

JAPANESE JUJITSU - FOR GREEN 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

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

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

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

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 blick up, arm crush down, arm pull down throw

Bong sao, hiji gatame, soto makikome
 Arm block up, elbow hold, outer winding

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

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

Wrist escapes Cross wrist grab escape
 Ude Gatame arm lock
 Kuzure Ude Kote Gatame reverse arm wrist lock
 Kote Gatame wrist lock

Wrist escapes Two on one wrist grab escape
 Kote Gatame wrist lock
 Yubi Nage finger throw
 Katate Tori fine hand receiver

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

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)

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

Standing escapes Single push escape
 Ude Gatame arm lock
 Kata Gatame shoulder lock
 Katate Tori (inside tan sao)one hand receiver

Standing escapes double push escape
 Seoi Otoshi should drop
 Tenchi Nage heaven and earth throw

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

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)

Standing escapes Front bear hug arms pinned
 O Uchi Gari Minor inner reap

Standing escapes Front bear hug arms free
 Dokko Jinchu Gatame
 Ago Kubi Hineri Slap ear to choke

Standing escapes Handshake clasp
 Oyayubi Gatame Gyaku Ude Kote Gatame

Standing escapes Side head lock escape
Kuzure Ude Kote Gatame

Standing escapes Low tackle escape
Mae Kubi Gatame
Ushiro Uki Waza (roll up shoulder lock)

Standing escapes High tackle escape
Kaitten Nage

Standing escapes Rear hair grab escape
Shiho Nage

Standing escapes - Side head lock escape
Kuzure Ude Kote Gatame
Jinchu to front head lock, pushing back on shoulder