



BUDO Jiu-Jitsu Association - ADULT **YELLOW** - 12

Ju Ni-Kyu/Yellow Belt Technique Sheet

*Study this list and ask your instructor about any questions you may have about any techniques.

Etiquette & Tradition

1) *Seven Virtues of the Samurai* in Depth

(The underlined statement is the Budo Jiu-Jitsu Definition for oral & written examination)

1) Rectitude-The Path of Righteousness

2) Courage-Courage to do the right thing (*Lack of Courage*: Knowing what is right and **not** doing it)

a) Bearing-what you think you can't bear (No whining or complaining to others)

b) Always speaking your mind can be sometimes be a 'lack' of bearing

3) Benevolence-Helping those less fortunate than you (Kindness to others)

4) Respect-For myself and others (also: **Politeness** towards others & Everything is a ceremony)

5) Honesty-Speaking your truth having no need to lie

6) Honor- Living a life of Integrity (No cheating, stealing, or shady behavior)

7) Loyalty-To Family, Friends, Dojo, & Country (also: Loyalty to your Goals-doing what's necessary)

JJ – Jiu –Jitsu

1) **Guard Passing**: Straight Knee Pass, Cross Knee Pass □

2) **Take Downs**: Macalulu, Arm drag, Outside Single, □

Submissions:

- Armbar from Guard (dorsal fin spin)
- Clock Choke
- Flying Armbar
- Kimora from Guard
- Standing Kimora
- Triangle from Guard
- Guillotine: Stuff the Football & off Double Leg

Submission Defenses

- Defense against Armbar – Elbows in
- Defense against Kimora: Grip Gi □, Lock Hands □
- Defense against Guillotine: Iron Cross to Von Flue

Positioning/Escapes

- Building the Wall under Side Control
- Shrimping: Pushing on the Knees under Mount

Karate

Strikes: Ridge Hand □, Palm Heal □, Vertical Punch □

Muay Thai :

- Muay Thai Clinch
- Muay Thai Elbow & Knee Combos 1) □ 2) □ 3) □
- Shin Blocks □ Leaning in

Boxing : Jab Footwork □, Cornering Footwork □,

Live Testing:

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

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