



# BUDO Jiu-Jitsu Association - ADULT **RED BELT** - 4

## Yon-Kyu/Red Belt Technique Sheet

*“Self-Respect is the Fruit of Discipline.”*



### Boxing Stage 3:

10x each Combo



4,3,2 – 4 Blast

Left Body, L-Head, R-Body, R-Head

Duck Hook, alternate

Cover Drills:

Cover Hook

Cover Hook Cross

1,2,8,8 (Walking Forward)

1,2,7, then Switch Kick 3 times

1,5,3

1,5,3,2

1,2,5,5

1,2,1,2, Clinch for 5 Knees each leg

Burn'em out:

10, Straights, Hooks, Uppers,

10 –Round House Kicks both sides

Repeat Burn

### Take Downs:

- High Crotch to Double Leg takedown
- Heimlich takedown from Rear

### Ne-Waza:

- 3 Wiseman Drill (Armbar, Triangle, Omoplata)
- 10 Finger Choke (Cup chin for Guillotine)
- Razor (Armbar from Mount faking Americana, high mount)

### Positioning (*Tsukuri*):

- H-Pass from Open Guard (double leg from knees)
- Dump Truck (Stacking Uke up, locking around their waste)

### MMA:

- Lateral Drop off Fence
- 3 Rounds (Boxing, Muay Thai, MMA) 3 – 3 Minute Rounds

M M A  
M I X E D   M A R T I A L   A R T S