

TOEI JUJUTSU

TESTING REQUIREMENTS - ADULT

SHICHIKYU - 7TH KYU (YELLOW BELT)

Show all techniques on both sides

Uki Waza (Blocking Techniques)

Blocking Drill
Punching Drill

Atemi Waza (Punching & Kicking techniques)

Front kick

Ukemi Waza (Falling Techniques)

Front Shoulder Roll (L & R)

Dachi Waza (Stance Techniques)

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

Taisabaki Waza (Body Movements)

Basic Taisabaki – Flowing arms

Ne Waza (Ground Techniques)

Jigo Waza

1 hand grab w/slight elbow bend (lapel)

Grab belt (opposite grab) – palm heel knee
Grab belt- finger to throat
Nuggie to hand

Same hand grab

chamber- grab under belt- pull knee up
grab hand (other) Tear of fear
grab belt- pull- break foot

1 hand double lapel grab

Grab belt stomp on foot
Hold hand grab rear
double grab belt knee
nuggie on head

2 hand cross grab choke(high) chin down

belt- throat
grab belt grab ear rip
grab belt- stomp toe- palm heel (optioned)
Grab belt- Palm heel- knee

2 hand grab w/ slight elbow bend (lapel)

Belt- palm heel- knee
double belt- knee
Ear- nuggie one peel
Double belt grab- stomp on foot
Nuggie to top of both hands

Cross Hand grab

ear
thumb, belt, right foot stomp top foot
Cross hand grab- nuggie to top of hand- kick
groin

Double hand grab CH bottom

nuggie 1 hand- spin out- kick groin. Front
Ear
Grab belt heel stomp
chamber- palm heel chin knee(rear)- Step in

OTHER TWO PERSON MATERIAL

Arm Conditioning

