



BUDO Jiu-Jitsu Association - JUNIOR DIVISION-13

Ju San-Kyu, Student 13th Class **WHITE BELT**

Tigers/Dragons Ages 5-12 Technique Sheet

*Welcome to Budo Jiu-Jitsu. You start as a White Belt. Study the techniques below to prepare for your Ju-Ni Kyu promotion (Student 12th Class/Yellow Belt). Please ask your instructor any questions you may have about these techniques. You will be reviewed at 12 Classes and Promoted in your 14th class (give or take) You will be a White Belt for 12-14 Classes or roughly 7-8 weeks.

Etiquette & Tradition *Ask your Child if they know the following *Words* and *Techniques*.

1) **Bowing** (On/Off mat, In/Out of Dojo, to Instructors, to partner)

2) **Seven Virtues of the Samurai**
(Just memorize the list for now)

- 1) Rectitude
- 2) Courage
- 3) Benevolence
- 4) Respect
- 5) Honesty
- 6) Honor
- 7) Loyalty

3) **Vocabulary**

Beginning of Class - **Onegai Shimasu (Ohnuh-gahshi-mahss)**
 “Will you work out with me?” or “We wish for a beneficial outcome.”
 End of Class - **Domo Arigato Gozai mashita-**
 “Thank you very much for what you have done”

<u>Japanese</u>	<u>English Translation</u>
Hajame-	to begin
Yame-	to stop
Dojo	School or “Place of the ‘Way’
Sensei	Instructor

4) **Jiu-Jitsu-Grappling**

- 1) Guard
- 2) Mount
- 3) Half Guard
- 4) North-South
- 5) Side Control
- 6) Knee in the Belly
- 7) Rear Mount
- 8) Pulling Guard
- 9) Double Leg Take Down
- 10) Throw by Knee Pin Pass
- 11) Armbar from Mount

5) **Striking-Boxing/Thai Boxing**

- 12) Jab
- 13) Cross
- 14) Hook
- 15) Uppercut
- 16) Front Kick
- 17) Round House Leg Kick with Shin

