



BUDO Jiu-Jitsu Association -- ADULT **BLUE** - 10

Ju-Kyu/Blue Belt Technique Sheet

Etiquette & Tradition

- 1) **Sooji** - Students working together to keep dojo clean with no distinction of Rank
- 2) **Doshi** - Classmates
- 3) **Sempai**- Senior Students
- 4) **Waza** - Technique

Jiu -Jitsu



Guard Passing:

- Windmill Pass
- Elbow to Elbow Pass
- Helicopter Pass

Take Downs:

- Duck Under
- Head & Heal Trip
- Jumping Guard

Jiu-Jitsu / Grappling

1) **Guard Passing:** Half-Guard Sweep-both Arms, Half-Guard T Bar Inside Hook Sweep, Windmill Pass

Submissions:

- Outside Guillotine off Double leg shot
- Belfort Armbar from Mount (Two on One)
- Triangle from Mount-Statue of Liberty
- Lawn Mower Gi Choke from Guard
- Go-Go Plata from Rubber Guard
- Gator Roll
- Daisy Cutter Gi Choke
- The Ninja-Gi Choke

Positioning/Escapes

- Standard Sweep from Guard
- Table Leg Roll from Mount to Guard
- Half-Guard Boa Sweep

Striking:

- Spinning Side Kick
- Spinning Heal Kick

Weapons:

Knives:

- Right Hand,
- Left Hand

Boxing:

- Explosive Pad Work Combos
- Entering Footwork
- Withdrawing Footwork

MMA Sparring: Full Contact Sparring, Setups, Combos, Takedowns. (Safety Equipment must be purchased)

Live Testing:

- Grappler/Striker Take Downs
- Take Downs
- Maintaining Side Control
- Maintaining Mount
- Passing the Guard
- Anything Goes 2 minutes – , ,

