



About BUDO Jiu-Jitsu

BUDO is translated from Japanese as the Way of War.

Jiu-Jitsu is interpreted as "Soft Technique".

Some would elaborate to it's deeper meaning of 'doing what is easy', or 'going with the Flow'. Like other arts such as Aikido or Judo we use the energy of the attacker against them.

BUDO Jiu-Jitsu is translated as **The Way of War using Practical Technique**. The BUDO System is a mixed martial art containing:

- Intense Striking (Knees, Elbows, Punches, Kicks)
- Effective Takedowns using leverage
- Jiu-Jitsu: Submission Fighting/Ground Fighting
- Code of the Samurai: Mental strategies to achieving Victory & Goals

BUDO Jiu-Jitsu is comprised of several arts to complete you as a well rounded Martial Artist. These Arts include:

- Brazilian Jiu-Jitsu/Submission Grappling
- Wrestling
- Muay Thai
- Tae Kwon Do
- Boxing/Kick Boxing



Sensei Macaluso is the Head instructor who is an accomplished 4 Year Division One Wrestler, with a 2nd Degree Black Belt in Aikido & Budo Jiu Jitsu. He is a Jiu-Jitsu Champion, and a competitive cage fighter, and has trained champions.

He was inducted into the **Martial Arts Hall of Fame** in January of 2008 for 20 years of Outstanding Dedication in the Martial Arts.

"BUDO Jiu-Jitsu is the complete art. No Fluff. Only techniques that are effective make it into the BUDO JJ Dojo. We are a very traditional school following many Japanese customs. The martial arts were designed to make us all better people, not to fight. BUDO Training will improve self-discipline, confidence, and physical health.

There is the Advanced program which we offer for those who intend on competing on our Travel Team.





Ranking Chart for Budo Jiu-Jitsu under the direction of Soke Heath Macaluso

These are the Requirements to achieve the appropriate Rank. A certain amount of classes are required from one belt to the next. The classes required for the next rank are from your last promotion date. Private Lessons count as 2 Classes attended. The classes on the right are needed from the last promotion date to achieve the rank to the left.

An * signifies a rank where a promotion fee applies. There are 13 levels before reaching Black Belt (Sho-Dan). Please review the information below. Black Belt can be achieved between 3 and 4 years with commitment and dedication.

White Belt: Ju-San Kyu. This is where we begin.

