

Jiu-Jitsu

“Gentle Art”

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

- List and explain **Tewaza 7**:

- List and explain **Tewaza 8**:

- Describe “Harai Ogoshi”:

- Describe “Shio Nage”:

- Describe “Sumi Gaeshi”:

- Describe #19 “Rear Hair Grab-Shionage”:

- Describe #20 “Rear Hair Grab-Sankyo”:

- Describe #21 “Hook Punch-Seio Nage”:

- Describe #22 “Front Kick-Smear”:

- Describe #23 “Side Kick-Grapevine”:

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- Describe #24 “High Round-Tegatana”:
- Describe Rear Guard (6-8):
- Describe Guard (6-8):
- Describe Juji gatame (9-10):
- Describe Juji gatame counters (7-9):
- Describe Arm bar Series (6-8):
- Describe Prone Leg Series (6-8):
- Describe Press Position (6-8):
- Describe Waki Gatame Series (1-5):
- Describe Standing Leg Locks (1-3):
- Describe 2 Ground Chokes: