



Nokido Ju-Jitsu & Judo

Student

Handbook

の氣道柔術柔道

North Port, Florida
Shihan Earl DeValle





HISTORY OF JU-JITSU AND NOKIDO JU-JITSU

Ju-Jitsu (Japanese: 柔術), is a Japanese Martial Art and a method of self defense. The word Ju-Jitsu is often spelled as **Jujutsu**, **Jujitsu**, **Jiu-jutsu** or **Jiu-jitsu**.

"**Jū**" can be translated to mean "gentle, supple, flexible, pliable, or yielding." "**Jitsu**" can be translated to mean "art" or "technique" and represents manipulating the opponent's force against himself rather than directly opposing it. Ju-Jitsu was developed among the samurai of feudal Japan as a method for defeating an armed and unarmed opponent in which one uses no weapon. There are many styles (*ryu*) and variations of the art, which leads to a diversity of approaches, but you will find that the different styles have similar, if not the same techniques incorporated into their particular style. Ju-Jitsu schools (*ryū*) may utilize all forms of grappling techniques to some degree (i.e. throwing, trapping, restraining, joint locks, and hold downs, disengagements, escaping, blocking, striking, and kicking).

Japanese Ju-Jitsu grew during the Feudal era of Japan and was expanded by the Samurai Warriors. The first written record of Ju-Jitsu was in 1532 by Hisamori Takeuchi. Takenouchi Ryu Ju-Jitsu is the oldest style of Ju-jitsu and is still practiced in Japan. There are hundreds of different Ju-Jitsu styles that have been documented and are practiced today, one of which is our modern style of Ju-Jitsu, **Nokido Ju-Jitsu**.

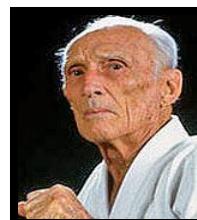
Ju-Jitsu is said to be the father of all Japanese Martial Arts. Today, Ju-Jitsu is practiced in both traditional and modern sport forms. There are many forms of Sport Ju-Jitsu, One of the most common is (MMA), Mixed Martial Arts-style competitions such as Jujitsu fighting and Sport Ju-Jitsu, where competitors apply a variety of strikes, throws, and holds to score points. There are also kata competitions, where competitors of the same style perform techniques and are judged on their performance. There are also freestyle competitions, where competitors take turns attacking each other, and the defender is judged on performance. Other sport forms include the Olympic sport and martial art of **Judo**, which was developed by Jigorō Kanō at the Kodokan in 1882, from several traditional styles of Ju-Jitsu and introduced to the Olympics in 1964, **Aikido** which was developed by Morihei Ueshiba in 1942, and **Brazilian Jiu-Jitsu**, which was in turn derived from earlier (Pre-World War II) versions of Kodokan Judo taught by Mitsuyo Maeda and developed by Helio Gracie and the Gracie Family and established in 1925.

A common word for Brazilian/Modern Jiu-Jitsu is "Jitz". The term "Ju-Jitsu" was not coined until the 17th century, after which time it became a blanket term for a wide variety of grappling-related disciplines, it was originally called Yawara. Older forms of Japanese Ju-Jitsu were called Koryu, Modern forms of Ju-Jitsu are called; Gendai Ju-Jitsu. Hanshi Gruenwald originally spelled the word Ju-Jitsu; **Jujutsu**. Shihan DelValle changed the spelling to the more commonly used Ju-Jitsu. When referring to Nokido Ju-Jitsu, either usage is correct. The spelling of the word "Jiu-Jitsu" is now commonly used for all Jiu-Jitsu styles and specifically for describing Brazilian Jiu-Jitsu.

Jigoro Kano – Judo Founder



Helio Gracie – Gracie Jiu-Jitsu Founder



Morihei Ueshiba – Aikido Founder



Hanshi Andrew Gruenwald



The Director of Nokido Ju-Jitsu in the United States, **Hanshi Andrew Gruenwald (1942-2000)**, brought Nokido Ju-Jitsu from Japan to the United States. Hanshi Gruenwald studied the Martial Arts while stationed in Japan serving in the U.S. Army. Hanshi Gruenwald made frequent trips back to Japan to continue his studies after returning to the United States to pursue a career in Law Enforcement. Hanshi Gruenwald opened two Martial Art schools in the Chicago Area. Hanshi Gruenwald was a Hachidan, (8th Degree Black Belt) in Nokido Ju-Jitsu and Isshin –Ryu Karate and a Shichidan (7th Degree) in Judo. Shihan Gruenwald was posthumously promoted to Hanshi, 9th Degree Black Belt, by Nokido Ju-Jitsu in 2010.

Hanshi Gruenwald improved Nokido Ju-Jitsu by blending the best techniques from all of the different styles of Martial Arts that he studied together into one efficient system and Shihan DelValle continued with that tradition, to form the modern efficient version of Nokido Ju-Jitsu practiced today. Modern technology comes to Martial Arts, evolution comes to Ju-Jitsu through the Nokido style.

Nokido Ju-Jitsu is a traditional Japanese style of Ju-Jitsu that has evolved from many years of research and studies into a modern form of Ju-Jitsu. The techniques are formatted into a system for efficiency and easier comprehension and they will evolve based upon the development of our style, needs of the Instructors, students, feedback, and our mistakes.

Hanshi Gruenwald passed away from a cancerous brain tumor in 2000, although much of its history was lost, Nokido Ju-Jitsu can be traced to the Nokido Shrine in the town of Kamo-Cho, located in the Okayama prefecture, now named Tsuyama. The Nokido Shrine was built in June of 714 and rebuilt after a flood in June of 1184. The shrine was named after the Nokido pine tree that saved a locally worshiped Deity (Nokido-Miya) from being swept away in the flood. The shrine remains in Tsuyama city today. Nokido Ju-Jitsu was named after the Nokido shrine just as many styles of Ju-Jitsu were named from the local shrines and towns that they were located in.



(Shrine - 65 Tacchu, Kamo Cho, Tsuyama City 0868-42-3184)

Nokido Ju-Jitsu is a comprehensive way to learn, understand, and teach Ju-Jitsu, as Hanshi Gruenwald and Shihan DelValle intended it to be. “I did not invent Ju-Jitsu, I simply made it better” - Helio Gracie. Nokido Ju-Jitsu has revolutionized the way that Ju-Jitsu is studied and practiced by updating and improving the curriculum to meet the modern needs of the students as well as the Instructors. Nokido Ju-Jitsu continues to move forward through its students and teachers. As they progress and improve, so will the style of Nokido Ju-Jitsu, “The way of the Spirit”.



Shihan Earl DelValle

Shihan Earl DelValle - Biography



Shihan Earl DelValle's martial arts journey began in 1987 after wrestling in high school. Shihan DelValle began studying Judo at the Sarasota Academy under Rene Duchesne until November of 1990, when he enlisted in the Navy. While stationed in San Diego, California, Shihan DelValle continued his Judo and Ju-Jitsu training as a member of the All Navy Judo team.

In 1991, after a transfer to the Great Lakes Naval base, he met Shihan Andrew Gruenwald, who taught Judo and Nokido Ju-Jitsu. Despite a subsequent transfer to Virginia Beach, Virginia, Shihan DelValle continued to train under Shihan Gruenwald, while also studying Karate and teaching Judo and Ju-Jitsu at the Kyoshinkan Karate School, under Lenny Jordan.

Upon his discharge from the military in 1994, Shihan DelValle returned to his hometown of Sarasota, Florida, and continued to study and teach Judo, Ju-Jitsu and Karate, eventually opening his own school in 1995 under the direction of his instructors.

In 1996, Shihan DelValle began a law enforcement career with the Manatee County Sheriff's Department. Shihan DelValle continued his Martial Arts studies and his teaching of Ju-Jitsu and Judo at his school, until 1998 when he transferred to the Sarasota Police Department to become a Patrol Officer.

In 2000, Hanshi Gruenwald passed away from a cancerous brain tumor. Hanshi Gruenwald named Shihan DelValle his successor to Nokido Ju-Jitsu and the United States Director of Nokido Ju-Jitsu.

In 2001, Shihan DelValle began to study Brazilian Jiu-Jitsu at Wolfpack BJJ. This year also saw Shihan DelValle and Nokido Ju-Jitsu officially certified by the United States Ju-Jitsu Federation (USJJF.)

In 2002, Shihan DelValle taught Ju-Jitsu, Judo and Karate at the Sarasota Alliance Church. He was also promoted to Vice President of United States Ju-Jitsu of Florida, and also became a member of the Special Operations Division-Explosives Material Unit for the Sarasota Police Department.

In 2003, Shihan DelValle was promoted to Detective for the Sarasota Police Department, and also awarded the United States Ju-Jitsu Federation's **Instructor of the Year Award**. Shihan DelValle assisted teaching Judo and Ju-Jitsu at the Y.M.C.A. in Sarasota and Defensive Tactics to police officers, as well as study Brazilian Jiu-Jitsu with Professor Charles Dos Anjos.

In 2004, Shihan DelValle was promoted to Blue Belt in Brazilian Jiu-Jitsu by Professor Dos Anjos.

In 2005, Shihan DelValle relocated his Ju-Jitsu and Judo class to the YMCA in Sarasota. This year also saw promotions to Godan (5th degree black belt) in U.S. Ju-Jitsu and Nokido Ju-Jitsu, and Yondan (4th degree black belt) in Karate and USA Traditional Kodokan Judo.

In 2006, Shihan DelValle was certified by USA Judo, the national governing body for Judo, and also certified as a USJJF Referee. Tragically, Shihan DelValle was also severely injured in the line of duty, an event that precipitated several months of physical therapy. It was during this time that Shihan DelValle started the Internet Crimes Against Children unit for the Sarasota Police Department.

In 2007, Shihan DelValle was appointed to the USJA Technical Official committee, certified as a Judo Referee, and awarded a meritorious service medal by the SPD. Shihan DelValle began to teach full time at the current North Port Nokido Ju-Jitsu location.

In 2008, Shihan DelValle was promoted to Yodan for USJA Judo and purple belt in Brazilian Jiu-Jitsu. However, he was also forced to retire from his law enforcement career due to the injury received in the line of duty.

