

Shuri-Te Ju-Jutsu

Basic Requirements List



首里手柔術

7th Kyu thru 6th Dan

16 Performance Categories

1. Ukemi (art of falling)
2. Tachi (stances), Ashi-sabaki (foot work), Tai-sabaki (avoiding)
3. Uke-Waza (blocking), Redirecting/Entering, Trapping
4. Ate/Atemi-Waza (vital striking techniques), Uchi-no-Kata (forms of striking), Kyusho-Jutsu
5. Hazushi (releases)
6. Kansetsu-Waza (joint bending techniques)
7. Te-Waza (hand techniques)
8. Otoshi-Waza (takedown techniques)
9. Nage-Waza (throwing techniques)
10. Katame -Waza (kansetsu, osae komi & ne-waza) (ground Controlling techniques)
11. Shime-Waza (strangulation techniques)
12. Goshin-Jutsu-No-Kata (forms of self defense)
13. Kata-Kumite (form fighting), Problem Solving, Jiyu-Renshu (free style training), Randori (jiyu-kumite & taninju-dori) (free-fighting with one or several opponents)
14. Kaeshi-Waza (transitioning/countering techniques)
15. Kokyu Chikara (breath power), Ki-Development, Kokyu-Dosa (breathing exercise), Qigong (internal energy development for health & martial power)
16. Weapons training: Bokken (wooden sword), Jo (short staff), Knife and Gun Defenses

Shichikyu (7th Kyu) Yellow Belt Requirements

Ukemi-Waza (Falling Techniques) (3)

1. Rolling back & forward drill
2. Ushiro ukemi Back fall (in place & step back)
3. Yoko ukemi Side fall

Tachi (Stances/Postures) (5)

1. Heisoku dachi Feet together/attention stance
2. Musubi dachi Heels together toes out/V-stance
3. Hachiji dachi (yoi) Shoulder/ready stance
4. Kiba dachi Horse-riding stance
5. Zenkutsu dachi Front stance

Ashi-sabaki & Tai-sabaki (Foot work, Avoiding & Body Movements) (4)

1. Ayumi-ashi Walking/in & out step
2. Tsugi-ashi Step and slide
3. Tenkai-ashi Body pivot 180 degree
4. Tenkan-ashi Outward turning pivot 45 degree

Uke-Waza (Blocking Techniques) (2)

1. Nagashi uke Push-away block
2. Chudan ude uke Middle forearm block

Atemi-Waza (Vital Striking Techniques) (7)

Tsuki-Waza (Punching Techniques)

1. Seiken tsuki Straight punch
2. Tate tsuki Vertical punch

Te-Uchi-Waza (Hand Striking Techniques)

1. Tetsui uchi (3) Hammer-fist strikes

Empi-Uchi-Waza (Elbow Striking Techniques)

1. Cross horizontal elbow
2. Rear horizontal elbow

Keri-Waza (Kicking Techniques)

1. Mae geri Front kick

Hiza-Uchi-Waza (Knee Striking Techniques)

1. Upward vertical knee

Redirecting/Entering Techniques (2)

1. Slapping hand block (pak-sau) with vertical punch (tate tsuki): defense from back-hand strike, attempted grab, straight punch or push
2. Deflecting hand block (outside & inside): defense from straight or round punch

Hazushi (Releases/Escapes) (3)

Attack	Releases
1. Straight in wrist grab	Circle over & coil down
2. Cross wrist grab	Circle over & coil down
3. Straight in wrist grab	Circle & coil under, press across

Kansetsu-Waza (Joint Locking/Bending Techniques) (9)

Joint Bending Locks Flow Series

- Joint lock #1
- Joint lock #2
- Joint lock #3

Arm Bars Flow Series

- Arm bar #1
- Arm bar #2
- Arm bar #3

Finger Locks Flow Series

- Finger lock #1
- Finger lock #2
- Finger lock #3

Te-Waza (Hand Techniques) (3)

Attack	Defense
1. Straight in wrist grab	Te-hana (joint lock #1)
2. Cross wrist grab	Kote-gaeshi (joint lock #2)
3. Straight in wrist grab	Nikyo/Kote-mawashi (joint lock #3)

Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (2)

1. Sumi-otoshi (irimi & tenkan) Corner drop
2. Kote-gaeshi (irimi & tenkan) Wrist outward turning drop

Nage-no-Kata (Formal Throwing Techniques) (1)

1. O-soto-otoshi Major outer drop

Katame-Waza (Ground Controlling Techniques)

Kansetsu-Waza (Immobilization with Joint Bending Techniques) (4)

Arm & Shoulder Lock Pinning Series

Pinning technique #1

Pinning technique #2

Pinning technique #3

Pinning technique #4

Ne-Waza (Ground Defensive Techniques) (2)

#1 Escape/counter a two hand choke/grab from the mount into juji-gatame:

Post one leg up while applying two-hand chest compression, trap uke's arm pulling him onto his side, turn/pivot 90 degrees to the side sit back into juji-gatame

#2 Escape/counter from bottom position of the mount:

Trap uke's arm & hook leg, turnover into guard position, apply forearm choke or arm lock

Shime/jime-Waza (Strangulation Techniques) (2)

- | | |
|-------------------------------|---|
| 1. Kani-jime | Crab choke |
| 2. Hasami-jime (ushiro & mae) | Scissors choke, arm position rear & front |

Goshin-Jutsu-No-Kata (Forms of Self Defense) (3)

Attack

Defense

- | | |
|---------------------------|---------------|
| 1. Single lapel grab | Sumi-otoshi |
| 2. Frontal two hand choke | Kote-gaeshi |
| 3. Behind forearm choke | O-soto-otoshi |

Rokkyu (6th Kyu) Blue Belt Requirements

Ukemi-Waza (Falling Techniques) (6)

- | | |
|------------------------|--------------|
| 4. Mae ukemi | Front fall |
| 5. Mae mawari ukemi | Forward roll |
| 6. Ushiro mawari ukemi | Back roll |

Tachi (Stances/Postures) (9)

- | | |
|----------------------|--------------------------------|
| 6. Ha-mae kiba dachi | Half-front horse-riding stance |
| 7. Shiko dachi | Sumo stance |
| 8. Reinoji dachi | L/T-stance |
| 9. Kake dachi | Hooked leg stance |

Ashi-sabaki & Tai-sabaki (Foot work, Avoiding & Body Movements) (6)

- | | |
|--------------------------------|-------------------|
| 5. Ushiro-yokogiru-tenkai-ashi | Cross behind turn |
| 6. Ushiro-yokogiru-ashi | Step behind |

Uke-Waza (Blocking Techniques) (4)

- | | |
|-----------------|--|
| 3. Uchi ude uke | Inside forearm block with hammer-fist strike |
| 4. Gedan barai | Downward sweeping block |

Atemi-Waza (Vital Striking Techniques) (15)

Tsuki-Waza (Punching Techniques)

- | | |
|--------------|----------------|
| 3. Ura tsuki | Uppercut punch |
| 4. Age tsuki | Rising punch |

Uchi-Waza (Striking Techniques)

- | | |
|---------------------------|--------------------|
| 2. Teisho/Shotei uchi (3) | Palm-heel strike |
| 3. Shuto uchi (3) | Sword-hand strikes |

Empi-Uchi-Waza (Elbow Striking Techniques)

- | |
|----------------------------|
| 3. Upward vertical elbow |
| 4. Downward vertical elbow |

Keri-Waza (Kicking Techniques)

- | | |
|----------------|-----------------|
| 2. Kakato geri | Heel Stomp kick |
|----------------|-----------------|

Hiza-Uchi-Waza (Knee Striking Techniques)

- | |
|------------------|
| 2. Dropping knee |
|------------------|

Redirecting/Entering Techniques (4)

