



Jodoryu Jujitsu International™

Syllabus

7th Kyu / Orange Belt

WARM-UPS

Wrist exercises and stretching

1. Vertical Wrist Extensions
2. Horizontal Wrist extension
3. Rotational Wrist Exercise
4. Kote Gaeshi Stretch
5. Bent Elbow Wrist Lock Stretch
6. Thumb-Wrist Entry Exercise

UKEMI

From Seated Position

- Side to Side Drill

From Squatting Position

- Backward Break Fall
- Side Break Fall

From Kneeling Position

- Front Break Fall
- Forward Roll
- Backward Roll

From Standing Position

- Front Shoulder Roll (Right & Left)



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KICKS

Rear & Front Leg (Maintaining Forward Pressure) –

- Side (Yoko Geri)
- Hook (Ushiro Mawashi Geri)

HAND STRIKES

- Shuto or Chop
- Ridge Hand (Haito)

FINGER LOCKS

- All Previous Left and Right hand, Same-Side and Cross
- Two Finger Lock

WRIST LOCKS

- Circular Wrist Lock/BEWL (Kote Mawashi)
- Goose Neck

ARM & SHOULDER LOCKS

- Bent Arm Lock (Ude Gurame)
- Hammer Lock



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ARM BARS

- Arm Bar Knuckles to TW-11
- Arm Pit Arm Bar
- Same Side Elbow to Elbow Arm Bar (Wake Gatame)

THROWS

- Shoulder Throw 1 arm (Ippon Seoinage)
- Body Drop (Tai-Otoshi)
- Shoulder Drop (Seoi-Otoshi)

Escapes from Wrist Grabs

2 Hand Grab – Both Wrists

1. Kote Gaeshi Escape
2. Kote Jime Escape

Cross arm

1. Elbow bend to TW-11 Arm Bar/Destruction
2. Hitch Hike under to Arm Pit Arm Bar/Destruction
3. Hitch Hike Over to High Block Arm Bar/Destruction

*** In order to test, the student must have no less than 3 months JJI training since testing for 8th Kyu/Yellow 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 JJI promotion: _____

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

1) “All bars and locks are _____.”

2) “Strike to _____ and grab to _____.”

3) “Originally, throws were meant to _____ & _____.”

List:

4) Name the “10 Principles of Small Circle” (2 pts ea.)

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



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Name: _____ Date: _____

5) Name the 12 Meridians (exclude vessels) of the Human Body.
(2 Pts. ea.)

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

6) Illustrate the Cycle of Destruction (10 pts total)