

JAPANESE JUJITSU - FOR ORANGE 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

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

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

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

Up Block

Ago ude juji, ude hishiji, ushiro juji gatame	Cross block up, arm crush down, reverse armbar
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Wrist escapes Straight on wrist grab

Jo Koken Teisho	assist beak up block, palm heel strike
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Wrist escapes Cross wrist grab escape

Ude Gatame	arm lock
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Wrist escapes Two on one wrist grab escape

Kote Gatame	wrist lock
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Wrist escapes Two on two in front wrist escape

Kote Gaeshi	wrist reversal (outside wrist turn)
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Wrist escapes Two on two rear wrist escape

Ude Hineri	arm twisting
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Standing escapes Hammer lock escape

Ago Hineri	up (head) twist
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Standing escapes Single push escape

Ude Gatame	arm lock
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Standing escapes Handshake escape

Oyayubi Gatame	thumb lock
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Standing escapes Two handed rear choke

Kote Kominage	Wrist, single arm take down
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