

TOEI JUJUTSU

TESTING REQUIREMENTS - ADULT

YONKYU - 4TH KYU (GREEN BLET - RED TAG)

Show all techniques on both sides

Uke Waza (Blocking Techniques)

Elbow Drill
Striking Drill

Atemi Waza (Punching & Kicking techniques)

Horse Bite Techniques
Intro to pressure points

Ukemi Waza (Falling Techniques)

Tomoe Nage (foot /leg throw)
Uki Waza (side sacrifice throw)

Dachi Waza (Stance Techniques)

Taisabaki Waza (Body Movements)

Ne Waza (Ground Techniques)

Figure 4 lock with foot
Scarf Hold
Shoulder hold
Scarf hold with arm bar (figure 4 on arm)

Jigo Waza

1 handed grab w/slight elbow bend (lapel)

Peel across- break arm across stomach step on toe (back up in front stance)
Peel across- break arm across stomach step on toe (back up in front stance) and pull down

Same hand grab

Peel thumb step around break elbow over shoulder elbow
peel thumb- step to back- Nahachi kick- break elbow Step out to back if opponent
Peel 2 fingers- arm bar break

1 hand double lapel grab

across peel thumb arm break- step back same but break arm over stomach
Thumb- Elbow break (step back) to straighten arm (trap fingers to chest)
Reach across grab palm twist- wind up break arm

2 handed cross grab choke (high) chin down

peel- peel arm break release
peel- peel inside break up under elbow
peel- peel arm break outside of arm cross block

2 handed grab w/ slight elbow bend (lapel)

DTP arm break over shoulder. Step on toe
DTP Release- stretch back upper block break elbow inside
DTP toe across stomach break-NOT PULL

Cross Hand grab

CHG- Grab elbow (overhand) step on toe chamber break across stomach
chamber cross hand block break
CHG- Tisa back – step back- break elbow
Break elbow- CHB Step on toe

Double hand grab CH bottom

Grab outer arm- step on foot grab arm- twist and take down break arm.
Peel- pull out hand- chamber- up under- elbow break
peel pull break elbow
Break arm
Stand on arm break elbow
peel thumb- out block- kick f. leg

OTHER TWO PERSON MATERIAL

Randori