<p>Yellow Belt: *</p> <p>Yellow Belt-Black Stripe:</p> <p>Yellow Belt-Silver Stripe:</p> <p>Yellow Belt-Gold Stripe:</p> <p>Blue Belt: *</p> <p>Blue Belt-Black Stripe:</p> <p>Blue Belt-Silver Stripe: *</p> <p>Blue Belt-Gold Stripe:</p> <p>Green Belt: *</p> <p>Green Belt-Black Stripe:</p> <p>Green Belt-Silver Stripe:</p> <p>Green Belt-Gold Stripe:</p> <p>Purple Belt: *</p> <p>Purple Belt-Black Stripe:</p> <p>Purple Belt-Silver Stripe:</p> <p>Purple Belt-Gold Stripe:</p> <p>Red Belt: *</p> <p>Red Belt-Black Stripe:</p> <p>Red Belt-Silver Stripe:</p> <p>Red Belt-Gold Stripe:</p> <p>Brown Belt: *</p> <p>Brown Belt-Black Stripe:</p> <p>Brown Belt-Silver Stripe:</p> <p>Brown Belt-Gold Stripe:</p> <p>Sho-Dan-Black Belt: *</p> <p>Sho-Dan-Silver*</p> <p>Sho-Dan-Gold*</p> <p>Ni-Dan-2nd Degree: *</p> <p>Ni-Dan-Silver*</p> <p>Ni-Dan-Gold*</p> <p>San-Dan-3rd Degree: *</p> <p>San-Dan-Silver*</p> <p>San-Dan-Gold*</p> <p>Yon-Dan-4th Degree: *</p> <p>Yon-Dan-Silver*</p> <p>Yon-Dan-Gold*</p> <p>Go-Dan-5th Degree: *</p> <p>Go-Dan-Silver*</p> <p>Go-Dan-Gold*</p> <p>Shi-han: Teacher of Teachers</p>	<p>Ju-Ni Kyu* (12th Class) 12 Classes, 14 for Adults</p> <p>Ju-Ichi Kyu* 7 Classes (ex. Since Yellow Belt Promotion date)</p> <p>Ju Kyu* 7 Classes (ex. Since Yellow Belt-Black Stripe Promotion date)</p> <p>Ku Kyu * 7 Classes</p> <p>Hachi Kyu* 7 Classes</p> <p>Shichi Kyu* (7th Class) 7 Classes</p> <p>Roku Kyu* 7 Classes</p> <p>Go Kyu* 7 Classes</p> <p>Yon Kyu* 8 Classes</p> <p>San Kyu* 8 Classes</p> <p>Ni Kyu* 8 Classes</p> <p>Ik-Kyu* (1st Class) 8 Classes (3 months)</p> <p>24 Classes (3 months)</p> <p>24 Classes (3 months)</p> <p>24 Classes (3 months)</p> <p>24 Classes (3 months)</p> <p>80 Classes (1 Year)</p> <p>80 Classes (1 Year)</p> <p>80 Classes (1 Year)</p> <p>80 Classes (1 Year)</p> <p>80 Classes (1 Year)</p> <p>80 Classes (1 Year)</p> <p>80 Classes (1 Year)</p> <p>80 Classes (1 Year)</p> <p>80 Classes (1 Year)</p> <p>80 Classes (1 Year)</p> <p>80 Classes (1 Year)</p> <p>80 Classes (1 Year)</p> <p>80 Classes (1 Year)</p> <p>80 Classes (1 Year)</p>
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Ordinal Rank Numbers	
Ju-Ni Kyu	12 th Class
Ju-Ichi Kyu	11 th Class
Ju Kyu	10 th Class
Ku Kyu	9 th Class
Hachi Kyu	8 th Class
Shichi Kyu	7 th Class
Roku Kyu	6 th Class
Go Kyu	5 th Class
Yon Kyu	4 th Class
San Kyu	3 rd Class
Ni Kyu	2 nd Class
Ik Kyu	1 st Class

Counting in Japanese	
one	ichi
two	ni
three	san
four	shi
five	go
six	roku
seven	shichi
eight	hachi
nine	kyu
ten	ju
eleven	ju ichi
twelve	ju ni
thirteen	ju san
fourteen	ju shi
fifteen	ju go
sixteen	ju roku
seventeen	ju shichi
eighteen	ju hachi
nineteen	ju kyu
twenty	ni ju
twenty-one	ni juichi
twenty-two	ni juni

Budo Jiu-Jitsu

Beginner Vocabulary List

Bu – Warrior

Do- The Way

Budo – The Way of War (or loosely translated as “Martial Art”)

Bushido – The Way of the Warrior (Bushi = Warrior)

Jiu Jitsu (柔術 *jūjutsu*?) literally meaning the "art of softness", is a Japanese martial art consisting primarily of grappling techniques. Jujutsu evolved among the samurai of feudal Japan as a method for dispatching an armed and armored opponent in situations where the use of weapons was impractical or forbidden. Due to the difficulty of dispatching an armored opponent with striking techniques, the most efficient methods for neutralizing an enemy took the form of pins, joint locks, and throws. These techniques were developed around the principle of using an attacker's energy against him, rather than directly opposing it, and came to be known as jujutsu.

Jiu Jitsu Ka A practitioner of Jiu Jitsu (Ka, meaning “Practitioner”)

Nage The thrower

Uke / Tori Person being thrown

Dojo Literally "place of the Way." Also "place of enlightenment." The place where we practice aikido.

Kiai A shout delivered for the purpose of focussing all of one's energy into a single movement

Hara One's center of mass, located about 2" below the navel. Traditionally this was thought to be the location of the spirit/mind/(source of KI). Aikido techniques should be executed as much as possible from or through one's HARA.

Shinkenshobu Lit. "Duel with live swords." This expresses the attitude one should have about Mixed Martial Arts Training training, i.e., one should treat the practice session as though it were, in some respects, a life-or-death duel with live swords. In particular, one's attention during Budo Jiu-Jitsu training should be single-mindedly focused on his/her training, just as, during a life-or-death duel, one's attention is entirely focused on the duel.

