



# Yoshin Ryu Jujitsu

## 3<sup>rd</sup> DEGREE BLACK BELT

### 12 BASIC MOVEMENTS

(All techniques are numbered 1 – 12)

#### DAGGER

##### Disarms (Standard Grip)

- 5 Inside Pry
- 5 Outside Pry
- 5 Outside Wrist Lock
- 5 Spinning Outside Wrist Lock
- 5 Chop
- 5 Ejection

##### Disarms (From Icepick)

- 12 Forearm Lever
- 12 Cross Bent Arm Lock
- 12 Inside Bent Arm Lock
- 12 Spinning Bent Arm Lock
- 12 Spinning Straight Arm Bar
- 12 Shoulder Wheel

##### Fanning

##### Give and Take – Knife Drill Knife Sparring

#### SINGLE STICK

##### Empty Hand Disarms

- 1 Stomach Pry
- 1 Stick Roll
- 1 Armpit Arm Bar
- 1 Shin Pry
- 2 Stick Roll
- 2 Forearm Pry
- 2 Knee Pry
- 2 Straight Arm Bar Knee Roll
- 2 Armpit Arm Bar

##### Single Stick Spinning

- Single Stick Figure 8
- Single Stick Arrow Strike
- Single Stick C & Up
- Single Stick Reversing Circle Strike
- Wing & Hanger Drill
- 10 Count Drill

##### 12 Blocks

- Force (single grip)
- Go with Force (single grip)

Force (double grip)

Go with Force (double grip)

##### Classic Single Stick Disarms

- 1 C-Push
- 2 Wrist Pin
- 3 Vine
- 4 Snake Circle
- 5 Hanger Butt Swing
- 6 Butt Swing
- 7 Pry Out
- 8 Butt Swing
- 9 Forearm Pry
- 10 Chop
- 11 Chop
- 12 Butt Swing

##### Classic Single Stick Disarm Counters

- 1 Forward Circle
- 2 Stick Bent Arm Lock
- 3 Stick Snake Arm Lock
- 4 Forward Circle
- 5 Snake Arm Lock
- 6 Forward Circle Stick Scoop
- 7 Chop
- 8 Stick Snake Arm Lock
- 9 Wrist Pin
- 10 Tip Hook
- 11 Stick Draw
- 12 Snake Arm Lock

##### Combat Stick Disarming

- 1 C-Push
- 2 Forward Strip
- 3 Vine
- 4 Wrist Pin
- 5 Hanger Butt Swing
- 12 Butt Swing

##### C-Disarms

- 1 C-Disarm
- 2 C-Disarm
- 12 C-Disarm

##### Stick Release

- Forearm Lever
- Thumb Lock

##### Give and Take Stick Sparring

- (A) Release
- (B) Check Slip
- (C) Stick Slip 2 Variations

#### DOUBLE STICK

##### Double Stick Disarms

- 1 Chop (Inside)
- 2 Chop (Outside)
- 3 Butt Chop (Inside)
- 4 Butt Chop (Outside)
- 3 Vine (2 variations)
- 4 Vine
- 5 Hanger Butt Swing-Nerve Center
- 5 Hanger Butt Swing-Elbow Lock
- 5 Hanger Butt Swing-Throw
- 5-5 Double C-Disarm
- 12 X Butt Swing
- 12 X Butt Swing-Throw
- 12 X Butt Swing-Throat Lever

##### Double Stick Spinning

- Double Stick Single Circle
- Double Stick Figure 8
- Double Stick Double Circle
- Double Stick Arrow Strike
- Double Zero Strike(x & + patterns)

#### SWORD AND DAGGER

##### Sword & Dagger Disarms

- 1 Wrist Pin
- 2 Vine
- 3 Butt Swing
- 4 Wrist Pin
- 1 Hanger Vine
- 2 Wing Chop
- 3 Hanger Butt Swing
- 4 Wing Wrist Pin

##### CANE CONTROLS

- 3 Rear Choke Throw
- 4 Forward Throw
- 3 Inside Throat Lever
- 4 Outside Throat Lever