

Danzan Ryu Portland Dojo

Student Manual

Version 1.1 (May 2023)

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Dojo Code of Conduct

Practice only what you've been taught by a qualified instructor in the dojo.

Students should keep their gi (uniform) clean and in good repair (no rips, tears, major stains).

Fingernails and toenails should be kept clipped to prevent scratches or cuts to other students.

Be on time to class. If you arrive late, wait at the edge of the mat to be bowed on by an instructor. Make every attempt to let the instructor know ahead of time if you know you will be late.

Everyone should help maintain the dojo. This includes arriving early enough to help roll out mats and planning to stay long enough to help re-roll them at the end of class.

No food or gum is allowed on the mat.

Bring a water bottle and notebook to class and leave within reach at the edge of the mat.

No personal items should be left at the dojo between classes.

No jewelry should be worn during class that could catch on clothing or cause harm to other students.

Students should ask instructor permission before coming onto or leaving the mat for any reason.

All electronic devices should be silenced and off the mat for the duration of class unless special circumstances are relayed to the instructor beforehand.

Students should follow the directions of their instructor or more senior students. If you feel a direction is unsafe, bring it to the attention of the sensei.

Students should limit talking during class to questions directed at the instructor if needed.

Students should limit instructing each other during class. If a problem endangers you as a partner, involve the instructor.

When a training partner taps, immediately reduce the pressure of a technique. You may also need to disengage entirely if appropriate.

Report all injuries to your instructor immediately. Also tell sensei of injuries before class that can affect your training.

Martial Etiquette

Bow to your partner before and after working together. This is both an acknowledgment that you are ready to work with them as well as a sign of respect for the help you are giving each other.

At the beginning of class all kyu ranks (below black belt) line up in order of seniority with the most advanced students to the far right.

Bow in the direction of the shomen (front of the mat) whenever you enter or leave the mat area. This signifies respect for the dojo and those who have trained before. It also establishes the the break between the training mentality that needs to be present during class and a more relaxed attention.

During class it is appropriate to call the instructor 'Sensei' unless a different direction is given (as in the case of guest instructors).

When in the dojo, a student should always maintain an aware attitude. This includes standing with hands folded in front of you during direction, not leaning on walls when standing, and sitting in either seiza (kneeling) or anza (cross-legged).

Uniforms are called 'gi'. It is expected that once a student has committed to training they will purchase a white judo style gi for use in class. Prior to this, comfortable appropriate clothing can be worn that the student does not mind getting pulled or possibly torn. Shorts are not recommended.

History

Danzan-Ryu (Sandalwood Mountain Style) Jujitsu was founded in Hawaii in 1929 by Henry Seishiro Okazaki. He was a pioneer in many ways, including his willingness to teach students regardless of race or background. Many of his direct students moved to the mainland over the years and DZR has expanded across the country with many organizations and instructors carrying on Okazaki Sensei's legacy.

For a detailed history please refer to Professor George Arrington's excellent work on the subject:
<http://danzan.com/HTML/history.pdf>

Head Instructor: Jeremy Jones

I began my jujitsu training in 1991 at the Salem Budokai as a teenager and trained up to shodan (1st degree black belt) before moving to Colorado after graduating college. There I began studying with Sensei Kevin Ott of Kokua Jujitsu Kai and also joined the American Judo and Jujitsu Federation. When I moved to Utah I began to study with Professor Robert Hodgkin who is still my sensei. I was awarded my Rokudan (6th degree) black belt from the AJJF in April 2023. I have also studied American Kenpo Karate and earned my 1st degree black belt in that system under Lou Donadio of Corvallis, OR.

