

Jiu-Jitsu

“Gentle Art”

- Explain the **two principles of Budo**:
- Who is the Menkyo Gaiden (successor of system / organization)?
- What are the **10 Points of Jiu-Jitsu**?

- What is another name for Aerial (Sacrifice) Fall?
- List the last **5 Elbows** ~ 6 through 10 in the order they are to be thrown:
- List the **“5 Knees”** as taught in Shintoyoshin-Kai:
- In Shintoyoshin Kai Jiu-Jitsu, there are **6 Areas of Endeavor**... Break Down?

Ukemi:

Nage:

Waza:

Atemi:

Katamewaza:

Kimenokata:

- List and explain **Tewaza 1**:
- List and explain **Tewaza 2**:
- List and explain **Tewaza 3**:
- List and explain **Tewaza 4**:
- Describe “Kaitenage”:
- Describe “Ouchi Gari”:
- Describe “Kouchi gari”:
- Describe “Kosoto gari”:
- Describe “Uki otoshi”:
- Describe “Yoko otoshi”:
- Describe #6 “Bear Hug-Taniotoshi”:
- Describe #7 “Clench-Kaitenage”:
- Describe #8 “Rear Forearm Choke-Seio nage”:
- Describe #9 “Full Nelson-Tani otoshi”:

- Describe #10 “Straight Punch—Cradle”:
- Describe #11 “Hook Punch-Osotogari”:
- Describe #12 “Uke / Yoko” otoshi from high charge”:
- Describe Kesa Series (1-3):
- Describe Rear Guard (1-3):
- Describe Cross Body (1-5):
- Describe Guard (1-3):
- Describe Achilles (1-5):
- Describe Juji gatame (1-5):
- Describe Juji gatame counters (1-3):
- Describe Rear Guard (1-3):
- Describe Arm bar Series (1-3):
- Describe Prone Leg Series (1-3):
- Explain Hasami Shime (1-3):
- Explain Juji Shime: