



# BUDO Jiu-Jitsu Assoc. - ADULT **BLUE** - SILVER- 9

## Ku-Kyu/Blue Silver Belt Technique Sheet

### Etiquette & Tradition

- 1) **Reigi** - Proper etiquette of the martial arts (Bowing, How you interact with others in dojo).
- 2) **Fudoshin** - "Immovable Mind", relates to strong mental focus on a particular goal
- 3) **Mushin** - "No Mind" , or "Unfettered Mind" Meaning Unbound or Free from fixation

### Jiu -Jitsu



#### **Guard Passing:**

- Half-Guard T-Bar Roll
- Star Pass
- Roll Through Pass (Flip)

#### **Take Downs:**

- Chalis
- Leg Sweep - Gi
- Reverse Leg Sweep (Stepping back)

#### **Submissions:**

- Kimora from Head Hunting Roll up
- Arm Triangle from Side Control (Head&Arm)
- Arm Triangle from Guard (Nage on Bottom)
- Lapel Choke from Guard (Using Uke's gi)
- Statue of Liberty Triangle from Mount

#### **Positioning/Escapes**

- Head Hunting-Figure 4, from Side Control
- Scissor Sweep
- Rubber Guard-Mission Control-Hug knee
- Fake Foot lock Post Pass (Grabbing Gi & Lapel)

#### **Striking:**

- Spinning Crescent Kick

#### **Weapons:**

##### **Knives:**

- Left Hand/Right Hand 3 of 9
- Cuts & Fakes
- Z-Cuts
- Kali Blocks

##### **Swords:**

- Hand Positions
- Etiquette
- Basic Strikes: Shomen, Yokemun, Tsuki,
- Basic Blocks

##### **Boxing:**

- Covering up
- Reactions Drills

**MMA Sparring:** Full Contact Sparring, Setups, Combos, Takedowns. (Safety Equipment must be purchased)

#### **Live Testing:**

- Grappler/Striker Take Downs
- Take Downs
- Maintaining Side Control
- Maintaining Mount
- Passing the Guard
- Anything Goes 2 minutes – , ,

