

JAPANESE JUJITSU - FOR YELLOW 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

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

SHIME WAZA - BREAK HOLD CHOKE

Nodo	Two handed front choke
Dokko	Front bear hug arms free
Hanna	Side head lock
Yoko	Side collar grab
Abara	Front bear hug arms pinned
Soto Ude Ura	Pull back choke
Riken	Rear bear hug arms free
Ashi	Rear bear hug arms pinned
Tsurigani	ear bear hug pick up
Atama	Full nelson

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