



BUDO Jiu-Jitsu Association – Sho-Dan Requirements

Student: _____ Start Date: _____ **Review and Testing Sheet**

<input type="checkbox"/> Review of 13 Classical Sets <input type="checkbox"/> Tuition Current <input type="checkbox"/> Testing Fee Paid	<input type="checkbox"/> Written Test	<input type="checkbox"/> “The Ultimate” (Physical Test) <ul style="list-style-type: none"> 3 Rounds 4-5 Minutes Rolls The Circuit 	<input type="checkbox"/> 5 Class Itineraries Prepared (Based on Formula-see Ni-Kyu) <input type="checkbox"/> Essay “ What Budo Jiu-Jitsu means to Me. ” <input type="checkbox"/> 10 Advanced Classes	<input type="checkbox"/> 10 Hours of Kids Class (Logged in, signed by Sensei) <input type="checkbox"/> 30 Hours of Adults Class (Logged in, signed by Sensei) <input type="checkbox"/> 3 Classes taught by you! Under Black Belt Super vision
Ju San-Kyu	Ju Ni-Kyu	Ju Ichi-Kyu- Silver	Ju Kyu	Ku Kyu- Silver
<input type="checkbox"/> Falls and Rolls <input type="checkbox"/> Positions (Guard, Mount, Half-Guard, North-South, Side Control, Knee in the Belly, Rear Mount) <input type="checkbox"/> Pulling Guard <input type="checkbox"/> Double Leg Take Down <input type="checkbox"/> Throw by knee pin pass <input type="checkbox"/> Armbar from Mount <input type="checkbox"/> Stances (Jigotai, Fighting) <input type="checkbox"/> Knife Hand Block <input type="checkbox"/> Front Kick <input type="checkbox"/> Side Kick <input type="checkbox"/> Round House Leg Kick <input type="checkbox"/> Mantis Hands Series <input type="checkbox"/> Jab <input type="checkbox"/> Cross <input type="checkbox"/> Hook <input type="checkbox"/> Uppercut	<input type="checkbox"/> Clock Choke - Gi <input type="checkbox"/> Armbar from Guard (dorsal fin spin) <input type="checkbox"/> Kimora from Guard <input type="checkbox"/> Standing Kimora <input type="checkbox"/> Triangle from Guard <input type="checkbox"/> Guillotine: Stuff Football Submission Defenses <input type="checkbox"/> Defense against Armbar – Elbows in <input type="checkbox"/> Defense against Kimora: Grip Gi <input type="checkbox"/> Lock Hands <input type="checkbox"/> Iron Cross to Von Flue Take Downs: Macalulu <input type="checkbox"/> , Arm drag <input type="checkbox"/> , Outside Single <input type="checkbox"/> <input type="checkbox"/> Straight Knee Pass <input type="checkbox"/> Cross Knee Pass <input type="checkbox"/> Building the Wall under Side Control <input type="checkbox"/> Shrimping: Pushing on the Knees under Mount Karate Strikes: Ridge Hand <input type="checkbox"/> , Palm Heal <input type="checkbox"/> , Vertical Punch <input type="checkbox"/> Muay Thai : <input type="checkbox"/> Muay Thai Clinch <input type="checkbox"/> Muay Thai Elbow & Knee Combos 1) <input type="checkbox"/> 2) <input type="checkbox"/> 3) <input type="checkbox"/> <input type="checkbox"/> Shin Blocks <input type="checkbox"/> Leaning in Boxing : Jab Footwork <input type="checkbox"/> , Cornering Footwork <input type="checkbox"/> ,	Submissions: <input type="checkbox"/> Sleeve Choke <input type="checkbox"/> Cross Choke from Guard <input type="checkbox"/> Americana from