

Jiu-Jitsu

“Gentle Art”

- Define **BUDO**?
- Explain the **Essence of Budo** :
- What is the **name of the system** of Jiu-jitsu you train in and **define what it means**:
- Trace the **lineage** of Shinto Yoshin Jujitsu from its Founder to your Instructors:
- In Shintoyoshin Kai Jiu-Jitsu, there are **6 Areas of Endeavor**... List?
- Define **Principle**:
- **Five Principles** of Jiu-Jitsu are:
- **Five distances** of combat... List?
- **Five Priorities** of close quarter combat... List?
- What are **5 Falling Principles** (5 B's)?

- Define Tai Sabaki (List methods):
- Nage is divided into two categories (name / explain):
- Name the 3 components to a throw:
- List 5 conclusions in Rendori:
- List 5 Ground Control Positions:
- List the 3 components to “**The Learning Triangle**” also known as “The 3 Perspectives”:
- List the first “**5 Elbows**” in the order they are to be thrown:
- List and Explain **Hand Interceptions 1 & 2**:
- Describe and Explain “Osoto gari”:
- Describe “Tani Otoshi”:

- Describe #1 “Double Lapel Grab-Osotogari”:
- Describe #2 “Front Hair Grab-Nikyo”:
- Describe #3 “Side Head Lock”:
- Describe #4 “Straight Shoulder Grab-Osotogari”:
- Describe #5 “Same Side Shoulder Grab-Osotogari”:
- Explain ~ Ude Gatame:
- List Juji Gatame 1-3:
- List Achilles 1-2:
- Explain Ushiro Shime 1-3:
- Explain Morote Shime: