



## Etiquette & Tradition

**Kanji: BU DO**

武道

Please review this Japanese “kanji” (phrase) that translates to “Budo” Bu is on top, Do is on the bottom. Student must be able to legibly re-write this kanji before an instructor.

## Jiu -Jitsu

### **Guard Passing:**

- Traditional pass
- Elbow to Elbow Pass
- Helicopter Pass

### **Take Downs:**

- Sag Headlock
- Inside Leg Trip
- Snap & Spin

### **Submissions:**

- Sleeve Choke
- Americana from Side Control
- Footlock from guard
- Omoplata from Guard
- Reverse Sleeper with Grapevines from Mount
- Rear Naked Choke

### **Submission Defenses**

- Americana – Face Technique Lock Hands
- Foot Lock Defense – Reach for Neck
- Rear Naked Choke-Grab Neck , Hand Fight

### **Positioning/Escapes**

- Cross Face against Double and Single
- Staking

### **Striking:**

- Spinning Back Fist
- Axe Kick

### **Muay Thai:**

- Heal Stomps to Knee &  Thigh

### **Boxing:**

- Slipping  Duck Combos  Looping Hook

### **Live Testing:**

Take Downs – ,  
Maintaining Side Control ,  
Maintaining Mount ,  
Passing the Guard ,  
Anything Goes 2 minutes – , ,

武道

柔術