



# Jodoryu Jujitsu International™

## Syllabus

### 8<sup>th</sup> Kyu / Yellow Belt

#### WARM-UPS

##### *Wrist exercises and stretching*

Vertical Wrist Extensions

Horizontal Wrist extension

Rotational Wrist Exercise

Kote Gaeshi Stretch

Bent Elbow Wrist Lock Stretch

Thumb-Wrist Entry Exercise

#### UKEMI

##### *From Seated Position*

- Side to Side Drill
- Backward Break Fall

##### *From Squatting Position*

- Backward Break Fall
- Side Break Fall

##### *From Kneeling Position*

- Front Break Fall
- Forward Roll
- Backward Roll

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#### FINGER LOCKS

- Vertical Finger Lock
- Inverted Finger Lock

#### WRIST LOCKS

- Basic Wrist Lock (Kote Gaeshi)
- Reverse Wrist Lock (Kote Jime)

#### KICKS

*Rear & Front Leg (Maintaining Pressure) –*

- Front (Mae-geri)
- Roundhouse (Mawashi-geri)

#### HAND STRIKES

- Three-Quarter Twist Punch – Explain why we don't use Full-Twist
- Reverse Punch (Gyaku-zuki)

#### THROWS

- Major Outer Reap (O-soto gari)
- Major Hip Throw (O-goshi)

#### ESCAPES (Wrist Grabs)

*Same Side*

1. elbow bend to outside w/ distraction and follow up
2. elbow bend to inside w/ distraction and follow up

**\* In order to test, the student must have no less than 3 months JJI training or it's equivalent & OWN a copy of Kyusho Jitsu & SCJ Book.**

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#### WRITTEN TEST

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

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

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

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

(5 Pts. ea.)

1. Who is Professor T. A. Frazer?
2. What did he discover to make Jodoryu Jujitsu different from all other styles?
3. Who is Grand Master George A. Dillman?
4. What is his contribution to Jodoryu Jujitsu?
5. Who is Professor Wally Jay?
6. How did he help to shape Jodoryu Jujitsu?

(10 Pts. ea.)

What is?

1. A Pressure Point
2. A Meridian

Where is \_\_\_ and how is it activated?

1. Heart 6
2. Lung 8