In 2009, Shihan DelValle was promoted to Shihan (Master) in Kyoshinkan Karate. At the USJJF awards banquet, he was recognized for leadership in the state of Florida, and coached the 2009 U.S. Ju-Jitsu National Championship. This year saw his promotion to Rokudan (6th degree black belt) in U.S. Ju-Jitsu and Nokido Ju-Jitsu by the USJJF, and Godan (5th degree black belt) in USA Traditional Kodokan Judo.

In 2010, Nokido Ju-Jitsu was recognized by Jujitsu America. Shihan DelValle was recognized by the United States Judo Association's Ju-Jitsu Division as a Rokudan and Master Examiner in USJA Ju-Jitsu. He was also recognized by USA Judo, as a Yondan. 2010 also saw Shihan DelValle and the Nokido Ju-Jitsu Yudansha posthumously promoted Shihan Andrew Gruenwald to Kudan (9th degree black belt) in Nokido Ju-Jitsu.

In 2011, Shihan DelValle was recognized by the International Judo Federation and the Pan American Judo Confederation as a Yondan. Shihan DelValle also became a registered purple belt under the International Brazilian Jiu-Jitsu Federation.

In 2012, Shihan DelValle coached 20 Members of Nokido Ju-Jitsu to become the Jujitsu America National Champions in fighting and self defense. Shihan DelValle taught at the National Convention and was recognized by Jujitsu America as a Godan and Instructor. Shihan DelValle was also certified by USA Judo in Visually Impaired Coaching. Shihan DelValle became an Instructor in Brazilian Jiu-Jitsu and Nokido Ju-Jitsu became a certified Wolfpack Brazilian Jiu-Jitsu affiliate and training center.

Despite the fact that Shihan DelValle is physically disabled, he chooses to focus on his abilities and continues to serve Nokido Ju-Jitsu and his students with his instructional ability, coaching, refereeing, technical training, and management and likes to just be called; Sensei. Shihan DelValle continues to teach Ju-Jitsu, Judo and BJJ in North Port, Fl. at Nokido Ju-Jitsu & Judo. Shihan DelValle is the United States Director of Nokido Ju-Jitsu.

Shihan DelValle is a member of:

United States Judo Association (USJA Ju-Jitsu Rokudan and Master Examiner, Judo Yodan, Bronze Life Member, Referee, National Coach, Technical Official & Supervisor, Kata Certified, Certified Instructor)

United States Ju-Jitsu Federation - (Rokudan--U.S. Ju-Jitsu, Nokido Ju-Jitsu, Silver Life Member, Senior Instructor/ Examiner, Referee)

Jujitsu America (Godan, Instructor, National Champion, Recognized Nokido Rokudan)

IJF, USA Judo (Yondan, National Coach and VI Coach)

Brazilian Jiu-Jitsu (IBJJF, Purple Belt 4th Degree, under Charles Dos Anjos)

Kyoshinkan Karate (Yondan, Shihan)

Fugakukai Aikido (Nidan)

FL. Dept. of Law Enforcement (Certified Defensive Tactics & Ground Fighting Instructor)

Shihan Earl DelValle can be reached by email at: budobug@gmail.com



SENSEI CHRIS RITCHIE - BIOGRAPHY



Sensei Chris Ritchie was born in Bangkok, Thailand and moved to the United States at a young age. Sensei Ritchie grew up playing competitive organized sports and enjoys competition. Sensei Ritchie started his martial arts journey when he moved to Florida in 2005. Some of Sensei Ritchie's passions include, cooking, hunting, fishing, and anything martial art related. Sensei Ritchie is married and his wife also practices Nokido Ju-Jitsu and Judo. Sensei Ritchie and his wife were founding members of the Special Team of Role Models (Storm Team).

Sensei Ritchie began to study Martial Arts at the North Port Family YMCA with Sensei Paul Lockwood, a certified Black Belt under Shihan DelValle. Sensei Ritchie instructed classes at the YMCA as an orange belt when Sensei Lockwood moved to Sarasota to pursue a law enforcement career. Sensei Ritchie taught at the YMCA until Shihan DelValle agreed to help Sensei Ritchie continue teaching classes in North Port. Sensei Ritchie is an excellent instructor and is continuing his education in Martial Arts while teaching classes with Shihan DelValle. Sensei Ritchie has studied Nokido Ju-Jitsu & Judo and continues to pass on his knowledge of Nokido techniques in their purest form.

Sensei Ritchie is nationally certified by the USJJF, Jujitsu America, Wolf Pack BJJ and the USJA. Sensei Ritchie accomplishments include, 2007 Disney Martial Arts Festival Gold medalist in Gi Grappling, 2008 Disney Martial Arts Festival Silver medalist in Sport Ju-Jitsu, 2009 Gold medalist and National Champion for the U.S. Ju-Jitsu National Championships in Niagara, New York. Sensei Ritchie was awarded the Ohana award by Jujitsu America at the 2010 Jujitsu America convention. Sensei Ritchie is the first of Shihan DelValle's Black Belts to reach Nidan, second degree black belt.

In 2012, Sensei Ritchie was promoted to Nidan by Jujitsu America and was certified as a National Coach for Judo. Sensei Ritchie was promoted to Purple belt by Professor Charles Dos Anjos and Shihan DelValle. Sensei Ritchie became the first independent owner of a Nokido Ju-Jitsu chartered dojo and continues to lead Nokido Ju-Jitsu into the future.

