



# BUDO Jiu-Jitsu Association - JUNIOR DIVISION-11

## Ju Ichi-Kyu, Student 11<sup>th</sup> Class **YELLOW** SILVER

### Tigers/Dragons Ages 5-12 Technique Sheet



#### Etiquette & Tradition

1) *Seven Virtues of the Samurai* in Depth

(The underlined statement is the Budo Jiu-Jitsu Definition for oral & written examination)

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1) **Rectitude**-The Path of Righteousness; Knowing Right from Wrong

2) **Courage**-Courage to do the right thing (*Lack of Courage*: Knowing what is right and **not** doing it)

a) **Baring**-No whining or complaining

b) Always speaking your mind can be sometimes be a 'lack' of bearing

3) **Benevolence**-Helping those less fortunate than you (Kindness to others)

4) **Respect**-Treating people nicely like you want to be treated.

5) **Honesty**-No Lying

6) **Honor**- No cheating, stealing, or shady behavior)

7) **Loyalty**-Sticking by your Family, Friends, Dojo, & Country **no matter what!**

#### Techniques

##### 1) One Hand Blocks

- Upward Right & Left
- Downward Right & Left

##### 2) Jiu Jitsu/Grappling:

- Elbow to Elbow Guard Pass
- Posturing Up in Guard
- Cross Knee Pass from Guard
- Posturing Up in Guard
- Americana from Side Control-**Submission**
- Americana *Defense*-Face the technique, Pull in
- Footlock from guard-**Submission**
- Footlock *Defense*-Reach for Neck & Kick Through
- Rear Naked Choke-**Submission**
- Rear Naked *Defense*-Grap back of your Neck & Handfight

##### 3) Wrestling:

- Sag Headlock
- Snap and Spin off of Double Leg
- Cross Face

##### 4) Striking :

- Striking Drill Numbers 1-8**
  1. Jab
  2. Cross
  3. Hook
  4. Uppercut
  5. Right Elbow
  6. Right Front Kick
  7. Left Round House Kick
  8. Right Knee

##### 5) Boxing/Kickboxing

- Duck Hook Combo's
- Slipping off the 1, 2
- Side Kick