



American Jujitsu Student



6th Class Rokkyu
White 1st 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
- Matte – Stop
- Hajime – Begin
- Ma Ai – Closing and knowing distance
- Ebi – Getting up in base
- Shrimping
- Counting in Japanese to 5.
- Origin of Jujitsu: Japan
- American Jujitsu started in: 1903
- Translation of Jujitsu: The Gentle Art

DACHI WAZA

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

ATEMI WAZA

- Keichu – Base of skull
- Hichu Do – Windpipe

GOSHIN JITSU (Defense Arts)

- Kubi O Hazasu – Break headlock #1 Build a frame, grab opponents waist and arm, step in front. (O Goshi)
- Shime Dori / Mae Jime – Break front neck choke #1 Duck and out with hands up.
- Shomen Uchi / Atame Dori – Punch defense #1 Close distance with hands up, hit opponent in chest and arm, wrap around and throw. (O Goshi)

KATAME WAZA (Grappling / Controlling Techniques)

MOUNT DEFENSE:

- Tate Shiho Gatame – Defense #1 Slide out shrimping / pushing legs escape.
- Tate Shiho Gatame – Defense #2 Wedge elbow into low mount, swim to secure arm, trap foot, bridge and roll.

MOUNT OFFENSE:

- Tate Shiho Gatame – Offense #1 Apply Juji Gatame, Seated arm bar.
- Tate Shiho Gatame – Offense #2 Apply Ude Garami, Entanglement arm lock, “Paint Brush.”

GUARD DEFENSE:

- Do Jime – Defense #1 Push or Pull opponent to you, cover up and hold.

GUARD OFFENSE:

- Do Jime – Offense #1 Apply Juji Gatami, Trap one hand, swing body around, circle leg over into arm bar.
- Do Jime – Offense #2 Transition to rear mount.

GUARD BREAKS:

- Do Jime – Break guard #1 Grab belt, slide elbows into inner thighs, step over one leg at a time.

GUARD SWEEPS:

- Do Jime – Sweep #1 Scissor sweep across with foot hooking hip, and other leg on the ground.
- Do Jime – Sweep #2 Push sweep, push out on knee to elongate opponent.

GERI WAZA

- Mae Geri – Front snap kick (abdomen)

NAGE WAZA

- O Goshi – Large hip throw

SHIME WAZA

- Hadaka Jime – Naked choke from behind #1

UKEMI WAZA

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

OSAE WAZA

- Tate Shiho Gatame – Mount
- Do Jime – Guard

SELF DEFENSE

- **1st Series** - Control opponent from guard

DRILLS (Chose and perform any 2)

- **Tate Shiho Gatame Dori** - Swimming in mount
- **Uchi Komi** - Fitting in practice
- **Under hook** and switch: both sides (phase 2), one hand behind head and arm
- **Mat** slaps left and right
- **Push/Pull** drills (w/legs) from guard
- **Scissor Sweeps** from guard
- **Helicopters #1** w/legs from guard
- **Helicopters #2** w/legs from lying on back to stomach and return
- **Trap** hand and bridge
- **Sit outs** from “crab” position
- **Pops up from mount** to balls of feet
- **Pops up from chest** to balls of feet
- **Proper** knee walking

RANDORI WAZA (Free Fighting Techniques)

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



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6th Class Rokkyu
White 2nd Stripe

Rokkyu level 2 are promoted on a minimum of 2 months of training with an average of 64 classes. There is no age requirement for this promotion. Belt promotions are always at the discretion of the head instructor.

KIHON

- Sensei – Teacher
- Happo no (kuzushi) – Eight directions of off balancing
- Ki – Internal force / Spiritual energy
- Kiai – Shout / Release of energy
- Kihon – Basics
- Dojo – Place of learning / School, practice hall
- Seiza – Sitting on knees
- Ju – Giving way
- Bent arm defensive entry
- Counting in Japanese to 10.

