



Junsui Ryu Ju Jitsu

# Shodan

## Ukemi Waza

Breakfalling from full application of sacrifice throws  
Basic Breakfalling on boards

## Nage Waza

O Soto Otoshi – Major Outer Drop (from punch & kick)  
Hiza Garuma – Knee Wheel  
Sasae Tsuru Komi Ashi – Propping Lifting Pulling Ankle Throw  
Harai Tsuru Komi Ashi – Sweeping Lifting Pulling Ankle Throw  
Suke Nage – Scooping Throw  
Yoko Otoshi – Side Drop  
Yoko Wakara – Side Separation  
Sumi Geashi - Corner Twist

## Defences

Two man armed and unarmed  
Any Grab Defence  
Defence from rugby tackle/double and single leg take down  
Mugging defence – knife  
Multiple unarmed mugging  
Defence from kick boxer style attack  
Defence on the ground – multiple attackers