

WRITTEN TEST:**SMALL CIRCLE:**

1. How many principles govern Small Circle? 10 on current curriculum, 16 on new one
2. What are the first three? 1. Balance 2. Avoiding Head on collision (Collision of Forces) 3. Mobility & Stability
3. What are the rules for safety in the Dojo? See Dojo safety rules handout.
4. Explain how to deal with students who have a high tolerance to pain? Students should tap when they feel pressure, not pain. The joint can still break even if the student doesn't feel pain.
5. Why is it important to learn how to fall? To prevent injury
6. Why do we slap the arms when we fall? To absorb the impact
7. Who is the Founder/Creator of Small Circle Jujitsu™? Prof. Wally Jay

PRESSURE POINTS:

What is?

1. A Pressure Point an area on the body sensitive to pressure.
2. A Meridian A pathway pressure points are found on.
3. A Vessel Governing vessel and conception vessel.



MIDWEST MARTIAL ARTS

SMALL CIRCLE JUJITSU



DOJO SAFETY RULES

1. Warm up properly to avoid injury.
2. Care should be taken to be aware of the ability (rank) of the uke.
3. Tap when you feel pressure, not pain.
4. When uke taps, don't add more pressure to the lock.
5. No jewelry while training. (Watches, earrings, necklaces, rings, etc.)
6. Students must properly groom their finger and toenails.
7. Any open wounds or injuries that are hidden from view by the gi or bandages should be reported to the instructor prior to working out.
8. Let your instructor/training partner know of any injuries or sore areas of the body before performing techniques.
9. No shoes on the mats
10. No bare feet in the bathroom.