



## American / KR Jujitsu Beginning Instructor



6<sup>th</sup> Class Rokkyu  
White 1<sup>st</sup> Stripe

Rokkyu level 1 are promoted on a minimum of 2 months of training with an average of 32 classes. There is no age requirement for this promotion. Belt promotions are always at the discretion of the head instructor.

### KIHON

- Kiyotsuke – Attention
- Rei – Bow
- Ma Ai – Closing and knowing distance
- Shikko ho – Knee walking for Jujitsu
- Ki – Internal force / Spiritual energy
- Happo no (kuzushi) – Eight directions of off balancing
- Ebi – Getting up in base
- Shrimping
- Bent arm defensive entry.
- Origin of Jujitsu: Japan
- Translation of Jujitsu: The Gentle Art

### ATEMI WAZA

- Keichu – Base of skull
- Hichu Do – Windpipe

### DACHI WAZA

- Kamae Dachi – Front position stance (Left /Right)
- Heisoku Dachi – Attention stance

### TE WAZA

- Teisho Uchi – Palm heel strike
- Uchi Uke – Inside block

### GOSHIN JITSU (Defense Arts)

- Kubi O Hazasu – Break headlock #1 Strike to head, strike to throat.
- Kakae Dori – Break front bear hug #1 Knee to groin, push on hips to create space, and throw. (O Goshi)
- Shime Dori / Mae Jime – Break front neck choke #1 Chin in palm, extend.
- Shime Dori / Ushiro Jime – Break rear neck choke #1 Drop down, extend elbows, heel kick, step out.
- Ushiro Kakae Dori – Break rear bear hug #1 Inside step and press to knee.
- Hadake Jime Dori – Break rear naked choke #1 Push up on elbow, down on wrist, step and move hips out, apply Ude Garami.
- Kuzure Kote Gaeshi / Gokyo – Gooseneck #1 Grab wrist same side, strike elbow while knee walking, torque wrist.

### KATAME WAZA (Grappling / Controlling Techniques)

- Tate Shiho Gatame – Mount defense #1 Slide out shrimping / pushing legs escape.
- Tate Shiho Gatame – Mount defense #2 Wedge elbow into low mount, swim to secure arm, trap foot, bridge and roll.
- Tate Shiho Gatame – Mount offense #1 Apply Juji Gatame, Seated arm bar.
- Tate Shiho Gatame – Mount offense #2 Apply Ude Garami, Arm entanglement lock, “Paint Brush.”
- Do Jime – Guard defense #1 Push away, or Pull opponent to you, cover up and hold.
- Do Jime – Guard offense #1 Apply Juji Gatami, From guard, trap one hand, swing body around, circle leg over into arm bar.
- Do Jime – Guard offense #2 Transition to rear mount.
- Do Jime – Break guard #1 Grab belt, slide elbows into inner thighs, step over one leg at a time.
- Do Jime – Guard sweep #1 Scissor sweep across with foot hooking hip, and other leg on the ground.
- Do Jime – Guard sweep #2 Push sweep, push out on knee to elongate opponent.

### RANDORI WAZA (Free Fighting Techniques)

- Phase 3 free fighting (3 minutes beginning on knees)

### GERI WAZA

- Mae Geri – Front snap kick (abdomen)

### NAGE WAZA

- O Goshi – Large hip throw
- Uki Goshi – Floating hip throw

### SHIME WAZA

- Hadaka Jime – Naked choke from behind #1 & #2

### UKEMI WAZA

- Hidari Ukemi – Left fall
- Migi Ukemi – Right fall
- Ushiro Ukemi – Back fall

### OSAE WAZA

- Tate Shiho Gatame – Mount
- Do Jime – Guard



## American / KR Jujitsu Beginning Instructor



6<sup>th</sup> Class Rokkyu  
White 2<sup>nd</sup> Stripe

Rokkyu level 2 are promoted on a minimum of 2 months of training with an average of 32 classes. There is no age requirement for this promotion. Belt promotions are always at the discretion of the head instructor.