- | |
|---|
| 3. Inside forearm circular sweeping block (soto-ude-barai): defense from round or straight punch |
| 4. Outside forearm circular block into arm bar (pass the guard): defense from round or straight punch |

Hazushi (Releases/Escapes) (6)

Attack	Releases
4. Cross wrist grab	Circle & coil under, cut across
5. Straight in wrist grab	Cross horizontal elbow
6. Cross wrist grab	Upward vertical elbow with low kick

Kansetsu-Waza (Joint Locking/Bending Techniques) (18)**Joint Bending Locks Flow Series**

Joint lock #4

Joint lock #5

Joint lock #6

Arm Bars Flow Series

Arm bar #4

Arm bar #5

Arm bar #6

Finger Locks Flow Series

Finger lock #4

Finger lock #5

Finger lock #6

Te-Waza (Hand Techniques) (6)

Attack	Defense
4. Cross wrist grab	Nikyo/Kote-mawashi (wrapping hand)
5. Straight in wrist grab	Ude-gatame (arm bar #1 & #2, into #4)
6. Cross wrist grab	Kote-gaeshi into finger locks

Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (4)

- | | |
|---|-------------------------------|
| 3. Ikkyo/Ude-osae-otoshi (irimi, tenkan & yoko) | Arm bar takedown |
| 4. Nikyo/Kote-mawashi-otoshi (omote & ura) | Wrist inward turning takedown |

Nage-No-Kata (Formal Throwing Techniques) (2)

- | | |
|----------------|---------------------------|
| 2. O-soto-gari | Major outer reaping throw |
|----------------|---------------------------|

Katame-Waza (Ground Controlling Techniques)

Kansetsu-Waza (Immobilization with Joint Bending Techniques) (11)

Arm & Shoulder Lock Pinning Series

Pinning technique #5

Pinning technique #6

Pinning technique #7

Pinning technique #8

Leg Locking Series

Leg lock #1

Leg lock #2

Leg lock #3

Oase-Komi-Waza (Immobilization/Holding Down Techniques) (3)

Hold down #1

Hold down #2

Hold down #3

Ne-Waza (Ground Defensive Techniques) (4)

#3 Escape/counter from the guard position (pass the guard):

Sit back sink elbows inside of leg at (SP-10), pass the guard using brush block, swing uke's leg over move into kesa-gatame-kubi-jime

#4 Transition from one knee-on-chest mount into juji-gatame:

Press your knee into uke's chest, as uke tries to push your knee off hook/trap around his arm pulling uke onto his side with a straight arm bar, step around uke's head & turn/pivot around arm 180% sit back into juji-gatame

Shime-Waza (Strangulation Techniques) (4)

3. Ushiro-jime Rear forearm choke

4. Morote-ushiro-jime Two hand rear forearm choke (figure-4)

Goshin-Jutsu-No-Kata (Forms of Self Defense) (6)

Attack

Defense

4. Single lapel grab

Nikyo into Ude-osae-otoshi

5. Double lapel grab

O-soto-gari

6. Frontal two hand choke

O-soto-gari

Problem Solving

Kata-Kumite (Form Fighting)

Gokyu (5th Kyu) Green Belt Requirements

Ukemi-Waza (Falling Techniques) (8)

- | | |
|----------------------|------------------------------------|
| 7. Yoko mawari ukemi | Side turnover roll |
| 8. Mae chugaeri | Forward aerial rollover break fall |

Tachi (Stances/Postures) (12)

- | | |
|---------------------|-----------------------|
| 10. Neko ashi dachi | Cat leg stance |
| 11. Mitsurin dachi | Jungle/leopard stance |
| 12. Kokutsu dachi | Back stance |

Ashi-sabaki & Tai-sabaki (Foot work, Avoiding & Body Movements) (8)

- | | |
|----------------------|------------------|
| 7. Mae-yokogiru-ashi | Step in front |
| 8. Kake-ashi | Arcing/hook step |

Uke-Waza (Blocking Techniques) (6)

- | | |
|-----------------|------------------|
| 5. Haishu barai | Backhand block |
| 6. Mawashi uke | Roundhouse block |

Atemi-Waza (Vital Striking Techniques) (23)

Tsuki-Waza (Punching Techniques)

- | | |
|------------------|-------------|
| 5. Mawashi tsuki | Round punch |
| 6. Kage tsuki | Hook punch |

Uchi-Waza (Striking Techniques)

- | | |
|-------------------|-------------------|
| 4. Riken uchi (4) | Back fist strikes |
| 5. Ude uchi (2) | Forearm strikes |

Empi-Uchi-Waza (Elbow Striking Techniques)

- | |
|------------------------------|
| 5. Sideward horizontal elbow |
| 6. Downward diagonal elbow |

Keri-Waza (Kicking Techniques)

- | | |
|----------------|-----------|
| 3. Ushiro geri | Back kick |
|----------------|-----------|

Hiza-Uchi-Waza (Knee Striking Techniques)

- | |
|-------------------|
| 3. Thrusting knee |
|-------------------|

Uchi-No-Kata (Forms of Striking) (1)

#1 Double knife-hand block to inside arm at (Lu-5 & Lu-7), knife-hand strike to side of neck at (Si-16), raising elbow strike under chin, wrist/palm strike under nose at (Cv-24 & Gv-27), pull head down knee kick to face at (St-2 & St-3), turn uke 360°, forearm strike to shoulder at (Gb-21 or St-12) throwing uke to the floor

Katame-Waza (Ground Controlling Techniques)

Kansetsu-Waza (Immobilization with Joint Bending Techniques) (18)

Arm & Shoulder Lock Pinning Series

Pinning technique #9

Pinning technique #10

Pinning technique #11

Pinning technique #12

Leg Locking Series

Leg lock #4

Leg lock #5

Leg lock #6

Oase-Komi-Waza (Immobilization/Holding Down Techniques) (6)

Hold down #4

Hold down #5

Hold down #6

Ne-Waza (Ground Defensive Techniques) (7)

#5 Transition from side mount into juji-gatame:

Pass uke's outside arm to your inside & trapping it, post your outside leg up pulling uke onto his side with a straight arm bar, step around uke's head turn/pivot around arm 180% sit back into juji-gatame

#6 Escape/counter from attempting juji-gatame:

Pull your elbow in while tuning into uke, clear leg off your head, pull your arm out while you pass uke's other leg, shift in apply neck lock or juji-gatame

#7 Escape/counter from Juji-gatame:

Same escape as technique #3, into (ashi-gatame) leg lock

Shime-Waza (Strangulation Techniques) (6)

5. Ushiro-te-eri-jime-ude-gatame Forearm lapel choke with arm pin

6. Ushiro-te-kubi-jime-ude-gatame Forearm choke with arm pin

Goshin-Jutsu-No-Kata (Forms of Self Defense) (9)

Attack

Defense

7. Behind two hand choke (pulling)

Ude-osae-otoshi

8. Behind two hand choke (pushing)

Ushiro-maki-otoshi

9. Behind bear hug

Kote-hineri-otoshi

Problem Solving

Kata-Kumite (Form Fighting)

Yonkyu (4th Kyu) Purple Belt Requirements

Ukemi-Waza (Falling Techniques) (8)

* All prior belt level techniques

Tachi (Stances/Postures) (14)

- | | |
|-------------------|----------------|
| 13. <i>Bai bu</i> | Toe out stance |
| 14. <i>Kou bu</i> | Toe in stance |

Ashi-sabaki & Tai-sabaki (Foot work, Avoiding & Body Movements) (10)

- | | |
|------------------------------|-----------------------------------|
| 9. Tai-no-tenkan | Outward body turning 180 degree |
| 10. Ayumi-ashi/Tai-no-tenkan | Step forward to outward body turn |

Uke-Waza (Blocking Techniques) (8)

