

# TOEI JUJUTSU

## TESTING REQUIREMENTS - ADULT Nikyu - 2<sup>TH</sup> KYU (BROWN BELT – 2<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- arm bar  
Peel- arm bar (cross block down)  
Peel- pull out straight step behind- kick out  
knee- BA  
Peel pull straight- close line (step behind)  
throw

### **Same hand grab**

up onto grab own arm strike down to ground-  
pull out punch. (Step back into stance) Trap  
fingers- push down- grab sleeve- not strike

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

Peel across- Block- Horse back straight – w/  
arm held grab leg- sweep- down  
Peel thumb- grab wrist- twist to arm bar (step  
on foot)  
Reach across- peel thumb- palm heel- sweep  
leg

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

peel- peel palm heel- sweep  
hand up through center- grab arm pull down  
Bar on to panm  
Over both arms peel-peel down back straight  
grab leg- sweep

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

DTP let go 1- punch bicep

### **Cross Hand grab**

CHG- peel thumb- bend elbow chio kick out  
leg

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

Peel arm bar  
Between arms outer block- kick front leg

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

slide to outside- grab bow- punch kick  
circle down on fingers peel kick  
Slide to inside – grab bow punch- peel (?)  
Slide in upper block (fingers) kick  
Step in upper block on fingers – kick  
circle block kick- peel fingers kick outside  
circle block- inside- peel fingers kick (inside)  
cross block elbow shuffle grab elbow peel  
(inside)  
cross block outside- grab end of bow peel  
fingers  
circle down grab bow- peel kick

### OTHER TWO PERSON MATERIAL

Leg conditioning