



BUDO Jiu-Jitsu Association-ADULT **Purple Silver-5** Go-Kyu/Purple Silver Technique Sheet

“Sometimes being Warrior, is just staying the Path.” -unknown

Etiquette & Tradition *Tsukuri* – Positioning, *Tori* – Judo term for Nage



<p>Kick Proficiency Front Kick Side Kick Round House Kick Spinning Heal Kick Inside Crescent Outside Crescent Switch Kick</p> <p>Punching Proficiency: 1,2,3,4 Boxing Combos Looping hook Spinning Back Fist Hammer Fists from SideMount</p> <p>Elbow Proficiency: 1,5 Elbows from Mount Elbows from Side Control-Pointy Elbows from Rear Bear Hug - Arms Free - Arms Pinned</p>	<p>Take Downs:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Seoi Toshi – Stepping back Shoulder Throw w/ sleeve & inside lapel <input type="checkbox"/> Osoto Gari – Forward Jamming Legsweep <p>Ne-Waza:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Prayer Choke (guillotine) <input type="checkbox"/> 3 Brothers (Guillotine, Kimora, Bump Sweep) <input type="checkbox"/> Guillotine from Guard (Scoot away, sit up, fake kimora) <input type="checkbox"/> Bump and Jump Armbar <input type="checkbox"/> Kimora from Guard, Faking the Sweep <p>Positioning (<i>Tsukuri</i>):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Squid from the Mount (Fake Americana to high mount) <input type="checkbox"/> SpiderFly Sweep (One Spider, One Butterfly, Wrist, & Leg Scoop) <input type="checkbox"/> Spreader – Escape Mount out back door, lock and roll 1 leg <p>MMA:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 77 SuperMan Punch <input type="checkbox"/> 1,2,1,2 Double Leg Takedown <input type="checkbox"/> Shovel Punch with combos <input type="checkbox"/> Cage Control
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