

# TOEI JUJUTSU

## TESTING REQUIREMENTS - ADULT

### Ikyu - 1<sup>TH</sup> KYU (BROWN BELT – 1<sup>RD</sup> KYU)

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)*  
*Front Rolls*  
*Back Falls*

#### Dachi Waza (Stance Techniques)

#### FLOW DRILLS

*Motobu drill*

#### 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 across figure 4- leg sweep

### **Same hand grab**

Passia- figure 4- sweeping down  
Passia- hand to chin- kick out  
Passi- Peel thumb under- elbow throw

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

Across peel block (figure 4) sweep arm  
between legs Flandon Bicep grab wrist  
Figure 4 (chicken wing scissors)

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

peel- peel release figure 4 sweep  
box to lower arm

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

DTP Figure 4 sweep – 3 lock  
D thumb peel twist one out- palm heel sweep  
(Box) grab own elbow- Push down arm step  
back

### **Cross Hand grab**

CHG- Passis sho cover elbow step behind-  
kick leg- RC- pull arm-break bow  
Figure 4

CHG- peel thumb -grab belt knee Siun  
chui(hand to chin and below belt)

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

peel- pull figure 4- kick out step w/ right foot  
foot sweeping  
Paasia- grab elbow take down

### **Bo Vs. Empty Hand**

step inside grab elbow kick  
circle block outside- peel- eyes  
same?  
45 degree upper block – grab belt knee  
45 degree peel fingers down to ground ?  
90 degree- block- kick  
90 degree- block- kick  
cross block- step in- punch (inside)  
cross block- step in – knee to head (outside)  
circle block inside kick grab elbow

## OTHER TWO PERSON MATERIAL

Leg conditioning