Kaiten & Sutemi

Mae Kaiten (*Forward Roll*)

1. Kneeling
2. Standing
3. Jumping
4. Jumping over Uke

Ushiro Kaiten (*Back Roll*)

1. Kneeling
2. Standing
3. From push
4. Over Uke's back

Yoko Sutemi (*Side Fall*)

1. Kneeling
2. Standing
3. Sliding into
4. No hand sutemi

Ushiro Sutemi (*Back Fall*)

1. Crouch into roll back
2. Crouch/Standing to bridge
3. Springing back
4. Springing back into back roll

Hashi Sutemi (*Bridge Fall*)

1. Crouch into bridge
2. Headstand
3. Handstand
4. No handed sutemi into bridge

Mae Sutemi (*Front/Face Fall*)

1. Kneeling
2. Standing*
3. Jumping (Sprawl)
4. Kick turn into fall (Bent knee)

Anatomy

Orientation (orange belt requirement)

Medial/Lateral (towards/away from the mid-line of the body)

Proximal/Distal (closer to/away from a reference point)

Superior/Inferior (towards the head/towards the feet - same as cranial/caudal)

Anterior/Posterior (towards the front/back of the body - as in chest/spine)

Systems & Major Organs (blue belt requirement)

12 Body Systems

Skeletal
Muscular
Cardiovascular
Nervous
Endocrine
Integument (skin)
Respiratory
Digestive
Urinary
Immune
Lymphatic
Reproductive

Major Organs

Heart
Brain
Lungs
Kidneys
Liver
Stomach
Small intestine
Large intestine
Spleen
Pancreas
Bladder
Esophagus
Trachea

Bones (Green belt requirement)

Skull (Parietal, occipital, temporal, frontal, Nasal)	Femur
Spine (7 Cervical, 12 Thoracic, 5 Lumbar, Sacral)	Tibia
Ribs	Fibula
Sternum	Tarsals (group)
Humerus	Metatarsals (group)
Radius	Scapula
Ulna	Clavicle
Carpals (group)	Hyoid
Metacarpals (group)	Patella
Pelvis (Ischium, Ilium, Pubis)	Phalanges

Vocabulary

Jujitsu – Gentle or yielding (ju) art (jitsu)

Danzan-Ryu Jujitsu – Sandalwood

Mountain (Hawaiian) Jujitsu

Kodenkan - School of ancient tradition

Judo – Gentle (ju) way (do)

Mae – front

Ushiro – rear

Yoko – side

Maewashi/Maewari – roundhouse

Ryo – double

Moro – all

Soto – outside

Uchi – inside

Gedan – lower level

Chudan – middle level

Jodan – upper level

Geri – kick

Zuki – Strike

Tsuki – punch

Uke – block

Ude – arm

Ashi – foot

Yubi – finger

Kote – wrist

Kubi – neck

Te – hand

Kata – shoulder

Eri – lapel

Akushu – handshake

Empi – elbow

Shuto – knife edge

Tori – lock

Hazushi – release/escape

Shime/Jime – hold

Sutemi – fall; literally to sacrifice (sute) the body (mi)

Kaiten – roll

Kuzushi – off-balance

Tsukuri – entering in

Kake – execution (of a technique)

Ichi – one

Ni – two

San – three

Shi – four

Go – five

Roku – six

Shichi – seven

Hachi – eight

Kyu/Ku – nine

Jyu/Ju – ten

Uke – aggressor (literally receiver)

Tori – defender

Seiza – kneeling posture

Anza – cross legged posture

Kiotsuke – attention

Rei – bow

Shomen – front or head (of a dojo or a person)

Sensei – teacher (literally one who is further down the path)

Sempai – senior (in relation to someone else)

Kohai – junior (in relation to someone else)

Kata – the formal or traditional way of doing a technique

Waza – application of a technique

Rokkyu - (Orange belt technique requirements)

Rolls/Falls (levels 1-2)

Forward roll

Backward roll

Side fall

Back fall

Face fall

Fall from a hip throw

Stances/Movement

Natural stance (Shizen tai)

Defensive stance (Jigotai or Kamae)

Horse stance (Kiba dachi)

Getting up from a fall defensively

Moving in 8 primary directions
(stepping/shuffling)

