

JAPANESE JUJITSU - FOR BLUE BELT

ATEMI WAZA

Formal stances

| | |
|---------------|--------------------------|
| Kiba Dachi | Ready stance |
| Mah Bo | Horse stance |
| Kir Bo | Reverse pivot stance |
| Jim Bo | Main fighting stance |
| Ta Bo | Right hand punch stance |
| Wal Bo | Left hand punch stance |
| Li Bo | Back fist stance |
| Tou Bo | Steal a step forward |
| Ti Bo | Ready posture stance |
| San Bo | Side forward stance |
| Jor Mah Bo | Rocking horse stance |
| Ciet Sien | Pivot stance |
| Kokutsu Dachi | Deep back leaning stance |
| Ding Bo | Cat stance |
| Kay Lam Bo | Steal a step |

Sao Fot Basics

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| Tan Sao |
| Pak Sao |
| Gong Sao |
| Bong Sao |
| Fook Sao |
| Chi Sao |
| Lop Sao |
| Chop Choy, Gwa Choy |

Sao Fot I

SHIME WAZA - BREAK HOLD CHOKE

| | | |
|--------------|--------------------|----------------------------|
| Nodo | Kata jime | Two handed front choke |
| Dokko | Ryote jime | Front bear hug arms free |
| Hanna | Mae Kubi Gatame | Side head lock |
| Yoko | Kata Hadaka Jime | Side collar grab |
| Abara | Hadaka jime | Front bear hug arms pinned |
| Soto Ude Ura | Kata Gatame | Pull back choke |
| Riken | Kuzure Kata Gatame | Rear bear hug arms free |
| Ashi | Ude Ura Jime | Rear bear hug arms pinned |
| Tsurigani | Ude Ura Jime | Rear bear hug pick up |
| Atama | Kuzure Kata Gatame | Full nelson |

GERI WAZA - KICKS

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|---------------------|-----------------------|
| Mae Geri Keage | Front snap kick |
| Uchi Fumikomi Geri | Inside stomp kick |
| Yoko Fumikomi Geri | Outside stomp kick |
| Yoko Geri Kekomi | Side thrust kick |
| Ka Kato Geri | Heel kick |
| Yoko Geri Keage | Flip kick |
| Ushiro Geri Keage | Back kick |
| Mikazuki Geri | Crescent kick |
| Gyaku Mikazuki Geri | Reverse crescent kick |
| Mawashi Geri Kekomi | Spin kick |

UKIME WAZA

| | |
|-----------|---------------------|
| Shizentai | Sitting falls |
| Kiba | Squatting falls |
| Tate | Standing falls |
| Mae Ukemi | Front falls |
| Santo | Combat roll |
| Chugaeri | Roll slap stay down |
| Santo | Picking up object |
| Santo | Over an object |

NAGE WAZA - THROWS

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| O Soto Gari | Major outer reaping |
| Seoi Nage | Shoulder throw |

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| O Goshi | Hip throw |
| Kote Gaeshi | Outer wrist turn |
| Sukui Nage | Scoop throw |
| Yubi Nage | Finger throw |
| Akushu Nage | Handshake throw |
| Morote Seoi Nage | Both hand shoulder throw |
| Gyaku Kubi Nage | Reverse neck throw |
| Soto Makikomi | Outer winding |
| Tenchi Nage | Heaven and earth throw |
| Tai Otoshi | Body drop |
| Tsurikomi Goshi | Lift pull loin |
| Ude Kominage | Arm pull down throw |

Tate Dori

Outside Block

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| Pak sao, empi uchi, kote gaeshi | Palm heel block, elbo strike to ribs, outside wrist turn |
| Pak sao, peng choy, yubi nage | Palm heel block, strike ribs, finger throw |
| Pak sao, kote komenage, hineri mawashi, ude gatame | Palm heel block, side wrist lock, inside wrist turn |
| Pak sao, lop sao, sukui nage | Palm heel block, pulling block, scooping throw |
| Pak sao, osae hitai | Palm heel block, pressing forehead backward |

Inside Block

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| Tan sao, suto kin, osae mata | Palm up block, chop to groin, pressing thigh |
| Tan sao, osae ago kubi, kuchiki taoshi | Palm up block, press head up, single hand body drop |
| Tan sao, osae ago kubi, morote gari | Palm up block, two hand reap |
| Tan sao, chi sao, o soto gari | Palm up block, snake block, major outer reaping |
| Tan sao, soto makikomi | Palm up block, outer winding throw |

Up Block

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| Ago ude juji, ude hishiji, ushiro juji gatame | Cross block up, arm crush down, reverse armbar |
| Ago ude juji, ude hishiji, ude kote gatame | Cross block up, arm crush down, goose neck lock |

Lower Block

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| Gong sao (inside), hineri mawashi, juji gatame | Low "S" block, inside wrist turn, armbar |
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Wrist escapes Straight on wrist grab

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| Jo Koken Teisho | assist beak up block, palm heel strike |
| Jo Kata Gatame | assist shoulder lock |

Wrist escapes Cross wrist grab escape

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| Ude Gatame | arm lock |
| Kuzure Ude Kote Gatame | reverse arm wrist lock |

Wrist escapes Two on one wrist grab escape

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| Kote Gatame | wrist lock |
| Yubi Nage | finger throw |

Wrist escapes Two on two in front wrist escape

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| Kote Gaeshi | wrist reversal (outside wrist turn) |
| Ude Juji Garami | arm cross entanglement |

Wrist escapes Two on two rear wrist escape

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|---------------|-----------------------------|
| Ude Hineri | arm twisting |
| Kote Kominage | wrist, single arm pull down |

Wrist escapes Side wrist escape

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| Hiji Hineri | Elbow crush |
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|---|-----------------------------------|
| Hiji Gatame | Elbow lock |
| Empi Uchi Kominage | Elbow inner arm take down |
| Standing escapes Hammer lock escape | |
| Ago Hineri | up (head) twist |
| Kote Jiji Garami | wrist lock entangle |
| Standing escapes Single push escape | |
| Ude Gatame | arm lock |
| Kata Gatame | shoulder lock |
| Standing escapes double push escape | |
| Seoi Otoshi | should drop |
| Standing escapes Handshake escape | |
| Oyayubi Gatame | thumb lock |
| Akushu Nage | handshake throw |
| Standing escapes Two handed rear choke | |
| Kote Kominage | Wrist, single arm take down |
| Kote Gaeshi | Wrist reversal (outer wrist turn) |
| Standing escapes Front bear hug arms free | |
| Dokko | Jinchu Gatame |
| Standing escapes Low tackle escape | |
| Mae Kubi Gatame | |
| Standing escapes - Side head lock escape | |
| Kuzure Ude Kote Gatame | |