### KIHON

- Sensei – Teacher
- Matte – Stop
- Hajime – Begin
- Waza – Technique
- Kiai – Shout / Release of energy
- Taisabaki – Pivoting moves
- Kihon – Basics
- Kuzushi – Break posture
- American Jujitsu began in: 1903
- Known length of jujitsu's history: 2500 years
- Translation of Kaigan-Ryu Jujitsu: Seashore School of Ju-Jitsu

### ATEMI WAZA

- Kasumi – Temple
- Dokko – Mastoid Process (behind ear)

### DACHI WAZA

- Shizen Hontai / Fudo Dachi – Ready stance
- Kokutsu Dachi – Side stance (left/right)

### TE WAZA

- Hiji Uchi – Elbow strike
- Soto Uke – Outside block

### GOSHIN JITSU (Defense Arts)

- Kubi O Hazasu – Break headlock #2 Break grip, sickle leg. (**Kata Ashi Dori**)
- Kakae Dori – Break front bear hug #2 Head butt, sickle leg. (**Ko Uchi Gari**)
- Shime Dori / Mae Jime – Break front neck choke #2 Trap hand, wind arms, elbow strike.
- Shime Dori / Ushiro Jime – Break rear neck choke #2 Trap hand, groin strike, step back, torque wrist.
- Ushiro Kakae Dori – Break rear bear hug #2 (Sciatic nerve / **Soto Muso**)
- Hadake Jime Dori – Break rear naked choke #2 Drop your weight, hips lower than opponents, hip throw. (Practice on knees)
- Kuzure Kote Gaeshi / Gokyo – Gooseneck #2 Grab wrist across, ear slap, stretch arm across chest.

### KATAME WAZA (Grappling / Controlling Techniques)

- Tate Shiho Gatame – Mount defense #3 Trap foot, trap hands, escape chokes. (2 Ways– from 2 hand and front naked choke)
- Tate Shiho Gatame – Mount defense #4 Trap foot and wrap arm, pull opponent towards you, bridge, and reach around body.
- Tate Shiho Gatame – Mount offense #3 Apply naked choke. (**Hadake Jime**)
- Do Jime – Guard defense #2 Shrimping, walk back with shoulders, use your legs to control opponent.
- Do Jime – Guard offense #3 Grab opponents shoulder, swim into arm bar. (**Kannuki Gatame**)
- Do Jime – Break guard #2 Post one leg to create space, arm between legs, plant your hand, and move around opponent.
- Do Jime – Guard sweep #3 (Sweep #1 or #2 fails) Reach across to opposite armpit, hook and flip.
- Do Jime – Guard sweep #4 (Bump Sweep) secure one arm, bridge, and reach with other hand around opponent.
- Kesa Gatame – Scarf hold defense #1 Hammer fist pushing chin away.
- Kesa Gatame – Scarf hold offense #1 Apply **Sode Jime**, Arm around head, grab own bicep, choke.

### RANDORI WAZA (Free Fighting Techniques)

- Phase 3 free fighting (3 minutes beginning on knees)

### GERI WAZA

- Yoko Geri – Side kick (body)

### NAGE WAZA

- Ko Uchi Gari – Small inner sickle
- Kata Ashi Dori – Single leg takedown

### SHIME WAZA

- Tsuki Komi Jime – Thrusting choke (From mount)
- Sode Jime – Sleeve choke (From mount)

### UKEMI WAZA

- Mae Ukemi – Front fall
- Yoko Ukemi – Simple side fall (left/right)

### OSAE WAZA

- Kesa Gatame – Scarf hold
- Mune Gatame – Cross mount (Chest hold)



## American / KR Jujitsu Beginning Instructor



6<sup>th</sup> Class Rokkyu  
White 3<sup>rd</sup> Stripe

Rokkyu level 3 are promoted on a minimum of 2 months of training with an average of 32 classes. There is no age requirement for this promotion. Belt promotions are always at the discretion of the head instructor.

### KIHON

- **Shihan** – Master teacher
- **Dojo** – Place of learning / School, practice hall
- **Ju** – Giving way
- **Uke** – Person receiving the technique
- **Tori** – Person performing the technique
- **Dachi Waza** – Stance techniques
- **Atemi Waza** – Vital point striking (Head)
- **Obi** – Jujitsu / Judo Belt (Proper way to tie belt)
- **Tate Shiho Gatame Dori** – Swimming while seated in mount.
- **Uchi Komi** – Fitting in practice
- Counting in Japanese to 10.

