

# **Bujinkan Bruin Dojo New York** **Grading Curriculum**

## **7th Kyu**

### **Shizen Ukemi Gata** – Standing Break Falls

Zenpo Ukemi - Forward Break Fall

Yoko Ukemi - Side Break Fall

Koho Ukemi - Backwards Break Fall

Yoko Nagare Ukemi – Side Flow Body Drop

### **Jutaijutsu**

Musha Dori – Warrior Capture

Onikudaki – Demon Crusher

Ganseki Nage – Throwing Boulder