

# TOEI JUJUTSU

## TESTING REQUIREMENTS - ADULT Sankyu - 3<sup>TH</sup> KYU (BROWN BELT – 3<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 thumb shoulder throw (Step on opposite toes)  
Peel across grab wrist- stretch step on foot- pull to throw  
Peel across- step on foot- Elbow back throw  
Peel across- block- Palm heel- Step sweep to throw

### **Same hand grab**

Peel- up under shoulder step in- step on foot- throw  
Grab wrist-step in throw over back break arm. one hand grab their hand .One arm around stomach /one over shoulder. IN DEEP!  
chamber- up under elbow break

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

Peel across- step on toe (foot back) behind neck throw- Finish-3  
Same side peel under (opposite arm around head) arm shoulder throw- step on foot  
Peel same hand step on foot throw  
Peel grab wrist Step on foot throw  
Across peel thumb- atep on toe (95 degree)- stretch pull- throw- 3 endings

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

Grab with wrist- foot- throw

peel thumbs- shoulder- toe throw  
Peel(top) peel- hold arms- back hip throw

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

DTP throw hip BA (arm up)  
DTP Release lower hand grab shoulder toe throw  
Over top switch hands- grab wrist- toe- pull to throw land chicken wing  
DTP- Toe- Stretch (45 degree) up- pull to throw

### **Cross Hand grab**

Peel thumb- grab both hands stand front throw X  
CHG- peel – grab both hands step around hip throw  
CHG- peel thumb- bend elbow- central shoulder throw step on toes

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

Peel- outer hand out twist to hip throw- break arm.  
Peel thumb- twist arm out- back of head- step on toe- throw.  
back straight no throw  
Leg over leg no throw (on back )

## OTHER TWO PERSON MATERIAL

Leg conditioning