DACHI WAZA

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

ATEMI WAZA

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

GOSHIN JITSU (Defense Arts)

- Kubi O Hazasu – Break headlock #2 Can't build a frame, grab opponents waist and arm, step in front. (Uki Goshi)
- Shime Dori / Mae Jime – Break front neck choke #2 Duck and out with hands up, use your shoulder to go under armpit, side bear hug, control opponent, break opponent down.
- Shomen Uchi / Atame Dori – Punch defense #2 Close distance with hands up, hit opponent in chest and arm, opponent tries to hit you with other arm, trap it and throw. (O Goshi)

KATAME WAZA (Grappling / Controlling Techniques)

MOUNT DEFENSE:

- Tate Shiho Gatame – Defense #3 Trap foot, trap hands, escape chokes. (2 Ways– from 2 hand and front naked choke)
- Tate Shiho Gatame – Defense #4 Trap foot and wrap arm, pull opponent towards you, bridge, and reach around body.

MOUNT OFFENSE:

- Tate Shiho Gatame – Offense #3 Apply naked choke. (Hadake Jime)

GUARD DEFENSE:

- Do Jime – Defense #2 Shrimping, walk back with shoulders, use your legs to control opponent.

GUARD OFFENSE:

- Do Jime – Offense #3 Grab opponents shoulder, swim into arm bar. (Kannuki Gatame)

GUARD BREAKS:

- Do Jime – Guard break #2 Post one leg to create space, arm between legs, plant your hand, and move around opponent.

GUARD SWEEPS:

- Do Jime – Sweep #3 (Sweep #1 or #2 fails) Reach across to opposite armpit, hook and flip.
- Do Jime – Sweep #4 (Bump Sweep) secure one arm, bridge, and reach with other hand around opponent.

GERI WAZA

- Yoko Geri – Side kick (body)

NAGE WAZA

- Uki Goshi – Floating hip throw

SHIME WAZA

- Hadaka Jime – Naked choke from behind #2
- Sode Jime – Sleeve choke *

UKEMI WAZA

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

OSAE WAZA

- Kesa Gatame – Scarf hold
- Mune Gatame – Cross mount

WHITE Belt 2nd Stripe — Page 2

KATAME WAZA (Grappling / Controlling Techniques) Continued

SCARF HOLD DEFENSE:

- **Kesa Gatame** – Defense #1 Hammer fist, pushing chin away.

SCARF HOLD OFFENSE:

- **Kesa Gatame** – Offense #1 Apply **Sode Jime**, Arm around head, grab own bicep, choke. *

SELF DEFENSE

- **2nd Series** - Defend strikes from guard (**Do Jime**)

DRILLS (Chose and perform any 3)

- **Tate Shiho Gatame Dori** - Swimming in mount
- **Uchi Komi** - Fitting in practice
- **Under hook** and switch: both sides (phase 2), one hand behind head and arm
- **Mat** slaps left and right
- **Push/Pull** drills (w/legs) from guard
- **Scissor Sweeps** from guard
- **Helicopters #1** w/legs from guard
- **Helicopters #2** w/legs from lying on back to stomach and return
- **Trap** hand and bridge
- **Sit outs** from “crab” position
- **Pops up from mount** to balls of feet
- **Pops up from chest** to balls of feet
- **Proper** knee walking

RANDORI WAZA (Free Fighting Techniques)

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



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6th Class Rokkyu
White 3rd Stripe

Rokkyu level 3 are promoted on a minimum of 2 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.