Seiza Sitting on one's knees. Sitting this way requires acclimatization, but provides both a stable base and greater ease of movement than sitting cross-legged.

Agura Informal Sitting with legs crossed (pretzel style)

Domo Arigato Gozaimashita (Go-zai-ee-mosh) Japanese for "thank you very much." At the end of each class, it is proper to bow and thank the instructor and those with whom you've trained.

Mushin Literally "no mind". A state of cognitive awareness characterized by the absence of discursive thought. A state of mind in which the mind acts/reacts without interference.

Sensei Teacher. It is usually considered proper to address the instructor during practice as "Sensei" rather than by his/her name.

Muay Thai Kickboxing with the ability to use elbow strikes, kick opponents legs, and knee to the body, head or legs of the opponent



Personal Commitment Letter

Student: _____ Date: _____

What is your level of Commitment to achieving the Rank of Black Belt in Budo-Jitsu?

The following questions are designed to make you clear on your intentions in regards to what you want for yourself as a result of your Martial Arts training.

This information is confidential between the student and their Sensei.

1) Why did you join Budo Jiu-Jitsu?
2) How often are you committed to training? 1x per week <input type="checkbox"/> 2x per week <input type="checkbox"/> 3x per week <input type="checkbox"/>
3) How much do you weigh right now? _____ What is your ideal weight?: _____
4) How do you rate your health status? Cardio: Bad <input type="checkbox"/> OK <input type="checkbox"/> Good <input type="checkbox"/> Excellent <input type="checkbox"/> Muscle Tone: Weak <input type="checkbox"/> OK <input type="checkbox"/> Good <input type="checkbox"/> Excellent <input type="checkbox"/> Mental Focus: Poor <input type="checkbox"/> Scattered <input type="checkbox"/> Good <input type="checkbox"/> Sharp <input type="checkbox"/>
5) What else do you hope to get out of your Martial Arts training?
6) Are you committed to reaching and attaining your Black Belt in Budo Jiu Jitsu by studying, learning, and applying all knowledge passed onto you by your instructors? Yes: _____ No: _____ Comments:
7) Additional Goals you wish to accomplish:
8) Do have any desire to teach the Art to others in the future?

Student's Signature: _____ Date: _____

Sensei's Signature: _____ Date: _____



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





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 to your self or others.
- 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 from Collar Tie Up <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

柔術



BUDO Jiu-Jitsu Association - JUNIOR DIVISION-11

Ju Ichi-Kyu, Student 11th Class **YELLOW** SILVER

Tigers/Dragons Ages 5-12 Technique Sheet

*Welcome to Ju-Ichi Kyu, Yellow Silver! Study the techniques below to prepare for your Ju-Kyu promotion (Student 10th Class/Blue Belt). Please ask your instructor any questions you may have about these techniques.



SILVER



"Every kid has the right to a fun, happy, & safe childhood. Bullies must be neutralized verbally or physically." -Sensei Heath Macaluso



Techniques

1) One Hand Blocks

- Upward Right & Left
- Downward Right & Left

2) Jiu Jitsu/Grappling:

Positions:

- Elbow to Elbow Guard Pass
- Cross Knee Pass from Guard
- Posturing Up in Guard

Submissions:

- Americana** from Side Control
- Americana *Defense*-Face the technique, Pull in
- Footlock** from guard
- Footlock *Defense*-Reach for Neck & Kick Through
- Rear Naked Choke**
- Rear Naked *Defense*-Grasp 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



BUDO Jiu-Jitsu Association - JUNIOR DIVISION-10

Ju-Kyu, Student 10th Class BLUE BELT

Tigers/Dragons Ages 5-12 Technique Sheet

Welcome to Ju-Kyu, Blue Belt! Study the techniques below to prepare for your next promotion to Ku-Kyu. (Student 9th Class/Blue-Silver).

Please ask your instructor any questions you may have about these techniques.

