

TOEI JUJUTSU

TESTING REQUIREMENTS - ADULT

SHODAN (BLACK BELT – 1ST DEGREE)

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)

Same hand grab

Step on foot – twist arm around Pull to ground kick

1 hand double lapel grab

2 handed cross grab choke (high) chin down

2 handed grab w/ slight elbow bend (lapel)

Cross Hand grab

CHG- peel thumb- grab back of neck
Tibabcki- hold hand- elbow- shoulder ect.

Double hand grab CH bottom

peel pull- palm heel- sweep- BA
Shoulder

Bo Vs. Empty Hand

L circle block slide in kick

L step inside punch
R Slide inside shoulder block (slide in arms down) kick
R lower block (twist stance) kick
R circle block step in kick
R step inside punch
L jump outside grab hand- kick
L outer block w/ shoulder kick
R jump inside grab hand kick
R outer block w/ shoulder kick
L cross block (shuto) kick
L cross block- inside- nuggie- peel thumb
R cross block (shuto) kick
R cross block outside nuggie kick
L down shuto kick
L circle down kick
R circle down kick
R down shuto kick
L lower block (twist stance) kick
L Slide inside shoulder block (slide in arms down) kick

OTHER TWO PERSON MATERIAL

Leg conditioning