



BUDO Jiu-Jitsu Association - JUNIOR DIVISION-12

Ju Ni-Kyu, Student 12th Class **YELLOW BELT**

Tigers/Dragons Ages 5-12 Technique Sheet

*Welcome to Yellow Belt! Study the techniques below to prepare for your Ju-Ichi Kyu promotion (Student 11th Class/Yellow Silver). Please ask your instructor any questions you may have about these techniques.

Etiquette & Tradition

1) *Seven Virtues of the Samurai* in Depth

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

- 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) **Bearing**-what you think you can't bear (No whining or complaining to others)
 - 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

<p>Take Downs:</p> <ul style="list-style-type: none"><input type="checkbox"/> Leg Sweep <p>Strikes:</p> <ul style="list-style-type: none"><input type="checkbox"/> Ridge Hand <p>Submissions:</p> <ul style="list-style-type: none"><input type="checkbox"/> Armbar from Guard: Elbow Scoop/Bite Down<input type="checkbox"/> Kimora from Guard<input type="checkbox"/> Guillotine: Stuff the Football & off Double Leg <p>Submission Defenses</p> <ul style="list-style-type: none"><input type="checkbox"/> Defense against Armbar – Elbows in<input type="checkbox"/> Defense against Kimora: Grip Gi <input type="checkbox"/>, Lock Hands <input type="checkbox"/><input type="checkbox"/> Defense against Guillotine: Iron Cross to Von Flue	<p>Muay Thai :</p> <ul style="list-style-type: none"><input type="checkbox"/> Muay Thai Clinch<input type="checkbox"/> Muay Thai Elbow & Knee <p>Positioning/Escapes</p> <ul style="list-style-type: none"><input type="checkbox"/> Pointy Elbows<input type="checkbox"/> Straight Knee Pass
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武道

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