Striking/Blocking/Kicking

Basic punch

Reverse punch

Brush block (Nagashi Uke)

Rising block (Age Uke)

Downward block (Gedan Uke)

Knife-hand block (Shuto Uke)

Front kick (Mae Geri)

Roundhouse kick (Mawashi Geri)

Other

Notebook with techniques described

Anatomy - Orientation

Yawara

Katate Hazushi Ichi

Katate Hazushi Ni

Ryote Hazushi

Morote Hazushi

Yubi Tori Hazushi

Momiji Hazushi

Ryoeri Hazushi

Yubi Tori

Moro Yubi Tori

Katate Tori

Ryote Tori

Tekubi Tori Ichi

Tekubi Tori Ni

Imon Tori

Ryoeri Tori

Akushu Kote Tori

Akushu Ude Tori

Akushu Kote Maki Tori

Kubi Nuki Shime

Hagai Shime

Nage (throwing)

Ogoshi

De Ashi Harai

Osoto Gari

Gokyu – Blue belt technique requirements

Rolls/Falls (levels 3-4)

Forward roll
Backward roll
Side fall
Back fall
Bridge fall
Face fall

Stances/Movement

Twist stance (Front and Rear)
Offense/Defense using strikes

Striking/Blocking/Kicking

Backfist strike (Uraken Zuki)
Hammerfist (Tetsui Zuki)
Knife-hand strike (Shuto Zuki)
Trapping block
Circular block
X Block
Side kick (Yoko Geri)
Rolling kick (Tonbo Geri)

Nage (throwing)

Sasae Ashi
Okuri Harai
Soto Gama
Uchi Gama
Seoi Goshi
Seoi Nage
Tsuru Komi Goshi
Yama Arashi
Left side/moving for Orange belt throws

Goshin Jitsu (1-10)

Kata Eri Hazushi
Katate Tori Ni
Katate Tori San
Katate Tori Shi
Imon Tori Ni
Kata Mune Tori
Ude Tori
Gen Kotsu Ude Tori
Ude Gyaku Ichi
Ude Gyaku Ni

Other

Kubaton (basic strikes, releases, locks)
Anatomy – Major organs/systems
Demonstrate improvement on orange belt techniques

Yonkyu – Green belt technique requirements

Rolls/Falls

Rolls on hard surface

Falls – All Level 1-4

Stances/Movement

Yawara Sequences 1-6

Striking/Blocking freeplay at 50%

Yawara freeplay

Ground flow #1

Striking/Blocking/Kicking

Elbow strikes (Empi Uchi)

Knee strikes (Hiza Geri)

Nage (1-20)

Improvement on previous throws

Soto Momo Harai

Uchi Momo Harai

Utsuri Goshi

Ushiro Goshi

Harai Goshi

Hane Goshi

Uki Otoshi

Makikomi

Kani Sute

Tomoe Nage

Tai Otoshi

Left side all previous throws

Goshin Jitsu (11-20)

Improvement on #1-10

Ninin Yubi Tori

Kata Eri Tori

Ushiro Gyaku

Kata Hagai

Tekubi Shigarami

Genkotsu Otoshi

Hon Gyaku Ichi

Hon Gyaku Ni

Ushiro Daki Nage

Mae Daki Nage Ichi

Other

DZR history and lineage

Essay – Training goals and reasons for training

Demonstrate improvement on previous techniques

Anatomy – Major bones

Sankyu - 3rd Brown belt technique requirements

Rolls/Falls

Rolls/Falls on hard surface

Stances/Movement

Nage Sequences 1-4

Nage freeplay

Ground flow #2

Striking/Blocking/Kicking

Freeplay at 75% intensity

Nage

Improvement on previous throws

Left side all throws

Goshin Jitsu (21-28)