- | | |
|------------------|---------------------------------------|
| 7. Jodan age uke | High rising block |
| 8. Juji uke | Cross arm block with back-fist strike |

Atemi-Waza (Vital Striking Techniques) (31)

Tsuki-Waza (Punching Techniques)

- | | |
|-----------------|--|
| 7. Kizami tsuki | Forward jab punch |
| 8. Ippon-ken | Index finger knuckle/Phoenix eye punch |

Uchi-Waza (Striking Techniques)

- | | |
|-------------------|------------------------|
| 6. Toho uchi | Web of the hand strike |
| 7. Haito uchi (3) | Ridge hand strike |

Empi-Uchi-Waza (Elbow Striking Techniques)

- | | |
|---------------------------|--|
| 7. Rear arcing elbow | |
| 8. Forward crashing elbow | |

Keri/geri-Waza (Kicking Techniques)

- | | |
|--------------|-----------|
| 4. Yoko geri | Side kick |
|--------------|-----------|

Hiza-Uchi-Waza (Knee Striking Techniques)

- | | |
|-------------------|--|
| 4. Springing knee | |
|-------------------|--|

Uchi-No-Kata (Forms of Striking) (2)

#2 Step in off line brush block, finger jab to eyes, trap arm elbow strike to (Th-11) hyper-extend elbow, knife-hand strike to (Gv-26), forearm strike to neck at (Li-18), throw uke down, knee drop to head at (Th-23 or Gb-3)

Redirecting/Entering Techniques (8)

- | | |
|--|--|
| 7. Dividing hands entry (high & low, inward & outward) pass the arm, strike & trap: defense from two-hand push or attempted grab | |
| 8. Rising cross arm block (juji uke) into back-fist strike (inside, grab hand with back-fist to nose) (outside, hook hand into arm bar): defense from round punch or straight punch or overhead strike | |

Hazushi (Releases/Escapes) (12)

Attack	Releases
10. Behind straight in shoulder grab	Step back diagonally and pivot with rear arcing elbow
11. Behind cross shoulder grab	Step back diagonally and pivot with rear arcing elbow
12. Straight in underside wrist grab	Coil hand under, cut down with diagonal elbow into vertical punch

Kansetsu-Waza (Joint Locking/Bending Techniques) (36)**Joint Bending Locks Flow Series**

Joint lock #10

Joint lock #11

Joint lock #12

Arm Bars Flow Series

Arm bar #10

Arm bar #11

Arm bar #12

Finger Locks Flow Series

Finger lock #10

Finger lock #11

Finger lock #12

Te-Waza (Hand Techniques) (12)

Attack	Defense
10. Behind straight in shoulder grab	Nikyo/Kote-mawashi into arm bar #7
11. Behind cross shoulder grab	Soto-ude-garami (joint lock #10 & #11)
12. Straight in underside wrist grab	Nikyo/Kote-mawashi (joint lock #5) into four-finger lock

Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (8)

7. Tekubi-ude-garami-otoshi	Figure-4 takedown
8. Waki-gatame-otoshi	Straight arm bar under the armpit drop

Nage-No-Kata (Formal Throwing Techniques) (5)

5. Soto-ude-mochi-ashi-nage (te & ashi)	Outer over the arm & hooking the leg overturning throw
---	--

Katame-Waza (Ground Controlling Techniques)

Kansetsu-Waza (Immobilization with Joint Bending Techniques) (25)

Arm & Shoulder Lock Pinning Series

Pinning technique #13

Pinning technique #14

Pinning technique #15

Pinning technique #16

Leg Locking Series

Leg lock #7

Leg lock #8

Leg lock #9

Oase-Komi-Waza (Immobilization/Holding Down Techniques) (9)

Hold down #7

Hold down #8

Hold down #9

Ne-Waza (Ground Defensive Techniques) (10)

#8 Counter from bottom position of a side standing mount with uke attempting to punch:
(Ashi-dori-ashi-otoshi) leg pressing drop using your leg/foot from the ground

#9 Counter from bottom position of a standing mount with uke attempting to punch
(Ryo-Ashi-dori-ashi-otoshi-gatame) both legs pressing drop using your shins from the ground

#10 Escape/counter from bottom position of a standing or kneeling open guard with uke attempting to punch:
Place feet into uke's lower abdomen/upper legs, arc up & hook your leg around neck applying arm bar, turnover takedown into juji-gatame

Shime-Waza (Strangulation Techniques) (9)

- | | |
|----------------------|----------------------|
| 7. Kesa-jime | Diagonal choke |
| 8. Seiken-osae-jime | Fist pressing choke |
| 9. Oyayubi-osae-jime | Thumb pressing choke |

Goshin-Jutsu-No-Kata (Forms of Self Defense) (12)

Attack

Defense

- | | |
|------------------------------------|---------------------------------------|
| 10. Behind bear hug with body lift | Soto-ude-mochi-ashi-nage |
| 11. Full nelson (Attempted) | Finger lock takedown |
| 12. Full nelson (Attempted) | Wrist lock takedown (joint lock # 20) |

Problem Solving & Kata-Kumite (Form Fighting)

Rendori

Jiyu-kumite-katame (free-fighting from ground grappling)

Taninju-dori (free-fighting several opponents) two-on-one six attacks total

Sankyu (3rd Kyu) Brown Belt Requirements

Ukemi-Waza (Falling Techniques) (8)

* All prior belt level techniques

Tachi (Stances/Postures) (15)

15. *Fu bu* Tiger crouching posture/stance

Ashi-sabaki & Tai-sabaki (Foot work, Avoiding & Body Movements) (12)

11. *Kou-bu & Bai-bu* Toe in & toe out step

12. *Tobu-ashi* Jumping step

Uke-Waza (Blocking Techniques) (10)

9. *Morote soto ude uke* Both hands outside forearm block

10. *Kake uke* Hooking hand block

Atemi-Waza (Vital Striking Techniques) (35)

Tsuki-Waza (Punching Techniques)

* All prior belt level techniques

Te-Uchi-Waza (Hand Striking Techniques)

8. *Muchiutsu-uchi* Whipping hand strike

9. *Tekubi uchi* Outside wrist strike

Empi-Uchi-Waza (Elbow Striking Techniques)

* All prior belt level techniques

Keri-Waza (Kicking Techniques)

5. *Mawashi geri* Round kick

Hiza-Uchi-Waza (Knee Striking Techniques)

5. Roundhouse knee

Uchi-No-Kata (Forms of Striking) (3)

#3 Double knife-hand block to (Lu-5 & Lu-6), pass the arm & trap, pull back (te-uke cover), hyper-extend elbow, back of hand strike to groin, back of thumb strike to inside of arm at (Ht-2 or Ht-3), elbow strike to back of arm at (Th-11), smear the face with your palm at (Gv-26), forearm strike at (Li-18), track around head, arch the back, tiger claw to eyes at (Bl-1), drop weight throw uke down

Redirecting/Entering Techniques (10)

9. Outside body turning (tai-no-tenkan) wrapping the arm into (te-uke cover), hyper-extend elbow: defense from straight punch or push

10. Upward arm/elbow block entry (elbow #3) (outside & inside): defense from straight or round punch

Hazushi (Releases/Escapes) (15)

Attack	Release
13. Straight in underside wrist grab	Circle up & coil over, cut down & press arm across
14. Cross underside wrist grab	Circle down & coil under, scoop hand upward
15. Cross underside wrist grab	Circle up & coil over, cut downward

Kansetsu-Waza (Joint Locking/Bending Techniques) (45)**Joint Bending Locks Flow Series**

Joint lock #13

Joint lock #14

Joint lock #15

Arm Bars Flow Series

Arm bar #13

Arm bar #14

Arm bar #15

Finger Locks Flow Series

Finger lock #13

Finger lock #14

Finger lock #15

Te-Waza (Hand Techniques) (15)