Sensei Ritchie's Certifications:

United States Ju-Jitsu (Nidan, Instructor, National Champion – Ju-Jitsu fighting Gold medalist, Nokido Ju-Jitsu & Judo Instructor, and Kata Certified in Ju-Jitsu & Judo)

Jujitsu America (Nidan, Ohana Award, National Champion - Self Defense Silver medalist)

United States Judo Association (Shodan, Instructor, Judo & USJA Ju-Jitsu, Technical Official, Kata Certified, National Coach, VI Coach.)

Brazilian Jiu-Jitsu (IBJJF, Purple belt under Charles Dos Anjos)

Sensei Chris Ritchie can be reached by email at: senseichris.r@gmail.com





NOKIDO JU-JITSU & JUDO – BELT AND UNIFORM DRESS CODE

Mudansha (under black belt ranks) may wear a solid white or blue gi (uniforms) for class, testing, tournaments and formal events. White gi must be purchased first due to tournament standards.

Mudansha shall wear the appropriate belts for class and testing and will not wear another person's belt or a belt from a different club/school. Students who transfer from other schools must wear a white belt until they are evaluated by Nokido Ju-Jitsu and Judo. If student forgets his/her belt they shall wear a belt provided by the instructor.

Mudansha and Yudansha that are Storm Team members may wear the chosen color and style of gi. They may also mix and match the tops and bottoms of their white and blue gi. The head instructor will determine the gi type and color. They may also wear their designated patches on their uniforms to indicate Storm Team status.

Yudansha (black belt ranks) may wear white, blue and black gi's. Yudansha may wear a plain black belt (1 $\frac{3}{4}$ " or 2" in width) or a black belt with gold embroidery.

Yudansha 4th dan and higher may have red or gold embroidery. Yudansha that are 4th and 5th dans may wear a black/red panel belt. Stripes are not allowed on panel belts.

Yudansha that are 6th – 8th dan may wear a red/white panel belt. Stripes are not allowed on panel belts. Senior Masters 9th & 10th dan may wear special red belts.

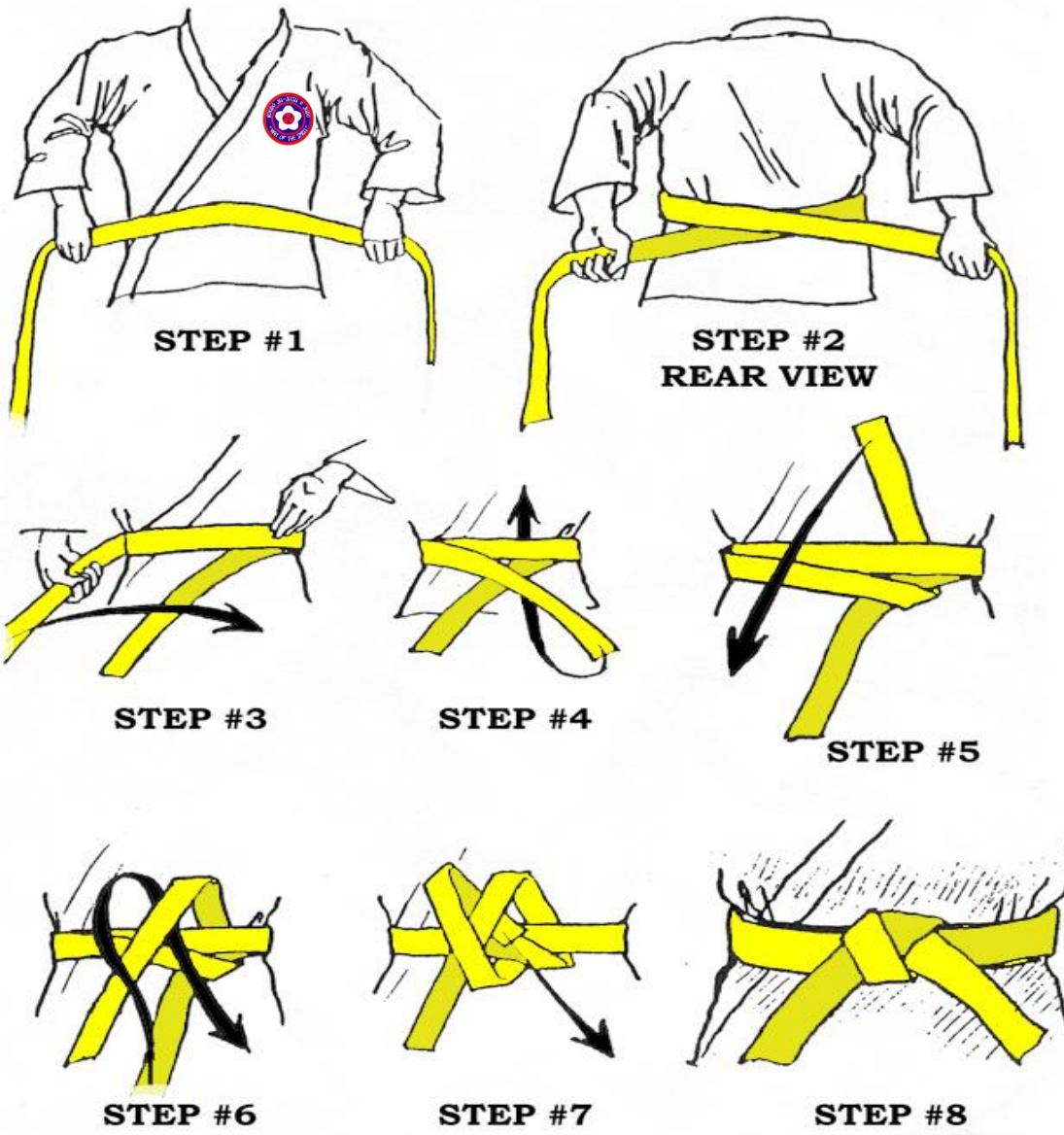
The uniform should have the school patch placed over the heart and the organizational patch on the opposite side. If only one patch is on the uniform, then it should be over the heart.