Etiquette & Tradition

- 1) *Doshi* - Classmates
- 2) *Sempai*- Senior Students
- 3) *Waza* - Technique



Guard Passing:

- Hip Knee Pass from Open Guard
- Leap Frog Pass (hands on Uke's knees)

Take Downs:

- Duck Under
- Jumping Guard

Submissions:

- Lawn Mower Gi Choke from Guard-Gi
- Cross Choke from Guard
- Arm Triangle from Kesagatami (Head lock position)
- Arm Triangle from Guard (Nage on Bottom)

Positioning/Escapes

- Bump Sweep (Pool side, stuff the hand and roll)
- Table Leg Roll from Bottom-Mount to Guard

Boxing:

- Covering up (Elbows up & in)
- Reactions Drills (Cover, Cover)(Cover Hook, etc.)

Striking:

Strikes 9-13

- 9) Spinning Back Fist
- 10) Vertical Punch
- 11) Palm Strike
- 12) Chop
- 13) Side Kick

Weapons:

Nunchakus:

- Grip
- Positions 1,2, 3
- Shomenuchi, Yokemenuchi



Live Grappling Expected:

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





BUDO Jiu-Jitsu Association - JUNIOR DIVISION-9

Ku-Kyu, Student 9th Class BLUE-Silver

Tigers/Dragons Ages 5-12 Technique Sheet



SILVER

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 and clear

Submissions:

- Kimora from Scarf Hold/Side Control
- Statue of Liberty-Triangle from Mount
- Gator Roll

Positioning/Escapes

- Cross Face
- Head Hunting-Figure 4, from Side Control
- Scissor Sweep from Guard
- Rubber Guard-Mission Control-Hug knee

Guard Passing:

- Dump Truck (Munson) Draw in

Take Downs:

- Arm Drag
- Roller Coaster Leg Sweep – Gi (grab wrist & shoulder of same arm, step across and sweep)

Striking:

- Spinning Crescent Kick

MMA:

- 1,2,1,2 to the double leg takedown
- 8,8 to the "Snap and spin to take Back, apply Rear Naked Choke"

Budo JJ

Kid-Jitsu





BUDO Jiu-Jitsu Association - JUNIOR DIVISION-8

Hachi-Kyu, Student 8th Class Green Belt

Tigers/Dragons Ages 5-12 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) **Osae Waza** – Immobilization techniques – ex. Arm Bar

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:

- Outside Single
- Shoulder Throw from Rear Choke

Ne-Waza: (Ground Techniques)

- Arm Bar from failed Americana
- Rear Lapel Choke from Back (grab pants and roll)
- Bump sweep to Kimora

Positioning/Escapes

- Butterfly Guard with Under Hooks
- Butterfly Sweep with Under Hooks
- Reverse Side control to Mount

Grips:

- Bear Hugs: Rear & Front, Arms Pinned and Free
- Grip Releases: Straight, Cross, 2 Hands on 1

Striking:

- 1,2,7
- 1,2,8,8

MMA:

- Double leg off the Cage
- Smearing (Cage Control to Hooks & Elbow)

Live Testing:

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





BUDO Jiu-Jitsu Association - JUNIOR DIVISION-7

Shichi-Kyu, Student 7th Class Green-Silver Tigers/Dragons Ages 5-12 Technique Sheet



SILVER

Budo Jiu-Jitsu – Mixed Martial Arts More than fighting

Etiquette & Tradition

Kimona – Alternate name for Gi, especially in regards to Jiu-Jitsu or Judo

Boxing Stage 1:

10x each Combo

1 Jab

1,2

1,2,3

1,2,3,4

1,2,3,3

1,2,4,4

4,3 Left Lead

4,3 Right Lead

Duck, Hook (5 Left, 5 Right)

1,2 Slip Slip

10 Alternating Hooks

10 Alternating Uppercuts

10 Straights (Jab, Cross)

Student is required to learn proper
Focus Mit Handling.

Take Downs:

Catapult Guard Pull (Feet in Side)

Cut Double – Head on outside turn the Corner

Fireman's Carry from overhook

Ne-Waza:

Ezekiel Choke (Sleeve Choke)

Striking:

Low/High Round House Kick

Front Kick to Face

Positioning

Half-Guard Boa Sweep

Spider-Fly Sweep





BUDO Jiu-Jitsu Association - JUNIOR DIVISION-6

Roku-Kyu, Student 6th Class Purple Belt

Tigers/Dragons Ages 5-12 Technique Sheet

BUDO JJ

MIXED MARTIAL ARTS



Budo Jiu-Jitsu – Creating Teachers that change Lives!

