



# BUDO Jiu-Jitsu Association - ADULT GREEN - 8

## Hachi-Kyu/Green Belt Technique Sheet

### Etiquette & Tradition

- 1) **Shinken Shobu** – "Dueling with Live Swords" – Training like your life depended on it. Careless attitude and lack of focus can lead to injury. Treat attacks in class like they are real.
- 2) **Ne-Waza** - Grappling Techniques
- 3) **Shime Waza** -Strangulation techniques – ex. Rear Naked Choke; Triangle Choke
- 4) **Osaе Waza** – Immobilization techniques – ex. Arm Bar
- 5) **Kansetsu Waza** – Joint Immobilization Techniques – ex. Kotegaeshi, Nikyo
- 6) **Kuzushi** – Breaking the balance of your Opponent

### Warrior Creed:

#### "I am a Warrior..."

- ...I act in spite of fear
- ...I am willing to do whatever it takes
- ...I do everything at 100%
- ...I am willing to do what's "HARD"
- ...I act in spite of my mood
- ...I am bigger than any obstacle
- ...I succeed in spite of anything
- ...I never give up!



### Take Downs:

- Lateral Drop
- Zorro Trip – Gi (Grabbing Shoulder)
- Reverse Lateral (Over hook & wrist)
- Super Sleeve Guard Pull (grip both)
- Tai Otoshi (Spinning Leg Sweep)

### Ne-Waza:

- D'arce Choke from the knees (Rear Naked Grip)
- Arm Bar from failed Americana
- Toe Fishing (from Guard-tearing ACL)
- Rear Lapel Choke from Back (grab pants and roll)
- The Compressor (2 Hand Lift Up from Guard)

### Positioning/Escapes

- Spider Guard Sweep (Knee in the belly-reach thru)
- X-Guard Sweep from Scooting versus Uke standing
- Sword in the Case (from Seiza)

### Grips:

- Shoulder Throw (From Rear Choke & Overhook)
- Bear Hugs: Rear & Front, Arms Pinned and Free
- Grip Releases: Straight, Cross, 2 Hands on 1
- Neck Crank off Rear Grips-Ura (Right on Right Shoulder)
- Armbar off Rear Grips-Omote

### Striking:

- Spinning Elbow off Rounds and Straights

### Weapons:

#### Knives:

- Left Hand/Right Hand 3 of 9, Left Hand Lead
- Tapping Drill
- Kotegaeshi against all knife attacks

#### Swords:

- Sword Kata
- Figure 8 Drill with Partner

#### MMA:

- Double leg off the Cage
- South Pole (Switch & Jab to Outside Single)
- Smearing (Cage Control to Hooks & Elbow)
- Dragging (moving opponent to fence on the ground)

### Live Testing:

- 5 Minute Match with equally skilled Uke
- 10 Minute Match with equally skilled Uke
- Take Downs

