



Barry's Jujutsu
Ft. Leavenworth, KS

January 2015

Curriculum Guide

This month, our in-class training will focus primarily on the following techniques, as well as some variations, defenses/responses, & transitions from one to another:

- Reaping Hip Throw (Harai-Goshi)
- Floating Pin/Knee on Belly (Uki-Gatame)
- Hell Strangle (Jigoku-Jime)
- Cross Armbar (Juji-Gatame)

In-Class Training

- I. General Warm-up
 - A. Stretches
 - B. Push-ups
 - C. Sit-ups
 - D. Shrimp/Hip Escapes
 - E. Low Crawl
- II. Drills
 - A. Static Drills: Strike & block from a Horse Stance
 - B. Floor/Line Drills: Kick, strike & block from a Fighting Stance
 - C. Uchi-Komi:
 - i. "Favorite" throw (Tokui-Nage)
 - a. 9 uchi-komi, then throw, switch, repeat...
 - b. Throw for throw
 - ii. "New" throw
 - a. 9 uchi-komi, then throw, switch, repeat...
 - b. Throw for throw

In-Class Training (cont.)

III. Technical Focus

- A. Reaping Hip Throw (Harai-Goshi)
- B. Floating Pin/Knee-on-Belly (Uki-Gatame)
- C. Cross Armbar (Juji-Gatame)¹
- D. Hell Strangle (Jigoku-Jime)

IV. Self-Defense

- A. Front Bear Hug escape to Major Outer Reap (O-Soto-Gari)
- B. Rear Bear Hug escape to Valley Drop (Tani-Otoshi)

V. Free Practice/Sparring (Randori): 3 min. rounds

VI. Forms (Kata)

- A. Seven Hands of Attack and Defense
- B. Hand Kata One
- C. Kick Kata Five
- D. Goshin-Jitsu

¹ Steve Scott, Juji Gatame Encyclopedia (Rockville: Turtle Press, 2013), 128.