Etiquette & Tradition

Hogosha – Japanese for “Guardian” or “Protector”

Boxing Stage 2:

10x each Combo



- 1,1 Double Jab
- 1,2 on Right Glove only
- 1,2,4 Same glove then 4 opp. glove
- 1,2,4,2 (1,2 on right mit)
- 1,2,4,3 (1,2 on right mit)
- 1,2,4,4 (1,2 on right mit)
- 1,5 (Jab, Elbow)
- 3,3
- 4,4
- 1,2,6
- 1,2,6 South Paw
- 1,2,7
- 1,2,7 South Paw
- 4,4 4,3 4,1,2 Right hand lead

Student is required to learn proper Focus Mit Handling.

Take Downs:

- Soto Makikomi – Headlock Slip Trip
- Muscle Man - Inside Leg Sweep - Under Hook
- Parisyen - Inside Leg Sweep - Overhook

Ne-Waza:

- North South Choke from Knee in the Belly
- Armbar from Rear Mount – Shifting to side
- D’arce Choke - from Side Control

Positioning:

- Butterfly Guard Pass (Jam Uke’s feet to butt, then Fist & Palm flip)
- Posturing in Guard
- “What time is it Grip” Forearm Pressure in Half-Guard top
- “What time is it Grip” Forearm Pressure in Scarf Hold

MMA:

- Shovel Punch with combos

Cage Control:

- Circling, Pace, Scoring,
- “Smearing” - Fence Pinning: Defense-Turning table, Ground and Standing



Flow Drills

- 1) Mounted Shrimp Sweep, Repeat
- 2) Mount Armbar Situp Defense Drill (Uke sits up, gets to base, throws by, moves to side, mount, Repeat)
- 3) Around the World, (Uke lays on Back, Nage standing, passes to knee in the belly, Mount, kick over to scarf, Immediate north south, switch to scarf, reverse to legs, Fire Hydrant to mount, roll to guard, other guy stands and repeats.
- 4) Macalulu to Side control, Knee in the Belly, North South, both stand, other guy goes.
- 5) Cross Knee Belly Passes – Side to Side

Jiu-Jitsu Warm-ups

Slapping Frog Jumps, 2) Forward Backward Rolls, 3) Sit throughs 4) Ankle Rollup Crunches (w/partner) 4) Sideways Rolls



BUDO Jiu-Jitsu Association - JUNIOR DIVISION-5

Go-Kyu, Student 5th Class Purple-Silver

Tigers/Dragons Ages 5-12 Technique Sheet



SILVER

“Sometimes being Warrior, is just staying the Path.” -unknown

Etiquette & Tradition *Tsukuri* – Positioning, *Tori* – Judo term for Nage



Kick Proficiency

- Front Kick
- Side Kick
- Round House Kick
- Spinning Heal Kick
- Inside Crescent
- Outside Crescent
- Switch Kick

Punching Proficiency:

- 1,2,3,4
- Boxing Combos
- Looping hook
- Spinning Back Fist
- Hammer Fists from SideMount

Elbow Proficiency:

- 1,5
- Elbows from Mount
- Elbows from Side Control-Pointy
- Elbows from Rear Bear Hug
 - Arms Free
 - Arms Pinned

Take Downs:

- Seoi Toshi – Stepping back Shoulder Throw w/ sleeve & inside lapel Drop to one knee or 2 knees
- Osoto Gari – Forward Jamming Legsweep-w/Headlock or shoulder grip
- Tai Otoshi (Spinning Leg Sweep-Backwards / step back 3 times / elbow and shoulder grip)

Ne-Waza:

- Prayer Choke (guillotine)
- 3 Brothers (Guillotine, Kimora, Bump Sweep)
- Guillotine from Guard (Sit up, fake kimora)
- Kimora from Guard, Faking the Sweep

Positioning (*Tsukuri*):

- Squid from the Mount (Fake Americana to high mount)
- Wrist / Post Sweep (Take out the Garbage)
- Canon from Bottom Mount (two hand hip push and bump)

MMA:

- 77 SuperMan Punch
- 1,2,1,2 Double Leg Takedown





BUDO Jiu-Jitsu Association - JUNIOR DIVISION-4

Yon-Kyu, Student 4th Class Red Belt

Tigers/Dragons Ages 5-12 Technique Sheet

“Self-Respect is the Fruit of Discipline.”



