



# Jodoryu Jujitsu International™

## Syllabus

### 1st Kyu / Navy Blue Belt

Increased proficiency in all previous techniques and:

#### THROWS

- Pulling in Reversal (Hikikomi Gaeshi)
- Side Drop (Yoko Otoshi)
- Mountain Storm (Yama Arashi)
- Front Ride Drop

#### LOCKS

##### *Standing*

- Double Shoulder/Arm w/Knees to Neck
- Underhand Wrist lock (Kote Jime Variation)

##### *Scarf*

- Leg Over Neck Arm Lock
- Reverse Triangle
- Triangle Shoulder Wrench
- Knee Lock

#### Chokes

- Double lapel thumb in fist roll (Ryote Jime)
- Thrust Choke Single Lapel fist to Neck (Tsukkomi Jime)
- Hell Strangle (from Crucifix) (Jigoku Jime)
- Rear Naked with Wrap and Pull (Annaconda)
- Hangman's Single Lapel (Noose)
- Arm Scissors (Hawaiian)



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#### THE GUARD

*Working from the Guard*

- (4) Locks
- (4) Chokes or Strangles

*Move freely from Guard to Mount*

- (3) ways

*Passing the Guard*

- (4) Ways

#### THE MOUNT

*Working from the Mount*

- (4) Locks
- (4) Chokes or Strangles

#### ESCAPE & CONTROL

- From Back Full Mount
- Rear Naked Choke
- From Triangle & Reverse Triangle
- Hip Throw
- Inside Leg Lock
- Outside Leg Lock
- Scarf Hold
- Side Mount
- Guillotine / Front Naked

**\* In order to test, the student must have no less than 6 months JJI training since testing for 2nd Kyu/ Brown Belt Black Stripe and own a copy of all previously required texts.**

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This document was created 11-25-2001 and shall expire on 1-1-2006 unless ratified as complete by the JJI Charter Member Board before expiry and annually thereafter.



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## **Syllabus**

### **1st Kyu / Navy Blue Belt**

#### **WRITTEN TEST**

Name: \_\_\_\_\_

J.J.I. Student # \_\_\_\_\_

J.J.I. Instructors name: \_\_\_\_\_

Month/Year of last promotion: \_\_\_\_\_

### **Comprehensive on Dillman Book 3**