Side Control <input type="checkbox"/> Footlock from guard <input type="checkbox"/> Reverse Sleeper with Grapevines from Mount <input type="checkbox"/> Rear Naked Choke Submission Defenses <input type="checkbox"/> Americana – Face Technique Lock Hands <input type="checkbox"/> <input type="checkbox"/> Foot Lock Defense – Reach for Neck <input type="checkbox"/> <input type="checkbox"/> Rear Naked Choke-Grab Neck <input type="checkbox"/> , Hand Fight Positioning/Escapes 5 Side Controls <input type="checkbox"/> Kesagatami-Headlock <input type="checkbox"/> Kuzure Kesagatami-Scarf Hold <input type="checkbox"/> Cross Body <input type="checkbox"/> Reverse <input type="checkbox"/> Turtle Positions Continued <input type="checkbox"/> Staking <input type="checkbox"/> Cross Face against Double and Single Striking: <input type="checkbox"/> Spinning Back Fist <input type="checkbox"/> Axe Kick Muay Thai: <input type="checkbox"/> Heal Stomps to Knee & <input type="checkbox"/> Thigh Boxing: <input type="checkbox"/> Slipping <input type="checkbox"/> Duck Combos <input type="checkbox"/> Looping Hook	Guard Passing: <input type="checkbox"/> Windmill Pass <input type="checkbox"/> Helicopter Pass Take Downs: <input type="checkbox"/> Duck Under <input type="checkbox"/> Head & Heal Trip <input type="checkbox"/> Jumping Guard Submissions: <input type="checkbox"/> Paper Cutter Gi Choke- Gi <input type="checkbox"/> The Ninja-Gi Choke- Gi <input type="checkbox"/> Lawn Mower Gi Choke from Guard- Gi <input type="checkbox"/> Outside Guillotine off Double leg shot <input type="checkbox"/> Belfort Armbar from Mount (Two on One) Positioning/Escapes <input type="checkbox"/> Standard Sweep from Guard (Bump Sweep) <input type="checkbox"/> Table Leg Roll from Mount to Guard Striking: <input type="checkbox"/> Spinning Side Kick <input type="checkbox"/> Spinning Heal Kick Boxing: <input type="checkbox"/> Explosive Pad Work Combos <input type="checkbox"/> Entering Footwork <input type="checkbox"/> Withdrawing Footwork	Guard Passing: <input type="checkbox"/> Hip Knee Pass from Open Guard <input type="checkbox"/> Dump Truck (Munson) Draw in Take Downs: <input type="checkbox"/> Chalis <input type="checkbox"/> Leg Sweep - Gi <input type="checkbox"/> Tai Otoshi (Spinning Leg Sweep-Backwards) Submissions: <input type="checkbox"/> Sneak Attack Gi Choke from Guard (Using Uke’s gi) <input type="checkbox"/> Kimora from Head Hunting Roll up <input type="checkbox"/> Arm Triangle from Side Control (Head&Arm) <input type="checkbox"/> Arm Triangle from Guard (Nage on Bottom) <input type="checkbox"/> Statue of Liberty-Triangle from Mount <input type="checkbox"/> Gator Roll Positioning/Escapes <input type="checkbox"/> Head Hunting-Figure 4, from Side Control <input type="checkbox"/> Scissor Sweep from Guard <input type="checkbox"/> Rubber Guard-Mission Control-Hug knee <input type="checkbox"/> Fake Foot lock Post Pass (Grabbing Gi & Lapel) Striking: <input type="checkbox"/> Spinning Crescent Kick Boxing: <input type="checkbox"/> Covering up <input type="checkbox"/> Reactions Drills (Cover, Cover)(Cover Hook, etc.)

