



Jodoryu Jujitsu International™

Syllabus

6th Kyu / Blue Belt

UKEMI

From Standing Position

- Front Shoulder Roll (Right & Left)
- Back Roll (Right & Left)
- Front Break Fall
- Side Break Fall
- Back Break Fall

KICKS

Rear & Front Leg (Maintaining Forward Pressure) – All Previous and:

- Seisan Kick
- Back (Ushiro geri)

HAND STRIKES

All Previous &

- Palm (Teisho)
- Hammer Fist (Kentsui)

FINGER LOCKS

All Previous &

- 4 Finger Lock
- Thumb Lock (Compression and Rotational)

WRIST LOCKS

All Previous &

- Vertical/Inward Wrist Lock (Kote Hineri)
- Broken Circular/Seuchin Wrist Lock (Gayaku Kote Gaeshi)



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ARM & SHOULDER LOCKS:

- Bent Arm Lock (Ude Gurame) at least 2 positions.
- Hammer Lock

ARM BARS

- TW-11 Against Deltoid
- “ Over Shoulder

THROWS

- Minor Inside Reap (Kouchi Gari)
- “Drop” Seonage 2 Lapel Dropping Throw

ESCAPES (Wrist Grabs)

2 Hand Grab – Both Wrists

- Bent Arm Lock Escape (Ude Gurame)
- Naihanchi Escape with Throw

Cross arm

- *Turning Leaf Escape*
- *Ude Gurame Grab Under Attacking Elbow*

Same Side

- Ude Gurame Grab Under Opposite Wrist
- H-6 Pin to Body and Control W/ Wrist Compress

*** In order to test, the student must have no less than 6 months JJI training since testing for 7th Kyu/Orange Belt and have all required texts.**



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WRITTEN TEST

Name: _____
J.J.I. Student # _____
J.J.I. Instructors name: _____
Month/Year of last promotion: _____

Fill in the Blank(s): (1 pt. ea.)

- 1) “The 3 most important words in self defense are _____, _____, & _____.”
- 2) “Real self defense techniques must be _____.”
- 3) “If you’re _____, you’re losing.”

Draw: (12 points total)

Draw a representation of the Disharmonic Emotion Theory basic model.



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Name: _____ Date: _____

List:

List the Meridians in order of the DIURNAL CYCLE
(2 pts ea.)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

List the Meridians w/ their element. (1 Pts. ea.)

1. a. _____ b. _____
2. a. _____ b. _____
3. a. _____ b. _____
4. a. _____ b. _____
5. a. _____ b. _____
6. a. _____ b. _____
7. a. _____ b. _____
8. a. _____ b. _____
9. a. _____ b. _____
10. a. _____ b. _____
- 11.** a. _____ b. _____
- 12.** a. _____ b. _____