

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

OSAE KOMI WAZA - GROUNDWORK

Escapes from Man on Your Back

Kata Gatame
Ashi Ura
Gyaku Ude Ura Jime
Gyaku Ago Gatame
Ashi Ura Gatame
Kuzure Kata Gatame

Man Straddling You

Roll to Ude Ura Jime
Gyaku Ude Kujiki
Attack Groin to Ashi Ura

Oyogu Te
Hiza Gatame
Ude Ura Jime (Knees on Arms)

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 block 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