



Junsui Ryu Ju Jitsu

## 5<sup>th</sup> Kyu – Orange Belt

### Ukemi Waza

Drop, over the belt, kick up and drop,  
dive over someone on all fours, sit on fall off - all fours

### Atemi Waza

Mawashi - zuki - Roundhouse Punch

Kage - zuki - Hook Punch

Mae Geri - Front Kick

Mawashi Geri - Roundhouse Kick

Yoko Geri - Side Kick

### Kansetsu Waza

Wrist Locks Kote Geashi - Wrist Turn Out

Ura Kote - Reverse Wrist

Kote Gatame - Wrist Lock

Kote Dore - Wrist Trap

Kote Hinare - Wrist Twist

Kote Otoshi - Wrist Drop

### Nage Waza

Koshi Garuma - Hip Wheel

O Goshi- Major Hip

O Uchi Gari - Major Inner Reap (from mae geri)

Ko Uchi Gari - Minor Inner Reap (from mae geri)

Harai Goshi—Sweeping Hip

### Osaekomi Waza

Yoko Shiho Gatame - Side Four Quarter Hold

Kame Shiho Gatame - Upper Four Quarter Hold

Tate Shiho Gatame - Lower Four Quarter Hold

### Defences

Defence against Oi-Zuki/Kazami-zuki and grabs using wrist locks

Defences against Mawashi - zuki with throws

Defence against bottles

Defence from grabs over and under arms front and back

Defence against head grab

Defence against a wall

Defence against Mae Geri