Improvement on #1-20

Mae Daki Nage Ni

Kata Guruma

Hiza Garami

Mae Osae Gami Nage

Ushiro Osae Gami Nage

Kesa Nage

Ashi Karami

Sannin Nage

Kiai No Maki

Tanto No Maki 1-4

Waribashi Ori

Shime (1-13)

Eri Gatame

Kata Gatame

Juji Gatame

Shiho Gatame

San Kaku Gatame

Ushiro Gatame

Nami Juji Shime

Gyaku Juji Shime

Ichi Monji Shime

Tsuki Komi Shime

Hadaka Jime Ichi

Hadaka Jime Ni

Hadaka Jime San

Kappo

Se Katsu

Nuki Katsu

Ashi Katsu

Hanaji Tome

Other

Anatomy – major muscles

Dojo Massage

Essay – How & when you would use DZR

Demonstrate improvement on previous techniques

Nikyu - 2nd Brown belt technique requirements

Stances/Movement

Goshin Sequences 1-2

Shime freeplay

Striking/Blocking/Kicking

Atemi

Shime Te (14-25)

Improvement on 1-13

Daki Kubi Shime

Osae Gami Shime

Kote Jime

Tenada Jime

Do Jime

Ashi Karami Jime

Ashinada Jime

Ashiyubi Jime

Momo Jime

Shikano Itsusoku Jime

Shidare Fuji Jime

Tatsumaki Jime

Kiai No Maki

Tanju No Maki

Oku No Te (1-10)

Deashi Hayanada

Ogoshi Hayanada

Seoi Hayanada

Norimi

Sumigaeshi

Mizukuguri

Maeyamakage

Komi Iri

Kote Gaeshi

Saka Nuki

Kappo

Kin Katsu Ichi

Kin Katsu Ni

Kin Katsu San

Eri Katsu

Hon Katsu

Tanden Katsu

Other

Teaching- White/Orange 10 classes logged

Anatomy – Vascular system

Essay – Research self-defense laws at state/US level

Demonstrate improvement on previous techniques

Ikkyu - 1st Brown belt requirements

Stances/Movement

Shime sequences

Jujitsu freeplay

Striking/Blocking/Kicking

Ni-Ju Sequence

Yawara/Nage/Shime

Demonstrate proficiency & application

Oku No Te (11-25)

Gyaku Te Nage

Hon Tomoe

Katate Tomoe

Shigarami

Gyaku Shigarami

Kote Shigarami

Koguruma

Tora Nage

Tora Katsugi

Arashi Otoshi

Hiki Otoshi

Kine Katsugi

Kin Katsugi

Kaza Guruma

Jigoku Otoshi

Kiai No Maki

Hanbo No Maki

Bo No Maki

Military knife

Additional knife/gun

Other

Teaching- White-Blue 10 classes logged

CPR/First Aid Certification

Taping joints for support

Background check

Anatomy – Nervous system

Essay – How has studying DZR changed you and how has your understanding of DZR changed since you started?

Demonstrate improvement on previous techniques

Shodan - 1st Black belt requirements

Stances/Movement

Oku sequences 1-2

Jujitsu freeplay

Weapon freeplay

All kata boards from attacks/variations

Striking/Blocking/Kicking

Demonstrate ability to integrate into DZR

Kiai No Maki

Daito No Maki

Tessen No Maki

Shinnin No Maki (1-10)

Isami Tasuki Nage

Obi Hane Goshi

Tsuri Komi Taoshi

Momiji Nage

Gyaku Hayanada

Hiza Nage

Osae Komi Gyakute Tori

Kobushi Shime

Kesa Hazushi

Kubi Shime Gyakute Tori

Other

Teaching- White-Green 20 classes logged

CPR/First Aid Certification

Background check

Anatomy – Comprehensive

Essay – Philosophy of jujitsu

Demonstrate improvement on previous techniques

Student Notebook can include (as examples)

Chronology (Date started, promotion dates, etc)

Goals

Activity log

Techniques (written descriptions required for belt promotions)