

Jiu-Jitsu

“Gentle Art”

- List & Define the **7 Instincts of Budo**:

- List and explain **Tewaza 5**:

- List and explain **Tewaza 6**:

- Describe “Kubi nage”:

- Describe “Ogoshi”:

- Describe “Seionage”:

- Describe #13 “Rear Forearm Choke-Seionage”:

- Describe #14 “Clench-Kubinage”:

- Describe #15 “Hook Punch-Ogoshi”:

- Describe #16 “Straight Punch-Split Entry”:

- Describe #17 “Straight Punch-Easy Chair”:

- Describe #18 “Side Kick-Osotogari”:
- Describe Kesa Series (4-5):
- Describe Rear Guard (4-5):
- Describe Guard (4-5):
- Describe Juji gatame (6-8):
- Describe Juji gatame counters (4-6):
- Describe Arm bar Series (4-5):
- Describe Prone Leg Series (1-5):
- Describe Press Position (1-5):
- Explain Hadaka Shime:
- Explain Kataha Shime:
- Explain Okuri iri Shime: