



# Jodoryu Jujitsu International™

## Syllabus

### 5<sup>th</sup> Kyu / Green Belt

#### KICKS

*Rear & Front Leg (Maintaining Forward Pressure) –*

- All Previous

#### HAND STRIKES

*All Previous &*

- (Nukite) Spear Hand
- (Ippon Ken) One Knuckle Fist

#### FINGER LOCKS

*All Previous &*

- Reverse Grip Finger Lock
- Cigar Finger Lock

#### WRIST LOCKS

*All Previous &*

- Thumb to Inside Radius
- Leaf Turning (Kanoa Gaeshi)

#### ARM & SHOULDER LOCKS:

- Side Arm Entanglement (Soto Ude Gurami) various positions.
- Figure 4 Elbow Lock (Hiji Gatame) /Inside (Uchi) & Outside (Soto)



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#### HOLDING TECHNIQUES – GROUND OR WALL

- Knee Elbow Lock (Hiza Hiji Gatame)
- Arm Press Hold (Ude Osae Gatame) TW-11
- Arm Turning Hold/Shoulder Mount (Ude Garuma)

#### THROWS

- Knee Wheel Throw (Hiza Guruma)
- Advanced Foot Sweep (De Ashi Harai)

#### ESCAPES

- From Bar Choke (x2)
- From Kote Gaeshi
- From Front Bear Hug (X2)
- From Standard/Same Side Knife to Jugular

#### KATA

Naihanchi Shodan – Learn Kata and 5 Bunkai w/ Pressure Points

**\* In order to test, the student must have no less than 6 months JJI training since testing for 7<sup>th</sup> Kyu/Blue Belt and have all 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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#### WRITTEN TEST

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

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

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

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

Fill In The Blank: (2 pts. ea.)

What are the Jodoryu Jujitsu Advanced Keys?

1. \_\_\_\_\_

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

2. \_\_\_\_\_

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

3. \_\_\_\_\_

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

Essay: (25 pts )

1. Explain what you understand about yin and yang 200 in words or less.

Supplemental Test: (200 pts)

2. Comprehensive test on Dillman Book 1 “Kyusho Jitsu”