The patches and placement is below for the student uniforms;



The left side of the gi jacket should be on top, label on the outside.

How To Tie Your Martial Arts Belt



The student must learn to tie their own belt before receiving their first rank advancement and keep it tied in class.
 Stripes should be on the left side of the student's belt.

Nokido Ju-Jitsu Ryu Stripe Index/Categories

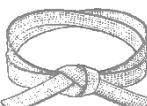
Brown: Dachi (Stances), Furimi (Avoidances), Uke (Blocks), Tsuke (Punches), Geri (Kicks), Goshin Jitsu (Self-Defense - Attacks and Defenses), Doriru (Drills) related to the above techniques.

Red: Ukemi (Breakfalls), Kumi Kata (Gripping & Grip Breaks), Kuzushi (Off Balances), Uchi Komi (Fit in Position), Nage (Throws), Bogyo (Throw Defense), Renwaku (Combinations) Kaeshi/Gaeshi (Counters to Throws), Doriru (Drills) related to the above techniques.

Blue: Ebi (Shrimp), Hashi (Bridges), Katame/Gatame (Hold Positions), Hairi (Guard Passes & Sweeps), Kansetsu (Joint Locks), Shime/Jime (Chokes), Fusegi (Escapes), Doriru (Drills) related to the above techniques.

Black: Vocabulary, Principles, History, Dojo Motto, Mission Statement, Useful Japanese Expressions, Character Skills.

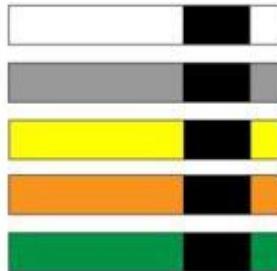
Ju-Jitsu, Judo & BJJ Jr.& Sr. Belt Ranks

Grey		Black Belt
Junior Yellow		Black Belt 2 nd Dan
Senior Yellow		Black Belt 3 rd Dan
Junior Orange		Black Belt 4 th -5 th Dan
Senior Orange		Black Belt 6 th -8 th Dan
Junior Green		Black Belt 9 th -10 th Dan
Senior Green		
Junior Blue		
Senior Blue		
Junior Purple		
Senior Purple		
Junior Brown		
Senior Brown		

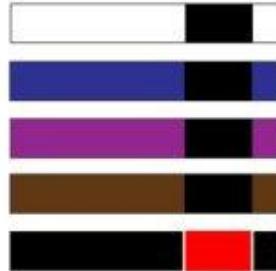


BJJ Belt Ranks

JUNIOR RANKS

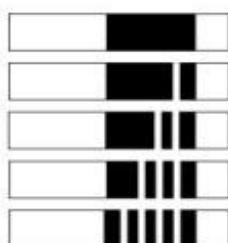


SENIOR RANKS



BJJ Junior Ranks may include half belts or horizontal stripe belts in between solid colors.

STRIPES



Up to 4 stripes are graded to, before the student is eligible to grade for their next colour belt – until Black Belt.

Junior Brown with One Tip 

Senior Brown with One Tip 

Junior Brown with Two Tips 

Senior Brown with Two Tips 

* **Junior Ranks** – Ages 15 and Under
(Must Complete All Colors Jr. and Sr.)

* **Senior Ranks** – Ages 16 and Up
(Must Complete only Sr. Solid Colors)

