

JAPANESE JUJITSU - FOR BROWN 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

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

Sao Fot I
Sao Fot II
Sao Fot III

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

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

O Soto Gari	Major outer reaping
Seoi Nage	Shoulder throw
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
Yoko Wakare	Side separation
Atama No Ke Gatame	Spinning hair throw
Ippon Seoi Nage	Single shoulder throw
Kaitten Nage	Rotation throw
Ko Uchi Gari	Minor inner reaping
Kubi Nage	Neck throw
Seoi Otoshi	Shoulder drop
Momo Harai	Popping thigh
Sakke Nu	Giant hammer
Soto Juji Garami	Interrogation takedown

Tate Dori

Outside Block

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

Tan sao, ude gatame, kubi Makikomi, Hizamazukimasu
Palm up block, hammer lock, head winding, and kneel

Tan sao, peng choy, lop sao, kiku ka gatame
Palm up block, punch to ribs, pulling block, interrogation takedown

Tan sao, peng choy, ude kote gatame
Palm up block, punch to ribs, goose neck lock

Tan sao, kazura ude kote gatame, osae kubi
Palm up block, reverse goose neck lock with neck press

Tan sao, pak sao, ude komenage
Palm up block, palm heel block (double tap), arm pull down throw

Tan sao, pak sao, yoko ude komenage
Palm up block, palm heel block (double tap), knife edge (side) wrist lock

Inside Block

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

Tan sao, koken abara, seoi nage
Palm up block, beak strike to ribs, shoulder throw

Tan sao, o goshi
Palm up block, major hip throw

Tan sao, harai goshi
Palm up block, sweeping hip throw

Tan sao, tsurikomi goshi
Palm up block, lift pull loin throw

Tan sao, yoko ude kujiki

Palm up block, step to side to figure 4 lock.
Pak sao, tan sao, koken ago, ushiro juji gatame (reverse armbar)
Palm heel block, Palm up block (double tap), over the back armbar

Up Block

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
Ago ude juji, ude kote komenage
Cross block up, arm crush down, arm pull down throw
Bong sao, hiji gatame, soto makikome
Arm block up, elbow hold, outer winding
Tan sao, ude tomoe, hineri mawashi, ude ashi mawashi
Palm up block, circle arm, inside wrist turn, arm over leg winding
Chi sao, ude tomoe, kote gaeshi
Snake block, circle arm, outside wrist turn

Lower Block

Gong sao (inside), hineri mawashi, juji gatame
Low "S" block, inside wrist turn, armbar
Gong sao (outside), kote gaeshi
Low "S" block, outside wrist turn, armbar
Gong sao, kote hineri
Low "S" block, wrist twisting

Wrist escapes Straight on wrist grab

Jo Koken Teisho assist beak up block, palm heel strike
Jo Kata Gatame assist shoulder lock
Yoko Kubi Gatame side head lock, rock backwards
Oyayubi Gatame thumb lock

Wrist escapes Cross wrist grab escape

Ude Gatame arm lock
Kuzure Ude Kote Gatame reverse arm wrist lock
Kote Gatame wrist lock
Shiho Nage, Kuzure Ude Kote Gatame variation arm wrist lock

Wrist escapes Two on one wrist grab escape

Kote Gatame wrist lock
Yubi Nage finger throw
Katate Tori fine hand receiver
Uchi Ude Gatame inside arm lock

Wrist escapes Two on two in front wrist escape

Kote Gaeshi wrist reversal (outside wrist turn)
Ude Juji Garami arm cross entanglement
Uki Goshi floating hip
Kaitten Nage rotation throw

Wrist escapes Two on two rear wrist escape

Ude Hineri arm twisting
Kote Kominage wrist, single arm pull down
Kote Gaeshi (arms held high) wrist reversal (outside wrist turn)
Kote Hineri wrist twisting

Wrist escapes Side wrist escape

Hiji Hineri Elbow crush
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
Kuzure Ude Kote Gatame reverse arm wrist lock
Empi Uchi Kominage elbow inner arm take down

Standing escapes Single push escape

Ude Gatame arm lock
Kata Gatame shoulder lock

Katate Tori (inside tan sao)	one hand receiver
Kuzure Ude Kote Gatame	reverse arm wrist lock

Standing escapes double push escape

Seoi Otoshi	should drop
Tenchi Nage	heaven and earth throw
Tsurikomi Goshi	lift pull loin

Standing escapes Man spins you around

Ude Kujiki	(inside arm) arm bar
Ude Kominage	(outside arm) arm, single arm pull down

Standing escapes Handshake escape

Oyayubi Gatame	thumb lock
Akushu Nage	handshake throw
Gyaku Ude Kote Gatame	reverse arm wrist lock
Tai Kote Gatame	body hand lock

Standing escapes Two handed front choke

Kote Gaeshi	Wrist reversal (outside wrist turn)
O Soto Gari, punch, Ude Kujiki	Major outer reap, punch, arm bar

Standing escapes Two handed rear choke

Kote Kominage	Wrist, single arm take down
Kote Gaeshi	Wrist reversal (outer wrist turn)
Morote Ude Juji Garami	Both hand arm cross twist
Tai Kubi Nage	Body hand throw

Standing escapes Front bear hug arms pinned

O Uchi Gari	Minor inner reap
Harai Goshi, Hiji Hishigi Gatame	Sweeping hip, elbow crush lock

Standing escapes Front bear hug arms free

Dokko	Jinchu Gatame
Ago Kubi Hineri	Slap ear to choke
Ryote jime	Both hand choke

Standing escapes Handshake clasp

Oyayubi Gatame	Gyaku Ude Kote Gatame
Akushu Nage	Tai Kote Gatame

Standing escapes Side head lock escape

Kuzure Ude Kote Gatame	
Jinchu to front headlock, pushing back on shoulder	

Standing escapes Low tackle escape

Mae Kubi Gatame	
Ushiro Uki Waza (roll up shoulder lock)	
Kaitten Nage, going to right knee	

Standing escapes High tackle escape

Kaitten Nage	
Tsune Tsuru Nage	

Standing escapes Rear hair grab escape

Shiho Nage	
Atama No Ke Gatame	

Standing escapes - Side head lock escape

Kuzure Ude Kote Gatame	
Jinchu to front head lock, pushing back on shoulder	
Gyaku Ude Kote Gatame	