
2. **Hanaji Tome**
3. **No Katsu**
4. **Nodo Katsu**

NOTEBOOK

Answer the following:

1. In your opinion, what is the *Gentle-Way*?