Attack	Defense
13. Straight in underside wrist grab	Ude-gatame (arm bar #1) into into ude-osae arm bar #7
14. Cross underside wrist grab	Sankyo/Kote-hineri (joint lock #13) hit ribs into joint lock #14
15. Cross underside wrist grab	Kote-gaeshi into Kote-gaeshi with neck lock (joint lock #7)

Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (11)

9. Maki-otoshi	Winding/wrapping drop
10. Irimi-nage (Irimi & tenkan)	Outside entering throw
11. Sokumen-irimi-otoshi (inside & outside)	Side approaching entering drop

Nage-No-Kata (Formal Throwing Techniques) (7)

6. Kubi-ma-sutemi-nage (Hikkomi)	Neck lock sacrifice throw
7. Ashi-barai (uchi & soto)	Leg sweeps

Nikyu (2nd kyu) Brown Belt Requirements

Ukemi-Waza (Falling Techniques) (8)

* All prior belt level techniques

Tachi (Stances/Postures) (16)

16. *Lung bu* Dragon posture/stance

Ashi-sabaki & Tai-sabaki (Foot work, Avoiding & Body Movements) (14)

13. Tsugi-ashi/Tenkai-ashi Step slide pivot 180 degree

14. Kaiten-ashi Step forward pivot 180 degree (circle in)

Uke-Waza (Blocking Techniques) (12)

11. Shoto uke Knife-hand block

12. Morote shoto uke Both hands knife-hand block

Atemi-Waza (Vital Striking Techniques) (39)

Tsuki-Waza (Punching Techniques)

* All prior belt level techniques

Te-Uchi-Waza (Hand Striking Techniques)

10. Heiken uchi (2) Leopard fist strike

11. Keito uchi (2) Back of thumb strike

Empi-Uchi-Waza (Elbow Striking Techniques)

* All prior belt level techniques

Keri-Waza (Kicking Techniques)

6. Teisoku geri Sole of the foot kick

Hiza-Uchi-Waza (Knee Striking Techniques)

6. Downward arcing knee

Uchi-No-Kata (Forms of Striking) (4)

#4 Inside split entry finger jab to eyes (St-1), back hand strike to neck (Si-16), elbow strike under chin, palm strike to jaw (St-5), turn head move behind uke, double palm slap ears, ridge hand under nose (Gv-26) web hand strike back of neck (Gv-15), kick to back of knee (Ki-10 or BI-40), knee drop to head

Redirecting/Entering Techniques (12)

11. Outside split entry: defense from straight punch, push or back-fist strike

12. Inside split entry: defense from straight or round punch and push

Hazushi (releases) (17)

Attack	Release
16. Straight in upper arm grab	Circle out/over placing your elbow on top & cut down, shoto to throat
17. Cross upper arm grab	Circle out & under, coil arm up & over, cut across

Kansetsu-Waza (Joint Locking/Bending Techniques) (54)**Joint Bending Locks Flow Series**

Joint lock #16

Joint lock #17

Joint lock #18

Arm Bars Flow Series

Arm bar #16

Arm bar #17

Arm bar #18

Finger Locks Flow Series

Finger lock #16

Finger lock #17

Finger lock #18

Te-Waza (Hand Techniques) (17)

Attack	Defense
16. Straight in upper arm grab	Nikyo/Kote-mawashi into lifting finger lock
17. Cross upper arm grab	Ikkyo/Ude-Osae (arm bar #7) into arm bar #5

Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (13)

12. Tenchi-nage	Heaven & earth throw
13. Ushiro-jime-otoshi (kubi & ude-gatame)	Rear choke takedown (neck & with arm pin)

Nage-No-Kata (Formal Throwing Techniques) (9)

8. Ko-soto-gari	Minor outer reaping
9. O-uchi-gari	Major inner reaping

Katame-Waza (Ground Controlling Techniques)**Kansetsu-Waza (Immobilization with Joint Bending Techniques) (37)****Arm & Shoulder Lock Pinning Series**

Pinning technique #21

Pinning technique #22

Leg Locking Series

Leg lock #13

Leg lock #14

Leg lock #15

Oase-Komi-Waza (Immobilization/Holding Down Techniques) (15)

Hold down #13

Hold down #14

Hold down #15

Ne-Waza (Ground Defensive Techniques) (16)

#14 Escape/counter from bottom position of the guard, uke attempting to two-hand choke or grab:

Divide uke's arms, shrimp inward, wrap around back of arm & apply (gyaku-ude-garami-gatame) reverse bent arm bar shoulder lock

#15 Escape/counter two-hand choke from bottom position of the guard:

Heel kick to kidney or lower ribs, trap arms & swing legs up over uke's shoulders, squeeze legs inward while pressing both arms outward applying arm bar

#16 Escape/counter from bottom position of the guard or attempted triangle choke when uke stands-up:

Lock your legs around uke's body as he tries to stand-up, pull down on uke's arm while turning your hips out to the side, arc up & hook your leg around neck applying arm bar, turnover takedown into juji-gatame

Shime-Waza (Strangulation Techniques) (15)

13. Nami-juji-jime

Standard cross lapel choke (fingers inside)

14. Kata-juji-jime

Half cross lapel choke

15. Gyaku-juji-jime

Reverse cross lapel choke (thumbs inside)

Goshin-Jutsu-No-Kata (Forms of Self Defense) (18)**Attack****Defense**

16. Cross body push

Waki-gatame-otoshi

17. Frontal two hand push

Tenchi-nage

18. Straight punch

Ushiro-jime-otoshi

Problem Solving**Kata-Kumite (Form Fighting)****Rendori**

Jiyu-kumite-tachi & katame (free-fighting from standing to ground grappling)

Taninju-dori (free-fighting several opponents) two-on-one eight attacks total

Ikkyu (1st kyu) Brown Belt Requirements

Ukemi-Waza (Falling Techniques) (8)

* All prior belt level techniques

Tachi (Stances/Postures) (16)

* All prior belt level techniques

Ashi-sabaki & Tai-sabaki (Foot work, Avoiding & Body Movements) (16)

- | | |
|-----------------------------|--------------------------|
| 15. Ushiro-ashi/Tenkai-ashi | Step behind body pivot |
| 16. Mae-ashi/Tenkai-ashi | Step in front body pivot |

Uke-Waza (Blocking Techniques) (14)

- | | |
|-------------------|------------------------|
| 13. Hiza/ashi uke | Knee/leg block |
| 14. Teisoku uke | Sole of the foot block |

Atemi-Waza (Vital Striking Techniques) (43)

Tsuki-Waza (Punching Techniques)

* All prior belt level techniques

Te-Uchi-Waza (Hand Striking Techniques)

- | | |
|------------------------|------------------------|
| 12. Oyayubi uchi | Thumb thrusting strike |
| 13. Yonhon-nukite uchi | Four finger strike |

Empi-Uchi-Waza (Elbow Striking Techniques)

* All prior belt level techniques

Keri-Waza (Kicking Techniques)

- | | |
|------------------|------------------------------|
| 7. Mukozune-geri | Shin kick (inside & outside) |
|------------------|------------------------------|

Hiza-Uchi-Waza (Knee Striking Techniques)

- | |
|----------------------------------|
| 7. Cross knee (inside & outside) |
|----------------------------------|

Uchi-No-Kata (Forms of Striking) (5)

#5 Double knife-hand block to (Lu-6 & Lu-5), back hand block (Lu-5) with ridge-hand strike to (Si-16) & (Gb-20), palm-heel strike to chin, knife-hand strike to throat (Cv-23), palm slap to groin (Cv-2), elbow strike to solar plexus (Cv-14) raising elbow strike to chin grab back of shoulder & between legs (inside thigh), lift uke up, drop uke violently

Redirecting/Entering Techniques (14)

- | |
|---|
| 13. Brush block entry with front kick or knee strike (outside & inside): defense from straight or round punch & back-fist |
| 14. Deflecting hand block into hooking hand (kake uke) with low sole of the foot kick (teisoku geri) (inside & outside): defense from straight punch, round punch or round kick |

Hazushi (releases) (19)

Attack	Release
18. Behind both wrist grab	Coil hands up & flip elbows upward, slip out to the side, cut down
19. Behind both wrist grab	Coil one hand up & one down, step forward diagonally & pivot

Kansetsu-Waza (Joint Locking/Bending Techniques) (63)**Joint Bending Locks Flow Series**

Joint lock #19

Joint lock #20

Joint lock #21

Arm Bars Flow Series

Finger lock #19

Finger lock #20

Finger lock #21

Finger Locks Flow Series

Arm bar #19

Arm bar #20

Arm bar #21

Te-Waza (Hand Techniques) (19)

Attack	Defense
18. Behind both wrists grab	Sankyo/Kote-hineri (joint lock #13) into joint lock #17 & 19
19. Behind both wrists grab	Ude-gatame into kote-gaeshi

Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (15)

14. Jigotai-otoshi Over the thigh body drop

15. Kaiten-nage (3-directions) Rotary/turning throw

Nage-No-Kata (Formal Throwing Techniques) (11)

10. Ko-uchi-gari Minor inner reaping

11. Ko-uchi-gari- sutemi Minor inner reaping sacrifice

Katame-Waza (Ground Controlling Techniques)**Kansetsu-Waza (Immobilization with Joint Bending Techniques) (42)****Arm & Shoulder Lock Pinning Series**

Pinning technique #23

Pinning technique #24

Leg Locking Series

Leg lock #16

Leg lock #17

Leg lock #18

Oase-Komi-Waza (Immobilization/Holding Down Techniques) (18)

Hold down #16

Hold down #17

Hold down #18

Ne-Waza (Ground Defensive Techniques) (19)

#17 Escape/counter from bottom position of the guard with uke pressing forward attempting choke or punch: Block/pass uke's arm across to the side while hooking the head with your other hand, pull uke head down into frontal figure-4 choke/neck control

#18 Escape/counter from bottom position of the guard with uke kneeling (one knee up): Sweep turnover into mount position with cross lapel choke

#19 Escape/counter from the guard position (shoot-up the center): Sink/press your knee inside of uke's upper leg, jump/shoot-up uke's centerline with elbow strike to head, apply arm lock

Shime-Waza (Strangulation Techniques) (17)

16. Ryote-keito-jime Both hands back of thumb choke

17. Tomoe-jime Circular choke/strangle

Goshin-Jutsu-No-Kata (Forms of Self Defense) (21)**Attack****Defense**

19. Round punch	Jigotai-otoshi
20. Back fist strike	Irimi-nage
21. Clinch/tight up	Kaiten-nage

Problem Solving**Kata-Kumite (Form Fighting)****Rendori**

Jiyu-kumite-tach & katame (free-fighting from standing to ground grappling)

Taninju-dori (free-fighting several opponents) three-on-one twelve attacks total

Shodan (1st Dan) Black Belt Requirements

Ukemi-Waza (Falling Techniques) (8)

* All prior belt level techniques

Tachi (Stances/Postures) (16)

* All prior belt level techniques

Ashi-sabaki & Tai-sabaki (Foot work, Avoiding & Body Movements) (16)

* All prior belt level techniques

Uke-Waza (Blocking Techniques) (16)

- | | |
|---------------------------------|---------------------|
| 15. Tsuranuku-uke | Piercing-hand block |
| 16. Maku-uke (inside & outside) | Coiling-hand block |

Atemi-Waza (Vital Striking Techniques) (47)

Tsuki-Waza (Punching Techniques)

* All prior belt level techniques

Te-Uchi-Waza (Hand Striking Techniques)

- | | |
|------------------|------------------------|
| 14. Tara-te uchi | Tiger-Hand/claw strike |
| 15. Tsuzuki uchi | Forehead strike |

Empi-Uchi-Waza (Elbow Striking Techniques)

* All prior belt level techniques

Keri-Waza (Kicking Techniques)

- | | |
|------------------------|--------------------------|
| 8. Ushiro mawashi geri | Spinning back round kick |
|------------------------|--------------------------|

Hiza-Uchi-Waza (Knee Striking Techniques)

- | |
|------------------------------------|
| 8. Bumping knee (inward & outward) |
|------------------------------------|

Uchi-No-Kata (Forms of Striking) (6)

#6

Redirecting/Entering Techniques (16)

- | |
|---|
| 15. Sweeping across block (soto barai) (outside & inside): defense from front or side kick & straight low punch |
| 16. Outside downward brush block (uchi-gedan-barai) (outside & inside): defense from front, side or round kick & straight low punch |

Hazushi (releases) (22)

Attack	Release
20. Both wrist grab	Cross horizontal elbow & grab wrist
21. Both wrist grab	Circle & coil over top of both hands, press/cut down
22. Both wrist grab	Raising both hands upward, circle over & coil down, grab wrist & kick

Kansetsu-Waza (Joint Locking/Bending Techniques) (72)**Joint Bending Locks Flow Series**

Joint lock #22

Joint lock #23

Joint lock #24

Arm Bars Flow Series

Arm bar #22

Arm bar #23

Arm bar #24

Finger Locks Flow Series

Finger lock #22

Finger lock #23

Finger lock #24

Te-Waza (Hand Techniques) (22)

Attack	Defense
20. Both wrists grab	Yoko-age-ude-garami (arm bar #20) into arm bar #21
21. Both wrist grab	Ikkyo/Ude-Osae (arm bar #7) into tekubi-osae-gatame-kubi-jime
22. Both wrist grab	Shiho-nage

Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (18)

16. Ude-Otoshi (mae & ushiro)	Arm dragging drop
17. Shiho-nage (omote & ura)	Four-corner throw
18. Ude-garami-kanuki-gatame-otoshi	Wrapping (figure-4) arm bar lock takedown

Nage-No-Kata (Formal Throwing Techniques) (16)

12. O-soto-guruma	Major outer wheel throw
-------------------	-------------------------

Katame-Waza (Ground Controlling Techniques)

Kansetsu-Waza (Immobilization with Joint Bending Techniques) (49)

Arm & Shoulder Lock Pinning Series

Pinning technique #25

Pinning technique #26

Pinning technique #27

Pinning technique #28

Leg Locking Series

Leg lock #19

Leg lock #20

Leg lock #21

Oase-Komi-Waza (Immobilization/Holding Down Techniques) (22)

Hold down #19

Hold down #20

Hold down #21

Hold down #22

Ne-Waza (Ground Defensive Techniques) (22)

20 Escape/counter from the half-guard position (one leg trapped) into top-mount:

Apply forearm choke, while punching with your other hand to the lower abdomen, press uke's knee out creating space for you to pull your leg out, throw your leg over uke into a mount position, hook/vine your legs around uke's legs while applying choke

#21 Escape/counter from bottom position of kesa-gatame with attempted headlock:

Frame your arm into a forearm pressing choke push uke's head back, Shrimp-hip out the back & free your head, climb onto uke's back & apply rear choke

#22 Escape/counter from bottom position of kesa-gatame with head lock:

Apply (do-ude-jime) arm squeezing body strangle, arc-up rolling uke over into half side mount, apply forearm choke, pop-up & pivot 90% swing leg over head sit back into juji-gatame

Shime-Waza (Strangulation Techniques) (19)

18. Morote-jime Two hand choke (thumbs into jugular notch)

19. Gyaku-hadaka-jime-ashi-gatame Reverse naked choke (figure-4) with both legs hook/vine lock

Goshin-Jutsu-No-Kata (Forms of Self Defense) (24)