Nokido Ju-Jitsu Senior 16 & Up	Nokido Ju-Jitsu Junior 7-16	BJJ Senior 16 & Up	BJJ Junior 4-16	Judo Senior 16 & Up	Judo Junior 4 -16
 White Jukyu T.I.G. 2 mo	 White Jukyu T.I.G. 2 mo	 White Any + 4 Stripes T.I.G. 1-5 yr	 White Any + 4 Stripes T.I.G. 1-5 yr	 White Beginner T.I.G. 2 mo	 White Beginner T.I.G. 2 mo
 Grey Kukyu T.I.G. 3 mo	 Grey Kukyu Solid T.I.G. 3 mo	 Blue 16 Y.O. + 4 Stripes T.I.G. 2-5 yr	 Grey 4-6 Y.O. + 4 Stripes T.I.G. 1-3 yr	 Yellow Rokyu T.I.G. 3 mo	 Yellow 1 st & 2 nd Deg. T.I.G. 2 mo
 Yellow Hachikyu T.I.G. 3 mo	 Yellow Hachikyu W/ Black Stripe #1 Solid # 2 T.I.G.3 mo	 Purple 16 Y.O. + 4 Stripes T.I.G. 1-5 yr	 Yellow 7-15 Y.O. + 4 Stripes T.I.G. 1-5 yr	 Orange Gokyu T.I.G. 5 mo	 Orange 3 rd & 4 th Deg. T.I.G. 3 mo
 Orange Shichikyu T.I.G. 3 mo	 Orange Shichikyu W/ Black Stripe # 1 Solid # 2 T.I.G. 3 mo	 Brown 18 Y.O. + 4 Stripes T.I.G. 1-5 yr	 Orange 10-15 Y.O. + 4 Stripes T.I.G. 1-5 yr	 Green Yonkyu T.I.G. 6 mo	 Green 5 th & 6 th Deg. T.I.G. 4 mo
 Green Rokukyu T.I.G. 4 mo	 Green Rokukyu W/ Black Stripe # 1 Solid # 2 T.I.G. 4mo		 Green 13-15 Y.O. + 4 Stripes T.I.G. 1-3 yr	 Brown Sankyu T.I.G. 8 mo	 Blue 7 th Deg. & 8 th Deg. T.I.G. 5 mo
 Blue Gokyu T.I.G. 4 mo	 Blue Gokyu W/ Black Stripe # 1 Solid # 2 T.I.G. 4 mo		 Blue 16 Y.O. + 4 Stripes T.I.G. 2-5 yr	 Brown Nikyu T.I.G. 10 mo	 Purple 9 th Deg. & 10 th Deg. T.I.G. 6 mo
 Purple Yonkyu T.I.G. 6 mo	 Purple Yonkyu W/ Black Stripe #1 Solid # 2 T.I.G. 6 mo			 Brown Ikkyu T.I.G. 10 mo	Transition to Senior Rank.
 Brown Sankyu Solid T.I.G. 8 mo	 Brown Sankyu W/ Black Stripe #1 Solid # 2 T.I.G. 8 mo				
 Brown Nikyu 2nd Degree T.I.G. 10 mo	 Brown Nikyu W/ Black Stripe #1 Solid # 2 T.I.G. 10 mo				
 Brown Ikkyu 3rd Degree T.I.G. 10 mo	 Brown Ikkyu W/ Black Stripe #1 Solid # 2 T.I.G. 10 mo				

The Belt Rank reference chart above describes the time in rank and colors for each Martial Art.

Only certified Instructors in each art can issue rank & certification. TIG = Time in Grade (Minimum by each Martial Art)



ORGANIZATION MEMBERSHIP, CERTIFICATES, & RANK REGISTRATION

National rank recognition and registration is available and encouraged for all students in Ju-Jitsu and Judo. When you reach the level of Brown belt and above, rank registration and recognition through the National Organizations is mandatory.



Nokido Ju-Jitsu will issue you a certificate for all ranks; however, the National organizations will also issue you a certificate once you become a member and register your rank. Nokido Ju-Jitsu & Judo is a charter member of the organizations listed below, as well as other National Organizations. www.nokido.net



Jujitsu America is one of the largest Ju-Jitsu organizations on the west coast and is quickly growing. Jujitsu America membership and rank recognition can be obtained with membership. JA is recognized by the USJJF and has partnered with the USJA and the USJA Ju-Jitsu division. (Patch and Membership Card are issued with membership and rank recognition is available) www.jujitsuamerica.org



The United States Judo Association is the Judo Association for competitors and Judo practitioners who wish to be recognized nationally. Your Judo rank can be registered through the USJA as long as you meet the USJA rank requirements and promotional standards. USJA Ju-Jitsu Division is also recognized by the USJJF and JA. Your USJA Judo membership also includes membership with their Ju-Jitsu division and you may be ranked and recognized in USJA Ju-Jitsu as well as Judo. Membership comes with secondary insurance. The USJA partnered with Jujitsu America and members of both organizations receive a discount. (Membership Card and Insurance are issued with membership and rank recognition is available) www.usja-judo.org

It is required that you are a member of the organizations to get your rank registered and recognized. Life memberships are available and recommended for the organizations.

You may choose one or as many of the organizations listed above and below, as you like as long as you meet the requirements. All forms and fees must be reviewed by Shihan DelValle before they are submitted to the organizations. You may submit memberships online at the organizations web page.

www.wolfpackbji.com

www.usjjf.org

www.usajudo.org



NOKIDO JU-JITSU DOJO KUN (MOTTO) & MISSION STATEMENT

PATIENCE

Practice this with everything in your life, inside and outside of the dojo. You must have patience with yourself and with others. In the dojo, you should be patient with yourself in learning new things, and patient with the Sensei in his decision to show you new things.

COURTESY

You must always try to be courteous to everyone. Always show the required respect to your Sensei, Parents, Teachers, Family, and Friends. Treat everyone, as you would have them treat you.

SELF CONTROL

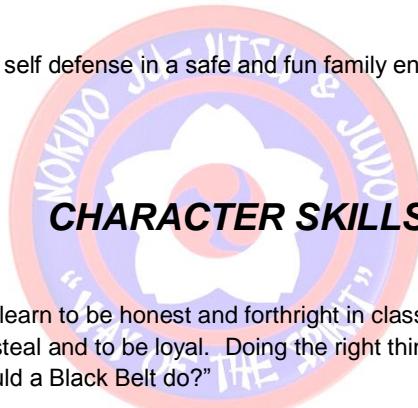
Know yourself, your abilities and your limitations. Controlling your body is simple, controlling your mind, heart, and emotions are a daily struggle. Always control yourself and others will not be able to control you.

