



## 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.

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

### Ordinal Rank Numbers

Ju-Ni Kyu	12 <sup>th</sup> Class
Ju-Ichi Kyu	11 <sup>th</sup> Class
Ju Kyu	10 <sup>th</sup> Class
Ku Kyu	9 <sup>th</sup> Class
Hachi Kyu	8 <sup>th</sup> Class
Shichi Kyu	7 <sup>th</sup> Class
Roku Kyu	6 <sup>th</sup> Class
Go Kyu	5 <sup>th</sup> Class
Yon Kyu	4 <sup>th</sup> Class
San Kyu	3 <sup>rd</sup> Class
Ni Kyu	2 <sup>nd</sup> Class
Ik Kyu	1 <sup>st</sup> 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



# 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

## 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



# BUDO Jiu-Jitsu Association-ADULT **WHITE**-13

## Ju San-Kyu - White Belt Curriculum

14 Classes required for Promotional to Yellow

### Etiquette & Tradition

- 1) Bowing (On/Off mat, In/Out of Dojo, to Instructors, to partner)
- 2) Personal Commitment Letter (Ask Sensei for form)
- 3) Seven Virtues of the Samurai (Rectitude, Courage, Benevolence, Respect, Honesty, Honor, Loyalty)
- 4) Gi Folding
- 5) Vocabulary

**Onegai Shimasu (Ohnuh-gahshi-mahss)** - "Will you work out with me?" or "We wish for a beneficial outcome."

Domo Arigato Gozai mashita-

Hajame-

Yame-

Dojo

Kobudo

Tanto

Nihon

Nippon

Sensei

Shi-han

Soke

Thank you very much for what you have done

to begin

to stop

School, play of the 'Way'

Weapons Training

Knife

Japanese

Japan

Instructor

Teach of Teachers

System Founder



### JJ – Jiu –Jitsu

- 1) Falls and Rolls
- 2) Positions (Guard, Mount, Half-Guard, North-South, Side Control, Knee in the Belly, Rear Mount)
- 3) Pulling Guard
- 4) Double Leg Take Down
- 5) Throw by knee pin pass
- 6) Armbar from Mount

### Karate

- 1) Stances (Jigotai, Fighting, Muai Thai)
- 2) Front Kick
- 3) Side Kick
- 4) Round House Leg Kick with Shin

### Muai Thai/Boxing

- 1) Jab
- 2) Cross
- 3) Hook
- 4) Uppercut
- 5) Hand Work/Covering Up/Keeping hands up (Cell Phones)





# BUDO Jiu-Jitsu Association - ADULT YELLOW - 12

## Ju Ni-Kyu/Yellow Belt Technique Sheet

\*Study this list and ask your instructor about any questions you may have about any 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
- 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 sometimes be a 'lack' of bearing
- 3) **Benevolence**-Helping those less fortunate than you (Kindness to others)
- 4) **Respect**-For myself and others (also: **Politeness** towards others & Everything is a ceremony)
- 5) **Honesty**-Speaking your truth having no need to lie
- 6) **Honor**- Living a life of Integrity (No cheating, stealing, or shady behavior)
- 7) **Loyalty**-To Family, Friends, Dojo, & Country (also: Loyalty to your Goals-doing what's necessary)

#### **Submissions:**

- Clock Choke - Gi**
- Armbar from Guard (dorsal fin spin)
- Kimora from Guard
- Standing Kimora
- Triangle from Guard
- Guillotine: Stuff the Football & off Double Leg

#### **Submission Defenses**

- Defense against Armbar – Elbows in
- Defense against Kimora: Grip Gi  Lock Hands
- Defense against Guillotine: Iron Cross to Von Flue

#### **Take Downs:**

- Macalulu  Arm drag  Outside Single

#### **Positioning/Escapes**

- Straight Knee Pass
- Cross Knee Pass
- Building the Wall under Side Control
- Shrimping: Pushing on the Knees under Mount

#### **Karate**

- Strikes:** Ridge Hand  Palm Heal  Vertical Punch

#### **Muay Thai :**

- Muay Thai Clinch
- Muay Thai Elbow & Knee Combos 1)  2)  3)
- Shin Blocks  Leaning in

- Boxing :** Jab Footwork  Cornering Footwork



武道



柔術

