

WRITTEN TEST:

- Name the Ten Principles of Small Circle Ju-Jitsu?
 1. BALANCE
 2. MOBILITY & STABILITY
 3. AVOID THE HEAD-ON COLLISION OF FORCES
 4. MENTAL RESISTANCE & DISTRACTION
 5. FOCUS TO THE SMALLEST POINT
 6. ENERGY TRANSFER
 7. CREATE A BASE
 8. STICKING CONTROL & SENSITIVITY
 9. ROTATION MOMENTUM
 10. TRANSITIONAL FLOW
- Which traditional Ju-Jitsu system did Prof. Jay first study? Kodokan Jujitsu (Danzan Ryu)
- Where is the Hombu (Headquarters Dojo) for Small Circle? Alameda, CA
- Describe the Tori/Uke relationship? Tori is to give / uke is to receive.
- What are the ranks of Small Circle Ju-Jitsu?
 1. White
 2. Yellow
 3. Orange
 4. Purple
 5. Green
 6. Blue
 7. Brown 1st
 8. Brown 2nd
 9. Brown 3rd
 10. Black
- Explain Kuzushi triangle theory. Off balancing point.

PRESSURE POINTS:

- How many & name them.
 - Meridians are there? **12**

FIRE	METAL	WOOD	EARTH	WATER
SMALL INTESTINE TRIPPLE WARMER HEART PARICARDIM	LUNG LARGE INTESTINE	GALL BLADDER LIVER	SPLEEN STOMACH	KIDNEYS BLADDER

- Vessels are there? **2, CONCEPTION VESSEL & GOVERNING VESSEL**