PERSEVERANCE

Practice this in everything you do. You must always try your best and complete everything that you have started, or you should not have started it to begin with. No matter how hard, stick with it, never surrender, and never quit!

MISSION STATEMENT

“Quality martial arts instruction and real world self defense in a safe and fun family environment.”



Trustworthiness/Integrity: The student will learn to be honest and forthright in class, dealing with Instructors, adults and other students. They will learn not to cheat, lie, or steal and to be loyal. Doing the right thing when you think no one else is watching. The key phrase the student will learn is “What would a Black Belt do?”

Respect: The student will treat others with respect and learn that respect is earned. They will follow the dojo rules and consider others feelings. They will learn to respect their Parents, Teachers, and Martial Arts Instructors. They will not threaten or harm anyone. They will deal peacefully with anger insults and disagreements.

Responsibility: The student will learn to take personal responsibility for their actions and inactions. They will learn to think before they act and to do what they say they will. They will be responsible for their own behavior and making sure that they dress in their uniform, tie their belt, bring required materials and to arrive promptly to class.

Fairness: The student will play by the rules, take turns and share, accept winning or losing with dignity and respect, be open minded and listen to others. The student will not blame others carelessly and will not take advantage of others.

Caring: The student will be kind, compassionate and show others that they care. They will express gratitude and manners. They will forgive and forget. The student will help others when needed and help those who cannot help themselves.

Citizenship / Service: The student will demonstrate service to their dojo and Instructors. This can be in the form of helping out with lower ranks, volunteering for events and helping out with tournaments. The student will be encouraged to serve their community, friends, and their parents as well. The student will develop character, helping make new friends and become a better leader in life.



DOJO RULES AND PROCEDURES

1. Upon entering or leaving the dojo, students will bow to the interior of the dojo. Bow to get on and off the mat, and bow to the Sensei and students of a higher rank before and after working together. Students will not leave the mat without permission. Any substitute instructor or authority figure will be treated with proper respect and courtesy. Pay close attention to the instructors, listen carefully and follow their directions.
2. Students will arrive before the class starts and have their full uniform on. If a student should be unavoidably late for class, then the student will stand off the mat until given permission to step on the mat. If late for class or if a student has to leave early, students should first obtain permission from the Sensei.
3. Students will always speak respectfully to the Sensei. Students are expected to be courteous and understanding. Students are not to interrupt or speak when the Sensei are speaking. Student will answer the Sensei with "Yes Sensei", "No Sensei", or "I Don't know Sensei". When the Sensei says "Focus Clap", the students will stop moving and talking, they will clap once and will listen with their eyes, ears, and bodies.
4. No unnecessary noise or rowdy behavior is allowed in the dojo. Parents must not coach or speak to students while class is being taught. Please turn all cell phones to vibrate and take any loud or crying children out of the dojo to ensure that the students can clearly hear the instructions and the Instructor. Visitors are welcome as long as they abide by the rules and do not disrupt the class. You are responsible for your guests.
5. When seated students should sit in listening position, seiza or anza. It is considered disrespectful to show the bottom of your feet. Silence will be observed and attention paid to the activity at hand. If you have a question, please raise your hand. Accept constructive criticism from the Sensei, no arguing or negative attitudes.
6. Your uniform must be kept clean at all times. Long hair should be put up in a ponytail. Finger and toenails have to be trimmed short and jewelry removed to protect yourself and others. Hands and feet must be clean before stepping on the mat. Students will not be allowed to participate if they have poor hygiene.
7. Safety Equipment and sparring gear must be obtained and approved through the Sensei. Mouthpieces are encouraged for every student, but are mandatory for students with braces. Uniforms cannot be torn.
8. Notify the Sensei immediately if any injury occurs. Respect your partner, use control and technique and your partner will respect you. Know your own limits and your partners. If you are injured and require medical attention, a Doctor's note and/or written release must be presented to the Sensei upon returning to class. If a minor injury occurs, then the student shall watch the class, off of the mat. Parents and/or students must notify the Sensei if an injury occurs outside of the dojo as well as inside the dojo.
9. You must have the Sensei's approval before participating in any tournament, competition, demonstration, or other activities by another dojo. Students will not grapple, spar or randori without Sensei supervision or approval. Be aware of your mat position and your partner's position on the mat, you are responsible for your partner's safety.
10. No candy, gum, food, drinks, sharp objects, or shoes allowed on the mat at anytime. Please leave the dojo cleaner than you found it! Mats must be cleaned by all students at the end of the last class.
11. No over aggressive behavior or egos allowed anytime. There will be no horseplay on or off the mat. No profanity, negative comments, arguing, threatening, contests of strength, or fighting anytime! Don't be a sore loser or a rude winner. Social conversation is not allowed during the class. Advanced students are expected to set an example for the lower ranking students and assist them when possible.
12. Never misuse Ju-Jitsu & Judo or initiate violence. Ju-Jitsu & Judo are for defense only. When forced to use Ju-Jitsu & Judo to defend yourself or others that cannot defend themselves, you should only use the amount of force necessary to stop the attack. Failure to abide by these rules will result in suspension, termination from class and/or revocation of rank! Violations of the rules will result in a verbal reprimand, push-ups or other exercises, sitting off the mat, suspension or dismissal from class. Always strive for what is good and not evil.