Attack

Defense

22. Body tackle (upper legs)

Kaiten-nage

23. Behind straight in shoulder grab

Ude-osae-otoshi, swing leg over arm body drop, juji-gatame

24. Behind cross shoulder grab

Ude-garami-kanuki-gatame-otoshi

Problem Solving, Kata-Kumite & Rendori

Jiyu-kumite-tachi & katame (free-fighting from standing to ground grappling)

Taninju-dori (free-fighting several opponents) three-on-one twelve attacks total

Hazushi (releases) (30)

Attack	Release
23. Both hands on one wrist grab	Clasp hands cross horizontal elbow into vertical cut
24. Both hands on one wrist grab	Circle & coil over, cut across & down with both hands
25. Both hands on one wrist grab	Circle & coil under, cut across & down with both hands
26. Both straight in upper arm grab	Circle arms out & over, drop elbows down with front kick
27. Behind straight in wrist grab	Step back diagonally and pivot with rear arcing elbow & cut down
28. Behind Cross wrist grab	Step back diagonally and pivot with rear arcing elbow & coil over
29. Single straight arm throat grab	Drop chin, pivot body in with downward elbow, hummer-fist strike
30. Behind forearm choke	Correct posture step back pivot, turn out haishu barai

Kansetsu-Waza (Joint Locking/Bending Techniques) (90)

Joint Bending Locks Flow Series

Joint lock #25
 Joint lock #26
 Joint lock #27
 Joint lock #28
 Joint lock #29
 Joint lock #30

Arm Bars Flow Series

Arm bar #25
 Arm bar #26
 Arm bar #27
 Arm bar #28
 Arm bar #29
 Arm bar #30

Finger Locks Flow Series

Finger lock #25
 Finger lock #26
 Finger lock #27
 Finger lock #28
 Finger lock #29
 Finger lock #30

Te-Waza (Hand Techniques) (30)

Attack	Defense
23. Both wrist grab	Juji-ude-osae-gatame (arm bar #23) with low-line kick to knee
24. Both hands on one wrist grab	Nikyo/Kote-mawashi (wrapping hand)
25. Both hands on one wrist grab	Nikyo/Kote-mawashi (wrapping hand)
26. Both straight in upper arm grab	Double Nikyo/Kote-mawashi with thrusting knee & front kick
27. Behind straight in wrist grab	Ude-Osae (bent arm bar #24) into Figure-4 joint lock #25
28. Behind cross wrist grab	Kote gaeshi or Te-hana
29. Straight in underside wrist grab	Kote-mawashi with the elbow into finger lock into joint lock #15
30. Straight underside wrist grab with punch	Kote-mawashi using the elbow trapping both hands, back-fist

Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (23)

19. Ashi-dori-otoshi	Leg pressing drop using your arms
20. Ashi-dori-ashi-otoshi-tachi (inside & outside)	Leg pressing drop using your leg from standing
21. Ashi-dori-ashi-otoshi-gatame	Leg pressing drop using your leg from the ground
22. Tsuru-ashi-otoshi (irimi & tenkan)	Lifting leg drop
23. Ashi-osae-otoshi (standing & kneeling)	Slapping & hooking leg pressing drop

Nage-No-Kata (Formal Throwing Techniques) (16)

13. Seoi-nage	Shoulder throw
14. Koshi-nage	Across the hip throw
15. Tai-otoshi	Body drop
16. Soto-koshi-guruma	Outside hip wheel throw

Katame-Waza (Ground Controlling Techniques)**Kansetsu-Waza (Immobilization with Joint Bending Techniques) (56)****Arm & Shoulder Lock Pinning Series**

- Pinning technique #29
- Pinning technique #30
- Pinning technique #31
- Pinning technique #32

Leg Locking Series

- Leg lock #22
- Leg lock #23
- Leg lock #24

Oase-Komi-Waza (Immobilization/Holding Down Techniques) (26)

- Hold down #23
- Hold down #24
- Hold down #25
- Hold down #26

Ne-Waza (Ground Defensive Techniques) (25)

#23 Escape/counter from bottom position of kesa-gatame:

Shrimp-out, press uke's head back, swing your leg over his head, and apply yoko-san-kaku-jime

#24 Counter from top position of kesa-gatame (counter for above technique):

As uke attempts to push your head back, swing/shift your body out sliding your leg over uke's head, and apply yoko-san-kaku-jime

#25 Escape/counter from bottom position of the mount with both wrists grabbed:

Escape using nikyo wristlock with horizontal elbow into (ude-garami-gatame) bent arm bar shoulder lock

Shime-Waza (Strangulation Techniques) (23)

20. Ashi-jime	Pulling the neck across the leg/shin choke
21. Ashi-gatame-jime	Leg pinning across the neck choke
22. Hiza-jime	Knee into neck choke
23. Yoko-san-kaku-jime	Sideways Triangular choke

Goshin-Jutsu-No-Kata (Forms of Self Defense) (32)

Attack

Defense

25. Front kick (middle line)	Ashi-dori-ashi-otoshi-tachi
26. Round kick (middle line)	Leg trap, turn
27. Side kick (middle line)	O-soto-otoshi
28. Spinning back kick (middle line)	Ashi-barai
29. Frontal hair grab	Key lock Ude-Otoshi
30. Behind hair grab	Shiho-nage
31. Straight punch	Ashi-dori-otoshi
32. Round punch	Ashi-osae-otoshi

Problem Solving

Kata-Kumite (Form Fighting)

Rendori

Jiyu-kumite-tachi & katame (free-fighting from standing to ground grappling)

Taninju-dori (free-fighting several opponents) four-on-one sixteen attacks total

Sandan (3rd Dan) Black Belt Requirements

Ukemi-Waza (Falling Techniques) (8)

* All prior belt level techniques

Tachi (Stances/Postures) (16)

* All prior belt level techniques

Ashi-sabaki & Tai-sabaki (Foot work, Avoiding & Body Movements) (16)

* All prior belt level techniques

Uke-Waza (Blocking Techniques) (16)

* All prior belt level techniques

Atemi-Waza (Vital Striking Techniques) (48)

Tsuki-Waza (Punching Techniques)

* All prior belt level techniques

Te-Uchi-Waza (Hand Striking Techniques)

* All prior belt level techniques

Empi-Uchi-Waza (Elbow Striking Techniques)

* All prior belt level techniques

Keri-Waza (Kicking Techniques)

* All prior belt level techniques

Hiza-Uchi-Waza (Knee Striking Techniques)

* All prior belt level techniques

Uchi-No-Kata (Forms of Striking) (8)

#8

Redirecting/Entering Techniques (24)

21. Simultaneous block & strike (outside & inside): defense from straight or round punch, two hand push and attempted grabs
22. Preemptive defense with rear hand check & front hand cover while entering (inside & outside): defense from the attacker preparing to strike or presenting their hands
23. Whipping hand/arm block entry into bouncing/rebounding strike (outside & inside): defense from straight or round punch, two hand push and attempted grabs
24. Cutting hand/arm block entry into bouncing/rebounding strike: (outside & inside): defense from straight or round punch, two hand push and attempted grabs

Hazushi (releases) (38)

Attack	Release
31. Both underside wrists grab	Coil one hand under while the other cuts across with horizontal elbow
32. Both underside wrists grab	Coil one hand over & the other hand under, cut across
33. Both underside wrists grab	Cut down (lever) into double vertical punches
34. Underside wrist grab cross/straight	Cut down (lever) into vertical punch
35. Frontal hair grab	Control hand step forward strike to groin, hook elbow & bend arm
36. Rear hair grab	Control hand step back and turn inward 180%, twist hand, kick knee
37. Single lapel grab	Thumb press/lock or finger lock
38. Double lapel grab	Forearm strikes to both arms (LI-10), strike down again and clear

Kansetsu-Waza (Joint Locking/Bending Techniques) (108)