Boxing Stage 3:

10x each Combo



(Switch Partners after 1,2,7)

4,3,2 – 4 Blast

Left Body, L-Head, R-Body, R-Head

Duck Hook, alternate

Cover Drills:

Cover Hook

Cover Hook Cross

1,2,8,8 (Walking Forward)

1,2,7, then Switch Kick 3 times

1,5,3

1,5,3,2

1,2,5,5

1,2,1,2, Clinch for 5 Knees each leg

Burn'em out:

10, Straights, Hooks, Uppers,

10 –Round House Kicks both sides

Repeat Burn

Take Downs:

- High Crotch to Double Leg takedown
- Heimlich takedown from Rear

Ne-Waza:

- 3 Wiseman Drill (Armbar, Triangle, Omoplata)
- Turtle NC (Naked choke from side turtle top position)
- Go Go Plata from Rubber Guard

Positioning (*Tsukuri*):

- H-Pass from Open Guard (double leg from knees)
- Manelski – (Double Leg Pass versus Scooter)

MMA:

- Lateral Drop off Fence
- 3 Rounds (Boxing, Muay Thai, MMA) 3 – 3 Minute Rounds

M M A
M I X E D M A R T I A L A R T S



BUDO Jiu-Jitsu Association - JUNIOR DIVISION-3

San-Kyu, Student 3rd Class RED-Silver
Tigers/Dragons Ages 5-12 Technique Sheet

Building Circuits for Strength & Conditioning



*“With all skills being equal with your opponent, it is **STRENGTH**, **AGILITY**, and **SPEED** that will make the difference.”*

Core Training:

Circuit Training including:

Abdominal

- Ali Abs
- V-Crunches
- Sprinkler Crunches
- Russian Twists with Ball
- Crunchy Frogs
- Torso Twists
- Bicycle Crunches

Core:

- Paratroopers
- Turtle Shell over partner
- Side Jumps over Partner
- Hulk Jumps
- Cotton Candy Spins
- Sit-Outs wrestling style
- Stance Squats
- Sledge Hammer On / Off
- Tire Flips
- Rolls ups

Shoulders/Chest

- Halos
- Sprawls
- Burpees (Squat thrust w. pushup)
- Pushups
- Y-Pushups
- Wood choppers with ball
- Weights for curls and kickbacks

*Circuits should consist of 1 or 2 exercises from **each** group above

A good Trainer is ‘In Shape’, and can organize a circuit for multiple class sizes. An instructor should incorporate exercises that benefit the whole body, both muscular and cardiovascular. Intervals can be via repetitions or more commonly used 1 minute time intervals.





BUDO Jiu-Jitsu Association - JUNIOR DIVISION-2

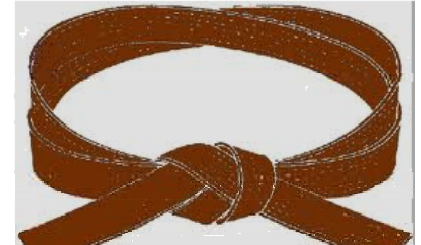
Ni-Kyu, Student 2nd Class Brown Belt

Tigers/Dragons Ages 5-12 Technique Sheet



“Lead, Teach, Inspire!”

Can you Teach?



Study formula on left and design a great class!

