



BUDO Jiu-Jitsu Association - ADULT Purple Belt-6

Roku-Kyu/Purple Belt Technique Sheet

BUDO JJ

MIXED MARTIAL ARTS

Budo Jiu-Jitsu – Creating Teachers that change Lives!

Etiquette & Tradition

Hogosha – Japanese for “Guardian” or “Protector”

Boxing Stage 2:

10x each Combo



- 1,1 Double Jab
- 1,2 on Right Glove only
- 1,2,4 Same glove then 4 opp. glove
- 1,2,4,2 (1,2 on right mit)
- 1,2,4,3 (1,2 on right mit)
- 1,2,4,4 (1,2 on right mit)
- 1,5 (Jab, Elbow)
- 3,3
- 4,4
- 1,2,6
- 1,2,6 South Paw
- 1,2,7
- 1,2,7 South Paw
- 4,4 4,3 4,1,2 Right hand lead

Student is required to learn proper Focus Mit Handling.

Take Downs:

- Metzger
- Soto Makikomi – Headlock Slip Trip
- Muscle Man - Inside Leg Sweep - Under Hook
- Parisyan - Inside Leg Sweep - Overhook



Ne-Waza:

- North South Choke from Knee in the Belly
- Armbar from Rear Mount – Shifting to side

Positioning:

- Butterfly Sweep from Guard – Gi & No Gi
- Posturing in Guard
- Forearm Pressure in Half-Guard Pass, Pressure in Scarf Hold

MMA:

- Shovel Punch with combos
- Cage Control

Flow Drills

- 1) Mounted Shrimp Sweep, Repeat
- 2) Mount Armbar Situp Defense Drill (Uke sits up, gets to base, throws by, moves to side, mount, Repeat)
- 3) Around the World, (Uke lays on Back, Nage standing, passes to knee in the belly, Mount, kick over to scarf, Immediate north south, switch to scarf, reverse to legs, mount, roll to guard, other guy stands and repeats.
- 4) Macalulu to Side control, Knee in the Belly, North South, both stand, other guy goes.
- 5) Cross Knee Belly Passes – Side to Side

Jiu-Jitsu Warm-ups

Slapping Frog Jumps, 2) Forward Backward Rolls, 3) Sit throughs 4) Ankle Rollup Crunches 4) Sideways Rolls