Joint Bending Locks Flow Series

Joint lock #31
 Joint lock #32
 Joint lock #33
 Joint lock #34
 Joint lock #35
 Joint lock #36

Arm Bars Flow Series

Arm bar #31
 Arm bar #32
 Arm bar #33
 Arm bar #34
 Arm bar #35
 Arm bar #36

Finger Locks Flow Series

Finger lock #31
 Finger lock #32
 Finger lock #33
 Finger lock #34
 Finger lock #35
 Finger lock #36

Te-Waza (Hand Techniques) (38)

Attack	Defense
31. Both underside wrists grab	Kote-mawashi (joint lock #4 variation), two hand vertical Nikyo
32. Both underside wrists grab	Pass the guard into Shiho-nage with neck press
33. Straight in wrist grab	Pinky finger lock
34. Cross wrist grab	Ude-Osae into mororte-tekubi-osae-gatame
35. Both wrists grab	Ude-garami (joint lock #35) into arm bar #29 (outside cradle)
36. Single lapel grab	Trap/punch, Ude-garami-kubi (joint lock #35) into joint lock #36
37. Single lapel grab with punch	Block/strike, Sankyo (joint lock #13) into joint lock #18-neck pin
38. Double lapel grab	Nikyo/Kote-mawashi (joint lock #4) into horizontal Nikyo

Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (27)

24. Oshi-taoshi-otoshi (uchi & soto)	Arm bar (cradle lock) takedown
25. Men-mawashi-otoshi (3 levels)	Head turning drop
26. Ude-kime-nage (2-levels mune & ashi)	Arm lock throw
27. Sukui-otoshi (2 levels ashi & mune)	Lifting body over the leg drop

Nage-No-Kata (Formal Throwing Techniques) (20)

17. Harai-goshi	Sweeping hip throw
18. Hane-goshi	Spring hip throw
19. Tsuru-komi-goshi	Lifting hip throw
20. Seoi-otoshi	Shoulder dropping throw

Katame-Waza (Ground Controlling Techniques)**Kansetsu-Waza (Immobilization with Joint Bending Techniques) (64)****Arm & Shoulder Lock Pinning Series**

- Pinning technique #33
- Pinning technique #34
- Pinning technique #35
- Pinning technique #36

Leg Locking Series

- Leg lock #25
- Leg lock #26
- Leg lock #27
- Leg lock #28

Oase-Komi-Waza (Immobilization/Holding Down Techniques) (30)

- Hold down #27
- Hold down #28
- Hold down #29
- Hold down #30

Ne-Waza (Ground Defensive Techniques) (28)

#26 Transition from the top position of side mount:

Into (ude-garami-gatame) bent arm bar lock with leg wrapping around the neck

#27 Escape/counter from bottom position of a side mount:

Shrimp-out into bottom position of the guard apply head lock/choke

#28 Escape/counter from rear leg squeeze:

Cross your legs over on top of uke's legs and lever down releasing ukes's grip, sit forward and sink your elbows inside of uke's legs at (SP-10) continuing to release uke legs, move forward to a safe position turn back in grap uke's leg and apply leg lock

Shime-Waza (Strangulation Techniques) (27)

- | | |
|----------------------|---|
| 24. Kata-ha-jime | Single wing choke |
| 25. Okuri-eri-jime | Sliding lapel choke |
| 26. Hadaka-jime | Naked choke |
| 27. Hadaka-jime-ashi | Naked choke (figure-4) with legs wrapped round the body |

Goshin-Jutsu-No-Kata (Forms of Self Defense) (40)**Attack****Defense**

- | | |
|--|--------------------|
| 33. Double straight punch | Oshi-taoshi-otoshi |
| 34. Double round punch | |
| 35. Single lapel grab with round punch | Men-mawashi-otoshi |
| 36. Double lapel grab (Attempted) | Men-mawashi-otoshi |
| 37. Frontal two hand choke | Men-mawashi-otoshi |
| 38. Behind forearm choke | Seoi-nage |
| 39. Behind bear hug | Ude-kime-nage |
| 40. Full nelson | Sukui-otoshi |

Problem Solving**Kata-Kumite (Form Fighting)****Rendori**

Jiyu-kumite-tachi & katame (free-fighting from standing to ground grappling)

Taninju-dori (free-fighting several opponents) four-on-one sixteen attacks total

Yondan (4th Dan) Black Belt Requirements

Ukemi-Waza (Falling Techniques) (8)

* All prior belt level techniques

Tachi (Stances/Postures) (16)

* All prior belt level techniques

Ashi-sabaki & Tai-sabaki (Foot work, Avoiding & Body Movements) (16)

* All prior belt level techniques

Uke-Waza (Blocking Techniques) (16)

* All prior belt level techniques

Atemi-Waza (Vital Striking Techniques) (48)

Tsuki-Waza (Punching Techniques)

* All prior belt level techniques

Te-Uchi-Waza (Hand Striking Techniques)

* All prior belt level techniques

Empi-Uchi-Waza (Elbow Striking Techniques)

* All prior belt level techniques

Keri-Waza (Kicking Techniques)

* All prior belt level techniques

Hiza-Uchi-Waza (Knee Striking Techniques)

* All prior belt level techniques

Uchi-No-Kata (Forms of Striking) (9)

#9

Redirecting/Entering Techniques (28)

25. Passing under the arm entry (outside & inside): defense from straight or round punch, high round kick, and attempted push or grab

26. Rising hand circular evading entry with a strike to the side or rear: defense from straight punch, back-fist strike and attempted push or grab

27.

28. Dropping hand/arm block entry into a strike: defense from straight or round punch, push & overhead strike

Hazushi (releases) (46)

Attack	Release
39. Single straight arm throat grab	Two finger strike/press into arm-pit (HT-1)
40. Frontal two hand choke	Back-hand strike to groin, clear arms & palm strike to jaw
41. Full nelson	Correct posture, roll shoulders back, stomp on foot (LIV-3 or GB-41)
42. Side head lock	Palm strike into the knee at (SP-10), press outward & down, slip out
43. Frontal head lock	Strike into (GB-29) slip out or knuckle fist to floating ribs or horse bite
44. Frontal bear hug under the arms	Cup-hand strike to ears, strike both clavicles, double palms to chin
45. Frontal bear hug over the arms	Drop weight, skink chest with rounded arms, whipping strike to groin
46. Behind bear hug under the arms	Knuckle fist strike or knuckle rub to top of hand, peel back finger

Kansetsu-Waza (Joint Locking/Bending Techniques) ()

Joint Bending Locks Flow Series

Arm Bars Flow Series

Finger Locks Flow Series

Te-Waza (Hand Techniques) (30)

Attack	Defense
--------	---------

Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (32)

28. Morote-ashi-geri (mae & ushiro)	Both legs grasped reaping (front & rear)
29. Kiri-otoshi	Cutting down drop
30. Juji-nage	Crossed arm throw
31. Kesa-jime-otoshi	Diagonal choking drop
32. Ude-osae-nage	Arm bar throw

Nage-No-Kata (Formal Throwing Techniques) (24)

21. Sumi-gaeshi	Corner overturning
22. Tomoe-nage	Circle throw
23. Tani-otoshi	Valley drop throw
24. Uki-waza/Yoko-wakare	Floating drop/Side drop throw

Katame-Waza (Ground Controlling Techniques)

Kansetsu-Waza (Immobilization with Joint Bending Techniques) (74)

Arm & Shoulder Lock Pinning Series

Pinning technique #37
 Pinning technique #38
 Pinning technique #39
 Pinning technique #40
 Pinning technique #41
 Pinning technique #42

Leg Locking Series

Leg lock #29
 Leg lock #30
 Leg lock #31
 Leg lock #32

Oase-Komi-Waza (Immobilization/Holding Down Techniques) (33)