Notes: _____

Hachi Kyu	Shichi Kyu- Silver	Roku Kyu	Go Kyu- Silver
<p>Take Downs:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lateral Drop <input type="checkbox"/> Zorro Trip –Gi (Grabbing Shoulder) <input type="checkbox"/> Reverse Lateral (Over hook & wrist) <input type="checkbox"/> Super Sleeve Guard Pull (grip both) <p>Ne-Waza: (Ground Techniques)</p> <ul style="list-style-type: none"> <input type="checkbox"/> D'arce Choke from the knees (Rear Naked Grip) <input type="checkbox"/> Arm Bar from failed Americana <input type="checkbox"/> Toe Fishing (from Guard-tearing ACL) <input type="checkbox"/> Rear Lapel Choke from Back (grab pants and roll) <input type="checkbox"/> The Compressor (2 Hand Lift Up from Guard) <p>Positioning/Escapes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Spider Guard Sweep (Knee in the belly-reach thru) <input type="checkbox"/> Sword in the Case (from Seiza) <p>Grips:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Shoulder Throw (From Rear Choke & Overhook) <input type="checkbox"/> Bear Hugs: Rear & Front, Arms Pinned and Free <input type="checkbox"/> Grip Releases: Straight, Cross, 2 Hands on 1 <input type="checkbox"/> Neck Crank off Rear Grips-Ura (Right on Right Shoulder) <input type="checkbox"/> Armbar off Rear Grips-Omote <p>Striking:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Spinning Elbow off Rounds and Straights <p>MMA:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Double leg off the Cage <input type="checkbox"/> South Pole (Switch & Jab to Outside Single) <input type="checkbox"/> Smearing (Cage Control to Hooks & Elbow) 	<p>Boxing Stage 1</p> <p>Take Downs:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Catapult Guard Pull (Feet in Side) <input type="checkbox"/> Jap Wizard <input type="checkbox"/> Double Leg Turn the Corner <input type="checkbox"/> Fireman's Carry <p>Ne-Waza:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Heal Hook –Standing in Open Guard (Ankle lock Setup) <input type="checkbox"/> Heal Hook –Down in Open Guard-Poison Ivy <input type="checkbox"/> Ezekiel Choke (Sleeve Choke variation) <input type="checkbox"/> Knee Bar from Side Control <input type="checkbox"/> Knee Bar from Half Guard (Creeping up, Hand Thru) <p>Striking:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Low/High Round House Kick <input type="checkbox"/> Front Kick to Face <p>Positioning</p> <ul style="list-style-type: none"> <input type="checkbox"/> Half-Guard Boa Sweep 	<p>Boxing Stage 2</p> <p>Take Downs:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Metzger <input type="checkbox"/> Soto Makikomi – Headlock Slip Trip <input type="checkbox"/> Muscle Man - Inside Leg Sweep-Under Hook <input type="checkbox"/> Parisyan - Inside Leg Sweep - Overhook <p>Ne-Waza:</p> <ul style="list-style-type: none"> <input type="checkbox"/> North South Choke from Knee in the Belly <input type="checkbox"/> Armbar from Rear Mount – Shifting to side <p>Positioning:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Butterfly Sweep from Guard – Gi & No Gi <input type="checkbox"/> Posturing in Guard <input type="checkbox"/> Forearm Pressure in Half-Guard Pass, <input type="checkbox"/> Pressure in Scarf Hold <p>MMA:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Shovel Punch with combos <p>Cage Control: <input type="checkbox"/> Circling, <input type="checkbox"/> Pace, <input type="checkbox"/> Scoring,</p> <p><input type="checkbox"/> Fence Pinning Ground and Standing</p> <p>Flow Drills</p> <ol style="list-style-type: none"> 1) Mounted Shrimp Sweep, Repeat 2) Mount Armbar Situp Defense 3) Around the World – hit all positions 4) Macalulu to Side control, 5) Cross Knee Belly Passes – Side to Side <p>Jiu-Jitsu Warm-ups</p> <p>Slapping Frog Jumps, 2) Forward Backward Rolls, 3) Sit throughs</p> <p>4) Ankle Rollup Crunches (w/partner) 4) Sideways Rolls</p>	<p>Take Downs:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Seoi Toshi – Stepping back Shoulder Throw w/ sleeve & inside lapel-Drop to one knee or 2 knees <input type="checkbox"/> Osoto Gari – Forward Jamming Legsweep-w/Headlock or shoulder grip <p>Ne-Waza:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Prayer Choke (guillotine) <input type="checkbox"/> 3 Brothers (Guillotine, Kimora, Bump Sweep) <input type="checkbox"/> Guillotine from Guard (Scoot away, sit up, fake kimora) <input type="checkbox"/> Kimora from Guard, Faking the Sweep <p>Positioning (Tsukuri):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Squid from the Mount (Fake Americana to high mount) <input type="checkbox"/> SpiderFly Sweep (One Spider, One Butterfly, Wrist, & Leg Scoop) <input type="checkbox"/> Spreader – Escape Mount out back door, lock and roll 1 leg <p>MMA:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 77 SuperMan Punch <input type="checkbox"/> 1,2,1,2 Double Leg Takedown <input type="checkbox"/> Kick Proficiency See List <input type="checkbox"/> Punching Proficiency: See List <input type="checkbox"/> Elbow Proficiency: See List