### ATEMI WAZA

- **Uto** – Nose
- **Me** – Eyes

### DACHI WAZA

- **Kibi Dachi** – Horse stance
- **Nekoashi Dachi** – Cat stance (Left / Right)

### TE WAZA

- **Seiken Zuke** – Fore-fist Punch
- **Shotei Uke** – Palm heel block

### GOSHIN JITSU (Defense Arts)

- **Kubi O Hazasu** – Break headlock #3 push on scapula, side kick to knee.
- **Kuzure Kote Gaeshi** – Cross wrist grip release into submission wrist takedown.
- **Shime Dori / Mae Jime** – Break front neck choke #3 with throw. (**Koshi Guruma**)
- **Shime Dori / Mae Jime** – Break front neck choke #4 strike to throat.
- **Ushiro Kakae Dori** – Break rear bear hug #3 Arms free, elbow strike to head, turn into **Ude Garami**, arm lock behind back.
- **Ryote Dori Nage** – From a double wrist grip, grab wrist, cross underneath and throw. (Practice on knees)
- **Katate Dori / Soto Kote** – Outside wrist grip release and side kick to knee.
- **Eri Dori** – Break lapel grip #1, ear slap and throw. (**Soto Makikomi #1**)

### KATAME WAZA (Grappling / Controlling Techniques)

- **Tate Shiho Gatame** – Mount defense #5 Escape while hands are held down.
- **Tate Shiho Gatame** – Mount defense #6 Bridge and grab ankle, use hip to push ankle and trap foot to roll opponent over.
- **Tate Shiho Gatame** – Mount offense #4 Apply **Gyaku Ude Garami** Reverse arm lock. (Exception to bent arm)
- **Do Jime** – Guard offense #4 Apply **Ude Garami**, Push arm out into arm lock behind opponents back.
- **Do Jime** – Guard offense #5 Apply **Ebi Garami** Set up into guillotine choke.
- **Do Jime** – Break guard #3 Same as guard break #2, standing to create more space.
- **Do Jime** – Guard sweep #5 Single leg post, hook hand outside ankle, push opponents knee away with your knee.
- **Mune Gatame** – Cross mount defense #1 Create space, pull leg through, and establish guard.
- **Mune Gatame** – Cross mount offense #1 Hip switch, for easy step over into mount.
- **Uki Gatame** – Knee in stomach defense #1 Grab Ankle, turn hips facing opponent, and move out from under knee.
- **Uki Gatame** – Knee in stomach offense #1 Apply **Kami Te Jime** Ulna choke, one hand uses ulna to choke, and other pulls on gi.

### RANDORI WAZA (Free Fighting Techniques)

- Phase 3 free fighting (3 minutes beginning on knees)

### GERI WAZA

- **Mawashi Geri** – Roundhouse Kick (body)

### NAGE WAZA

- **Soto Makikomi #1** – Basic arm drag
- **Koshi Guruma** – Hip wheel throw

### SHIME WAZA

- **Kami Te Jime** – Upper hand / ulna choke (from mount)
- **Ebi Garami** – Lobster entanglement (guillotine standing)

### UKEMI WAZA

- **Zempo Kaiten Ukemi** – Forward roll
- **Ushiro Zempo Ukemi** – Back roll

### OSAE WAZA

- **Uki Gatame** – Knee in stomach hold
- **Ushiro Do Jime** – Rear guard



Gokyu are promoted on a minimum of 3 months of training with an average of 96 classes. There is no age requirement for this promotion. Belt promotions are always at the discretion of the head instructor. Factors such as class attendance, natural ability, dedication and competition could possibly shorten the length of a promotion. A poor attitude, bad temper, disregard for class rules, and lack of common morality in or outside the dojo could lengthen the promotion time. A student that displays improper respect may be disqualified from promotions or subject to expulsion from class.

**Test Dates:**

White 1st Stripe	White 2nd Stripe	White 3rd Stripe
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**Review all previous belts: (soft test)**

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**Reflexes to requirements:**

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**Randori:**

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**Self Defense:**

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**Extra Comments:**

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Throws: 6      Chokes: 6      Defense Arts: 22      Ground: 31

Kicks: 3      Aiki: 0

**Total number of techniques up to White 3 Stripes: 81**