

Fédération **M**ushin Ryu **J**u jitsu

Déclaration à la préfecture de la Gironde le 18/02/1998 N° 2/25702



ECOLE MUSHIN RYU JU JUTSU

Programme Mushin ryu ju jutsu par attaques

Document instructeurs

Directeur technique, Armand Valle
01/01/2020

Vert, shodan / Bleu, Nidan / Marron, Sandan. La totalité Yondan

Muna dori

Waki gatame / O soto gari / Gyaku tsuki / Sasae tsuri komi ashi / De ashi barai
Ko uchi gari / O uchi gari / Ippon seoi nage / Sumi otoshi / Kiri otoshi
Koshi guruma / Uki waza / Yoko wakare / Sumi gaeshi / Sokumen / Irimi nage
Kote gaeshi / Te kagami / Nikyo / Gokyo / Ude gatame / Ude garami
O soto otoshi / Juji garami / Kata gatame / Hadaka jime / Shomen ate
Hachi mawashi / Ikkyo / Uki otoshi.

Mae ryote jime

Ude garami / Kote gaeshi / Ippon seoi nage / O soto otoshi / Ko uchi gari
O uchi gari / Sasae tsuri komi ashi / Uki otoshi / O goshi / Uki goshi
Koshi guruma / Harai goshi / Uki waza / Yoko wakare / Sumi gaeshi / Nikyo
Waki gatame / Ikkyo / Sankyo.

Mae uwate

O goshi / Ude garami / Uki waza / Sumi gaeshi / Uki otoshi / O uchi gari
Sasae tsuri komi ashi / Sumi otoshi / Yoko wakare / Ude gatame .

Mae shitate

O uchi gari / Koshi guruma / Hachi mawashi / Kata Juji jime / Hikikomi gaeshi.

Katate dori

Shio nage / Juji garami / Ude kime nage / Sokumen / Te kagami / Nikyo
Gokyo / Ude gatame / Waki gatame / Ura kata ha / Kata gatame / Shomen ate.

Kosa dori

Nikyo / Ikkyo / Kote gaeshi / Irimi nage / Ude kime nage / De ashi barai
O soto otoshi / Kiri otoshi / Shio nage / Sankyo / Waki gatame / Juji garami
Hadaka jime / Hachi mawashi.

Ryote dori

Shomen ate / Ude kime nage / Waki gatame / Juji garami / Sokumen
Shio nage / Te kagami / Nikyo.

Katate ryote dori

Waki gatame / Ikkyo / Nikyo / Sankyo / Kiri otoshi / Sokumen
Irimi nage.

Ushiro kata dori

O soto gari / Nikyo / Shomen ate / Yoko otoshi / Kata gatame
Waki gatame / Ude garami.

Yoko kubi dori

Ude gatame / O goshi / Ude garami / Yoko guruma / Waki otoshi / Sukui nage .

Ushiro eri dori

Gyaku tsuki / Ude gatame / Waki gatame / Kata gatame / Nikyo / Shomen ate.

Ushiro jime

Seoi otoshi / Ude garami / Ko uchi makikomi / Ude kata gatame / O soto otoshi.
Kata guruma

Ushiro uwate

Sankyo / Ko uchi makikomi / Ippon seoi nage / Waki otoshi / Ura kata ha.
Sukui nage.

Ushiro shitate

Ura kata ha / Nikyo / O soto otoshi / Soto makikomi / Ko uchi makikomi.

Ushiro ryote dori

Sankyo / Kote gaeshi / Ikkyo / Sokumen / Juji garami / Waki otoshi
Ura kata ha.

Mae te tsuki

Ude gatame / ko uchi gari / Kata gatame / Kiri otoshi / Ikkyo / Waki gatame
Sokumen / Ude garami / Hachi mawashi / Hadaka jime .

Oi tsuki

Kata gatame / Irimi nage / Ko uchi gari / Ikkyo / Hadaka jime / Kiri otoshi
Sokumen / Ude kime nage / Ude gatame / Ude garami / Hachi mawashi
Waki gatame / Shomen ate.

Gyaku tsuki

Ude garami / Hara gatame / Hachi mawashi / Ude gatame / Ura kata ha.

Mawashi tsuki

Koshi guruma / Ude garami / Ippon seoi nage / Yoko wakare / Sumi otoshi
O soto otoshi / Ko uchi gari / Uki otoshi / Uki waza / Yoko guruma / Irimi nage
Ikkyo / Juji garami / Hachi mawashi / Hadaka jime / Shomen ate / Te kagami Uki
goshi.

Mae geri

De ashi barai / O soto otoshi / Ko uchi gari / Kiri otoshi / Shomen ate
Hadaka jime.

Mawashi geri

Ko uchi gari / O uchi gari / De ashi barai / Uki otoshi / Hadaka jime
Kiri otoshi.

Men

Ude gatame / Te kagami / Ippon seoi nage / Uki goshi / Waki gatame
Hadaka jime / O soto otoshi / Kiri otoshi / Sokumen / Irimi nage / Ikkyo
Shio nage / Hara gatame / Ude garami / Ura kata ha / Hachi mawashi
Shomen ate.

Yokomen

Shio nage / Ippon seoi nage / Te kagami / Gokyo / Ko uchi gari / Koshi guruma
Sasae tsuri komi ashi / Waki gatame / Shomen ate.

Ura yokomen

Ude gatame / Hara gatame / Kiri otoshi / Kote gaeshi/ Irimi nage

Waki gatame / Ura kata ha / Hachi mawashi / Hadaka jime / Shomen ate

Tsukkomi

Ude gatame² / Ura kata ha / Kote gaeshi / Shio nage/ Gokyo

Ude kime nage / Hara gatame / Ude garami / Ude gatame¹

Waki gatame / Shomen ate.