Yon Kyu	San Kyu- Silver	Ni Kyu	I Kyu- Silver
<p>Boxing Stage 3:</p> <p>Take Downs:</p> <ul style="list-style-type: none"> <input type="checkbox"/> High Crotch to Double Leg takedown <input type="checkbox"/> Heimlich takedown from Rear <p>Ne-Waza:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 3 Wiseman Drill (Armbar, Triangle, Omoplata) <input type="checkbox"/> Razor (Armbar from Mount faking Americana, high mount) <input type="checkbox"/> Go Go Plata from Rubber Guard <p>Positioning (Tsukuri):</p> <ul style="list-style-type: none"> <input type="checkbox"/> H-Pass from Open Guard (double leg from knees) <input type="checkbox"/> Double Leg Pass versus Scooter (Manelski) <p>MMA:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lateral Drop off Fence <input type="checkbox"/> 3 Rounds (Boxing, Muay Thai, MMA) 3 – 3 Minute Rounds <div style="text-align: center;">  </div>	<p>Core Training:</p> <p>Circuit Training including:</p> <p>Abdominal</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ali Abs <input type="checkbox"/> V-Crunches <input type="checkbox"/> Sprinkler Crunches <input type="checkbox"/> Russian Twists with Ball <input type="checkbox"/> Crunchy Frogs <input type="checkbox"/> Torso Twists <input type="checkbox"/> Bicycle Crunches <p>Core:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Paratroopers <input type="checkbox"/> Turtle Shell over partner <input type="checkbox"/> Side Jumps over Partner <input type="checkbox"/> Hulk Jumps <input type="checkbox"/> Cotton Candy Spins <input type="checkbox"/> Sit-Outs wrestling style <input type="checkbox"/> Stance Squats <input type="checkbox"/> Sledge Hammer On / Off <input type="checkbox"/> Tire Flips <ul style="list-style-type: none"> <input type="checkbox"/> Rolls ups <input type="checkbox"/> Shoulders/Chest – See list 	<p><input type="checkbox"/> Planning a Class – See class elements on list</p> <p>Take Downs:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Shoulder Nage- Gi Sacrifice Throw grabbing shoulder & wrist. <p>Greco Tie ups</p> <ul style="list-style-type: none"> <input type="checkbox"/> Double Overs: for Head lock, Sotomakikomi <input type="checkbox"/> Over Unders: for Lateral Drop, Hip toss, Reverse Lateral <input type="checkbox"/> Double Unders: For Suplex, Body Lock rear trip <p>Ne-Waza:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 10 Finger Choke (Guillotine variation) <input type="checkbox"/> Bicep Crush from Armbar <p>Positioning (Tsukuri):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Step and Pry – Guard Break <input type="checkbox"/> Staple to Cradle Pass <input type="checkbox"/> Knee in the Pocket Guard Break-One knee in one knee out <input type="checkbox"/> Butterfly Guard Pass (Jam Uke's feet to butt, then Fist & Palm flip) <p>MMA:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cage Pinning (driving to fence on ground and standing) <input type="checkbox"/> Cage Pinning Defense: Turning the table using footwork: Up/Ground <p>Weapons:</p> <p>Knives:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Right Hand, <input type="checkbox"/> Left Hand <input type="checkbox"/> Kotegaeshi against all knife attacks 	<p>Muay Thai</p> <ul style="list-style-type: none"> <input type="checkbox"/> Plum/Clinch <input type="checkbox"/> Trailing (back of head) <input type="checkbox"/> Leading (face forward) <input type="checkbox"/> Collar 8 (Collar tie up with wrist control- Elbow strike with head control) <p>Ne-Waza:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cross Choke from Knee in the Belly (Head on far mat, flipper foot to Mount) <input type="checkbox"/> Calf Crush from Top position with one Hook & Figure 4 <input type="checkbox"/> Calf Crush from Crossbody side control <p>Weapons:</p> <p>Knives:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Right & Left Hand 3 of 9, Right Lead <input type="checkbox"/> Tapping Drill <input type="checkbox"/> Z-Cuts, <input type="checkbox"/> Fakes <input type="checkbox"/> Kali Blocks <p>Sword:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Grip <input type="checkbox"/> Stance (Hanmi) <input type="checkbox"/> First Position including Grip and Stance <input type="checkbox"/> Shomen Uchi (Overhand attach to head) <input type="checkbox"/> Yokemun Uchi (Round house lapel cut) <input type="checkbox"/> Tsuki (Straight Lunge) <input type="checkbox"/> Drawing & Sheathing

Notes: _____