



BUDO Jiu-Jitsu Association - ADULT **GREEN-SILVER** Shichi-Kyu/Green Belt-Silver Technique Sheet

Budo Jiu-Jitsu – Mixed Martial Arts More than fighting



Etiquette & Tradition

1) **Kimona** – Alternate name for Gi, especially in regards to Jiu-Jitsu or Judo

<p>Boxing Stage 1:</p> <p>10x each Combo</p> <p>1 Jab 1,2 1,2,3 1,2,3,4 1,2,3,3 1,2,4,4 4,3 Left Lead 4,3 Right Lead Duck, Hook (5 Left, 5 Right) 1,2 Slip Slip 10 Alternating Hooks 10 Alternating Uppercuts 10 Straights (Jab, Cross)</p> <p>Student is required to learn proper Focus Mit Handling.</p>	<p>Take Downs:</p> <ul style="list-style-type: none"><input type="checkbox"/> Catapult Guard Pull (Feet in Side)<input type="checkbox"/> Jap Wizard<input type="checkbox"/> Double Leg Turn the Corner<input type="checkbox"/> Fireman's Carry <p>Ne-Waza:</p> <ul style="list-style-type: none"><input type="checkbox"/> Heal Hook – Standing in Open Guard<input type="checkbox"/> Heal Hook – From Open Guard-Uke Standing<input type="checkbox"/> Toe Fishing (from Mount-tearing ACL)<input type="checkbox"/> Fake Sling Choke with Gi (Using Uke's gi)<input type="checkbox"/> Clock Choke from Referee's Position – One on One<input type="checkbox"/> Knee Bar from Side Control<input type="checkbox"/> Knee Bar from Half Guard (Creeping up, Hand Thru) <p>Striking:</p> <ul style="list-style-type: none"><input type="checkbox"/> Low High Round House Kick<input type="checkbox"/> Front Kick to Face
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

