



# BUDO Jiu-Jitsu Association-ADULT **WHITE**-13

## Ju San-Kyu - White Belt Curriculum

14 Classes required for Promotional Review

### Etiquette & Tradition

- 1) Bowing (On/Off mat, In/Out of Dojo, to Instructors, to partner)
- 2) Personal Commitment Letter (Ask Sensei for form)
- 3) Seven Virtues of the Samurai (Rectitude, Courage, Benevolence, Respect, Honesty, Honor, Loyalty)
- 4) Gi Folding
- 5) Vocabulary

**Onegai Shimasu (Ohnuh-gahshi-mahss)** - "Will you work out with me?" or "We wish for a beneficial outcome."

Domo Arigato Gozai mashita-

Hajame-

Yame-

Dojo

Kobudo

Tanto

Nihon

Nippon

Sensei

Shi-han

Soke

Thank you very much for what you have done

to begin

to stop

School, play of the 'Way'

Weapons Training

Knife

Japanese

Japan

Instructor

Teach of Teachers

System Founder



### JJ – Jiu –Jitsu

- 1) Falls and Rolls
- 2) Positions (Guard, Mount, Half-Guard, North-South, Side Control, Knee in the Belly, Rear Mount)
- 3) Pulling Guard
- 4) Double Leg Take Down
- 5) Throw by knee pin pass
- 6) Armbar from Mount

### Karate

- 1) Stances (Kicking, Hanmi, Jigotai, Neutral, Fighting, Muai Thai)
- 2) Knife Hand Block
- 3) Front Kick
- 4) Side Kick
- 5) Round House Leg Kick with Shin
- 6) Mantis Hands Series

### Muai Thai/Boxing

- 1) Jab
- 2) Cross
- 3) Hook
- 4) Uppercut

