

# TOEI JUJUTSU

## TESTING REQUIREMENTS - ADULT

### GOKYU - 5<sup>TH</sup> KYU (GREEN BLET)

Show all techniques on both sides

#### Uki Waza (Blocking Techniques)

*Locking Drill*  
*Striking Drill*

#### Atemi Waza (Punching & Kicking techniques)

*Side kick*  
*Leg Sweep kick*

#### Ukemi Waza (Falling Techniques)

*Front Shoulder Roll (L & R)*  
*Side Falls (L & R)*

#### Dachi Waza (Stance Techniques)

*Fudo Dashi – Ready Stance*  
*Front Stance*  
*Horse Stance*  
*Nekoashi Dachi -Cat Stance*

#### Taisabaki Waza (Body Movements)

*Basic Taisabaki – Flowing arms*  
*Forward and backward movement*

#### Ne Waza (Ground Techniques)

*Arm Break*  
*Figure 4 lock*

## Jigo Waza

### **1 handed grab w/slight elbow bend (lapel)**

Peel thumb chamber shuto neck

### **Same hand grab**

Peel thumb pull shuto neck  
Peel – arm over- step on foot step across -  
elbow to elbow toe on top of foot  
Peel thumb- grab middle finger bend (close  
shoulder to shoulder) thumb on knuckle

### **1 hand double lapel grab**

Peel thumb- Step back- kick back of knee roll  
out- shuto neck.  
Peel thumb- shuto neck

### **2 handed cross grab choke (high) chin down**

peel- peel toe cross over pull one down one  
up  
peel- peel release one hand- toe pull (45  
degrees) up and out

### **2 handed grab w/ slight elbow bend (lapel)**

Peel one grab other wrist toe- Pull across  
stomach  
DTP Release reach down grab sweep  
DTP close line- sweep  
DTP switch hands- sweep  
double thumb peel- step back out- kick  
grab from underneath between arms- Peel  
under arm

### **Cross Hand grab**

CHG- 3 fingers top – cover sloghi chamber-  
shuts down on wrist- kick

### **Double hand grab CH bottom**

peel and peel middle finger  
Thumb peel- chamber- belt- kick knee  
Peel- pull – high shoulder toe- BA  
Peel- out block grab hand cur?? Twist  
Peel- Pull down- foot- Elbow block  
Pull- Grab- step behind Left foot behind knee  
AB  
peel thumb- out block- kick f. leg

## OTHER TWO PERSON MATERIAL

Leg conditioning