Hold down #31
 Hold down #32
 Hold down #33

Ne-Waza (Ground Defensive Techniques) ()

Shime-Waza (Strangulation Techniques) (31)

28. Do-ashi-jime	Leg squeezing body strangle
29. San-kaku-jime	Triangular figure-4 leg choke
30. Do-ude-jime	Arm squeezing body strangle
31. Hagai-jime	Full nelson/Wing squeezing

Kime-No-Kata (Forms of Self Defense) ()

Attack	Defense
--------	---------

Problem Solving

Kata-Kumite (Form Fighting)

Rendori

Jiyu-kumite-tachi & katame (free-fighting from standing to ground grappling)

Taninju-dori (free-fighting several opponents) four-on-one sixteen attacks total

Godan (5th Dan) Black Belt Requirements

Ukemi-Waza (Falling Techniques) (8)

* All prior belt level techniques

Tachi (Stances/Postures) (16)

* All prior belt level techniques

Ashi-sabaki & Tai-sabaki (Foot work, Avoiding & Body Movements) (16)

* All prior belt level techniques

Uke-Waza (Blocking Techniques) (16)

* All prior belt level techniques

Atemi-Waza (Vital Striking Techniques) (48)

Tsuki-Waza (Punching Techniques)

* All prior belt level techniques

Te-Uchi-Waza (Hand Striking Techniques)

* All prior belt level techniques

Empi-Uchi-Waza (Elbow Striking Techniques)

* All prior belt level techniques

Keri-Waza (Kicking Techniques)

* All prior belt level techniques

Hiza-Uchi-Waza (Knee Striking Techniques)

* All prior belt level techniques

Uchi-No-Kata (Forms of Striking) (10)

#10

Redirecting/Entering Techniques (28)

* All prior belt level techniques, plus create combinations from the prior techniques

Hazushi (releases) (54)

Attack	Release
47. Behind bear hug over the arms	Pinching to the femoral nerve, back kick to inside of knee/leg
48. Straight in upper arm grab	Circle in & under, coil arm up & over into arm bar, wrist lock or strike
49. Straight in upper arm grab	Cross horizontal elbow, body turn to the rear with elbow strike GB-25
50. Cross upper arm grab	Circle in & over, coil up & cut down
51. Cross upper arm grab	Body pivot, lever your free arm behind the elbow
52. Two attackers grabbing the arms	Step back, circle both arms over & coil down
53. Two attackers grabbing the arms	Step back, circle both arms under & cut down
54. Two attackers grabbing the arms	Step forward, circle over and circle under

Kansetsu-Waza (Joint Locking/Bending Techniques) ()

Joint Bending Locks Flow Series

Arm Bars Flow Series

Finger Locks Flow Series

Te-Waza (Hand Techniques) ()

Attack	Defense
--------	---------

Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (36)

33. Ura-ashi-barai-geri	Back of leg sweeping kick
34. Kata-osae-otoshi	Shoulder pressing down drop
35. Kubi-otoshi (mae & ushiro)	Neck dropping throw
36. Uchi-irimi-sumi-nage	Inside entering corner throw

Nage-No-Kata (Formal Throwing Techniques) (28)

25. Uchi-mata	Inner thigh throw
26. Soto-maki-komi	Outside wrap-around throw
27. Uchi-maki-komi	Inside wrap-around throw
28. Kani-basami	Crab scissors throw

Katame-Waza (Ground Controlling Techniques)

Kansetsu-Waza (Immobilization with Joint Bending Techniques) (84)

Arm & Shoulder Lock Pinning Series

Pinning technique #43

Pinning technique #44

Pinning technique #45

Pinning technique #46

Pinning technique #47

Pinning technique #48

Leg Locking Series

Leg lock #33

Leg lock #34

Leg lock #35

Leg lock #36

Oase-Komi-Waza (Immobilization/Holding Down Techniques) (36)

Hold down #34

Hold down #35

Hold down #36

Ne-Waza (Ground Defensive Techniques) ()

Shime-Waza (Strangulation Techniques) (36)

- | | |
|-----------------------|--|
| 32. Men-osae-ude-jime | Pulling the head/neck across the forearm choke |
| 33. Morote-mae-jime | Two hand frontal forearm choke (guillotine) |
| 34. Morote-yoko-jime | Two hand sideways forearm choke |
| 35. Ushiro-koshi-jime | Rear over the hip choke |
| 36. Kani-nodo-jime | Crab choke into the throat/Adam's apple/hyoid |

Goshin-Jutsu-No-Kata (Forms of Self Defense) ()

Attack

Defense

Problem Solving

Kata-Kumite (Form Fighting)

Rendori

Jiyu-kumite-tachi & katame (free-fighting from standing to ground grappling)

Taninju-dori (free-fighting several opponents) four-on-one sixteen attacks total

Rokudan (6th Dan) Black Belt Requirements

Ukemi-Waza (Falling Techniques) (8)

* All prior belt level techniques

Tachi (Stances/Postures) (16)

* All prior belt level techniques

Ashi-sabaki & Tai-sabaki (Foot work, Avoiding & Body Movements) (16)

* All prior belt level techniques

Uke-Waza (Blocking Techniques) (16)

* All prior belt level techniques

Atemi-Waza (Vital Striking Techniques) (48)

Tsuki-Waza (Punching Techniques)

* All prior belt level techniques

Te-Uchi-Waza (Hand Striking Techniques)

* All prior belt level techniques

Empi-Uchi-Waza (Elbow Striking Techniques)

* All prior belt level techniques

Keri-Waza (Kicking Techniques)

* All prior belt level techniques

Hiza-Uchi-Waza (Knee Striking Techniques)

* All prior belt level techniques

Uchi-No-Kata (Forms of Striking) (10)

* All prior belt level techniques

Redirecting/Entering Techniques (28)

* All prior belt level techniques, plus create combinations from the prior techniques

Hazushi (releases) (54)

* All prior belt level techniques, plus create combinations from the prior techniques

Kansetsu-Waza (Joint Locking/Bending Techniques) ()

Joint Bending Locks Flow Series

Arm Bars Flow Series

Finger Locks Flow Series

Te-Waza (Hand Techniques) ()

Attack

Defense

Otoshi-No-Kata (Formal Takedowns/Dropping Techniques) (40)

37. Kokyu-nage (#1)	Breath throw/drop
38. Kokyu-nage (#2)	Breath throw/drop
39. Kokyu-nage (#3)	Breath throw/drop
40. San-kaku-jime-otoshi	Triangle leg choke drop

Nage-No-Kata (Formal Throwing Techniques) (28)**Katame-Waza (Ground Controlling Techniques)**

Kansetsu-Waza (Immobilization with Joint Bending Techniques) (90)

Arm & Shoulder Lock Pinning Series

Pinning technique #49

Pinning technique #50

Pinning technique #51

Pinning technique #52

Pinning technique #53

Pinning technique #54

Leg Locking Series

* All prior belt level techniques, plus create combinations from the prior techniques

Oase-Komi-Waza (Immobilization/Holding Down Techniques) (36)

* All prior belt level techniques, plus create combinations from the prior techniques

Ne-Waza (Ground Defensive Techniques) ()**Shime-Waza (Strangulation Techniques) (36)**

* All prior belt level techniques, plus create combinations from the prior techniques

Goshin-Jutsu-No-Kata (Forms of Self Defense) ()

Attack

Defense

Problem Solving

Kata-Kumite (Form Fighting)

Rendori

Jiyu-kumite-tachi & katame (free-fighting from standing to ground grappling)

Taninju-dori (free-fighting several opponents) four-on-one sixteen attacks total

Chuden (Middle-level Teachings)

Kaeshi-Gaeshi-Waza (counter techniques)

Kokyu Chikara (breath power)

Ki-Development

Qigong

Kokyu-Dosa (breathing exercise)

Weapons training bokken, knife and gun defenses