KIHON

- Senpai – Assistant Instructor
- Uke – Person receiving the technique
- Tori – Person performing the technique
- Obi – Jujitsu / Judo Belt (Proper way to tie belt)
- Anza – Sitting crossed legged
- Waza – Technique
- Uchi Komi – Fitting in practice
- Kuzushi – Break posture, off balancing (1st part of a throw)
- Tsukuri – Entry, (2nd part of a throw)
- Kake – Execution (3rd part of a throw)

ATEMI WAZA

- Uto – Nose
- Me – Eyes

DACHI WAZA

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

GOSHIN JITSU (Defense Arts)

- Kubi O Hazasu – Break headlock #3 Can't use previous throw, sit down into mount. (Tani Otoshi)
- Shime Dori / Mae Jime – Break front neck choke #3 Duck and out with hands up, use your shoulder to go under armpit, side bear hug, control opponent, break opponent down and throw. (Tani Otoshi)
- Shomen Uchi / Atame Dori – Punch defense #3 Close distance with hands up, hit opponent in chest and arm, throw is blocked, continue with wrap around throw. (Soto Makikomi)

KATAME WAZA (Grappling / Controlling Techniques)

MOUNT DEFENSE:

- Tate Shiho Gatame – Defense #5 Escape while hands are held down.
- Tate Shiho Gatame – Defense #6 Bridge and grab ankle, use hip to push ankle and trap foot to roll opponent over.

MOUNT OFFENSE:

- Tate Shiho Gatame – Offense #4 Apply Gyaku Ude Garami Reverse arm lock. (Exception to bent arm)

GUARD OFFENSE:

- Do Jime – Offense #4 * Apply Ebi Garami Set up into guillotine choke.
- Do Jime – Offense #5 Apply Ude Garami, Push arm out into arm lock behind opponents back.

GUARD BREAKS:

- Do Jime – Guard break #3 Same as guard break #2, standing to create more space.

GUARD SWEEPS:

- Do Jime – Sweep #5 Single leg post, hook hand outside ankle, push opponents knee away with your knee.

CROSS MOUNT DEFENSE:

- Mune Gatame – Defense #1 Create space, pull leg through, and establish guard.

GERI WAZA

- Mawashi Geri – Roundhouse kick (body)

NAGE WAZA

- Soto Makikomi #1 – Basic arm drag
- Tani Otoshi – Valley drop throw

SHIME WAZA

- Hadaka Jime #3 – Rear naked choke to Trachea
- Ebi Garami – Guillotine choke *
- Kami Te Jime – Ulna choke *

UKEMI WAZA

- Ushiro Ukemi – Back fall
- Ushiro Zempo Ukemi – Back roll

OSAE WAZA

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

WHITE Belt 3rd Stripe — Page 2

KATAME WAZA (Grappling / Controlling Techniques) Continued

CROSS MOUNT OFFENSE:

- **Mune Gatame** – Offense #1 Hip switch, for easy step over into mount.

KNEE IN STOMACH DEFENSE:

- **Uki Gatame** – Defense #1 Grab Ankle, turn hips facing opponent, and move out from under knee.

KNEE IN STOMACH OFFENSE:

- **Uki Gatame** – Offense #1 * Apply **Kami Te Jime** Ulna choke, one hand uses ulna to choke, and other hand pulls on gi.

SELF DEFENSE

- **3rd Series** - Defend strikes from on bottom, under mount (**Tate Shiho Gatame**)

DRILLS (Chose and perform any 4)

- **Tate Shiho Gatame Dori** - Swimming in mount
- **Uchi Komi** - Fitting in practice
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- **Mat** slaps left and right
- **Push/Pull** drills (w/legs) from guard
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RANDORI WAZA (Free Fighting Techniques)

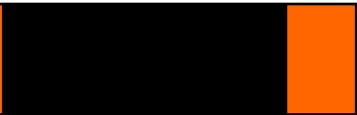
- Phase 3 free fighting (3 minutes beginning on knees)



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5th Class Gokyu
Orange Belt



Gokyu are promoted on a minimum of 3 months of training. 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
/ /	/ /	/ /

Review all previous belts: (soft test)

Reflexes to requirements:

Randori:

Self Defense:

Extra Comments:

Throws: 4 Chokes: 6 Defense Arts: 9 Ground: 30
 Kicks: 3 Aiki: 0
Total number of techniques up to White 3 Stripes: 64