

TOEI JUJUTSU

TESTING REQUIREMENTS - ADULT

ROKKYU - 6TH KYU (YELLOW BELT-GREEN TAG)

Show all techniques on both sides

Uki Waza (Blocking Techniques)

Locking Drill

Atemi Waza (Punching & Kicking techniques)

*Front kick
Roundhouse 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)

Jigo Waza

1 handed grab w/slight elbow bend (lapel)

Arm under- grab under elbow GI- Push down at elbow
Punch Bicep (step back open)
Grab both sides knee (opposite knee of grab)

Same hand grab

kick groin
chamber punch to triceps. Pressure point.
twist arm out – Back fist – Punch
Step the strike down to wrist

1 hand double lapel grab

Punch to bicep
Single grab (opposite of up AB) palm heel
chin- knee
hold hand (trap) kick
Reach across- step on foot- twist elbow over with cross block

2 handed cross grab choke (high) chin down

grab sides knee
reach up over head under arms knee to face

2 handed grab w/ slight elbow bend (lapel)

Cross Hand grab

Cross hand grab- chamber –kick groin
CHG- fore arm wrist punch (stance)
Pull hand to chamber - punch kick

Double hand grab CH bottom

Grab own fist- Elbow kick Front leg (opening between hands)
Grab own fist- twist to outer- back front kick (no opening between hands)
Grab own shoulder arm over push down
Two knuckle strike

OTHER TWO PERSON MATERIAL

Arm Conditioning