Planning a Class:

Classes should contain the following:

Formal Bowing in

(Kyu Rank teachers do a standing bow except for kid classes)

Welcome & Expectations of today's Class

15 Warmup to include:

- Basic Calisthenics
- Tumbling
- Agility (Various & rotating)
- Russian Twists with Ball
- Crunchy Frogs
- Torso Twists
- Bicycle Crunches

10 Minutes of Drills: For Review

- 1 Take Down
- 1 Position Change (Pass/transition)
- 1 Submission or Submission Defense
- 1 Striking Combo

1 -2 New Techniques:

- Demonstrate technique twice
- Teach Technique
- Work technique with partner
- Make Corrections
- Work on technique again
- Move on to 2nd technique if time

Light Situational Live for *Basic* Students:

- Partners A & B,
example: Take turns in Mount
- example: 30 seconds on Feet
- example: Light Sparring

Take Downs:

- Shoulder Nage-** Gi Sacrifice Throw grabbing shoulder & wrist.
- Greco Tie ups**
- Double Overs: for Head lock, Sotomakikomi
- Over Unders: for Lateral Drop, Hip toss, Reverse Lateral
- Double Unders: For Suplex, Body Lock rear trip, Heimlich Tkdn

Ne-Waza:

- Ninja Gi Choke (Shime Waza)
- Bicep Crush from Uke's armbar defense (Barrel of Monkeys elbow lock)
- Japanese Necktie from Turtle (D'arce handwork, trap the leg, pull guard)
- Peruvian Necktie defending Single Leg shot (front headlock, jump up)

Positioning (*Tsukuri*):

- Step up and Pry – Guard Break (Lock arm, lean with locked arm)
- Staple to Cradle Pass
- Knee in the Pocket Guard Break-One knee in one knee out

MMA:

- Lateral Drop off Fence (Pushing in then throwing backwards)
- Up Kicks from cage floor

Weapons:

Knives:

- Right Hand,
- Left Hand
- Kotegaeshi against all knife attacks

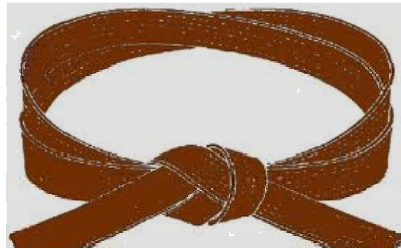




BUDO Jiu-Jitsu Association - JUNIOR DIVISION-1

I-Kyu, Student 1st Class Brown-Silver

Tigers/Dragons Ages 5-12 Technique Sheet



SILVER

**“Pain is temporary. It may last a minute, an hour, or a day.
But if you quit, however, it will last forever.”**

Teaching Time:

- 10 Hours of Kids Class**
(Logged in, signed by Sensei)
- 10 Hours of Adults Class**
(Logged in, signed by Sensei)
- 3 Classes taught by you!**
Under Black Belt Super vision
(Logged in, signed by Sensei)

Black Belt Requirements:

- 5 Class Itineraries Prepared**
(Based on Formula-see Ni-Kyu)
- Essay “What Budo Jiu-Jitsu means to Me.”**
- 10 Advanced Classes**
(signed in)
- Technique Review w/Uke**
(2 Hour Private)
- Live Testing**
 - 10 Minute Circuit**
 - 4 – 5 Minute rolls**
 - 3 – 3 Minute Rounds**
(Boxing, Thai Boxing, MMA)
- Written Test**
- Tuition & Testing Fee must be current**

Muay Thai

- Plum/Clinch
- Trailing (back of head)
- Leading (face forward)
- Collar 8 (Collar tie up with wrist control-Elbow strike with head control)

Ne-Waza:

- Cross Choke from Knee in the Belly (Head on far mat, flipper foot to Mount)
- Calf Crush from Top position with one Hook & Figure 4
- Calf Crush from Crossbody side control (Hooking far leg with your leg)
- Peruvian Necktie defending Single Leg shot (front headlock, jump up)

Weapons:

Sword:

- Grip & Stance
- Strikes: Shomenuchi, Yokemenuchi, Ski
- Z-Cuts, Fakes Kali Blocks

Sword:

- Grip
- Stance (Hanmi)
- First Position including Grip and Stance
- Shomen Uchi (Overhand attach to head)
- Yokemun Uchi (Round house lapel cut)
- Tsuki (Straight Lunge)
- Haishu Uchi
- Drawing & Sheathing



Black Belt Ceremony:

Upon Completion of your entire requirements we will set a date for your promotion ceremony where you will demonstrate your skills to the doshi of Budo Jiu-Jitsu. The demonstration should last a minimum of 3 minutes and demonstrate a variety of skills. Ukes required.