Disclaimer: This booklet has been prepared as a reference for the students and instructors of Nokido Ju-Jitsu.

The use or misuse of any information contained in this manual is the sole responsibility of the reader.

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Grey Belt 9th KYU

Brown: Dachi (Stances), Furimi (Avoidances), Uke (Blocks), Tsuki (Punches), Geri (Kicks), Goshin Jitsu (Self-Defense - Attacks and Defenses), Doriru (Drills), related to the above techniques.

Dachi (Stances)

- 1.** Yoi - ready
- 3.** Rei - bow
- 2.** Kiotsuke - attention
- 4.** Anza – sitting legs crossed

Furimi (Avoidances)

- 1.** Ayumi ashi - normal step

Uke (Blocks)

- 1.** Sai uke – rhino block

Tsuki (Punches)

- 1.** O mawashi tsuki - haymaker
- 2.** Tate shiho gatame tsuki - mount punches

Geri (Kicks)

- 1.** Hiza age - knee up
- 3.** Kick distance
- 2.** Kick position
- 4.** Crowding

Goshin Jitsu (Self-Defense)

(Attacks)

- 1.** Push to ground
- 2.** Wrist pull
- 3.** Single wrist grab
- 4.** Double wrist grab (one arm)
- 5.** Clinch
- 6.** Clinch

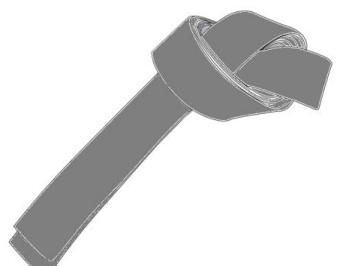
(Defenses)

- 1.** Get up from ground correctly
- 2.** Stand in base
- 3.** Rhino, step back, push off
- 4.** Distract, Gable grip, step back, pull up-hooray
- 5.** Forearm push
- 6.** Give way, hug and turn

Doriru (Drills) related to the above techniques

- 1.** Get up from the ground
- 3.** Taisu- warm ups intro
- 2.** Stand in base
- 4.** Game: Base battle

** Highlighted numbers (**1**) are the required techniques to obtain the “Junior Rank” (Belt color with horizontal black stripe, indicating a half/junior rank).*





Grey Belt 9th KYU

Red: Ukemi (Breakfalls), Kumi Kata (Gripping & Grip Breaks), Kuzushi (Off Balances), Uchi Komi (Fit in Position), Nage (Throws), Bogyo (Throw Defense), Renwaku (Combinations) Kaeshi/Gaeshi (Counters to Throws), Doriru (Drills), related to the above techniques.

Ukemi (Breakfalls)

- 1.** Roll backs
- 2.** Ushiro (back) breakfall

Kumi Kata (Gripping & Grip Breaks)

- 1.** Clinch
- 2.** Gable/hooray (no interlacing fingers)
- 3.** Backpack
- 4.** Hip push

Kuzushi (Off Balances)

- 1.** Stand in base
- 2.** Base battle

Uchi Komi Drill (Fit in Position)

- 1.** Duck walk - double and single leg
- 2.** Clinch and fold body

Nage (Throws), Bogyo (Throw Defense), Kaeshi (Counters)

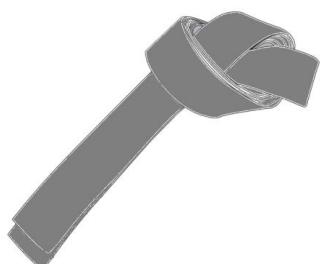
- 1.** Kosoto gake - clinch, small outside hook
- 2.** Morote gari - two hand reap- “double leg takedown”
- 3.** Bogyo - hug and turn for clinch kosoto gake
- 4.** Bogyo - sprawl for double and single leg takedowns

(Suggested Hold Down)

- 1.** Tate Shiho (Mount)
- 2.** Do Jime (Guard)

Doriru (Drills) related to the above techniques

- 1.** Roll backs
- 2.** Squats
- 3.** Kamo ashi (duck walks)
- 4.** Sprawl





Grey Belt 9th KYU

Blue: Ebi (Shrimp), Hashi (Bridges), Katame/Gatame (Hold Positions), Hairi (Guard Passes & Sweeps), Kansetsu (Joint Locks), Shime/Jime (Chokes), Fusegi (Escapes), Doriru (Drills), related to the above techniques.

Ebi (Shrimp)

1. Mini shrimp and make a “C”

Hashi (Bridges)

1. Upa vs. Bridge

Katame/Gatame (Hold Positions)

1. Tate shiho gatame - (Mount) - BJJ 4 points	2. Do Jime (Guard) - neutral position
3. Knees wide, good base	4. Closed guard vs. open guard
5. Hook and post to maintain	6. Good posture, hand placement

Turnover

1. Introduction to turtle position

Hairi (Guard Passes)

Guard- (Closed) Pass guard = 3 points - BJJ

1. Knee drive pass, same side
2. Torreando (bull fighter) throw legs pass

Harai (Sweeps)

1. Bad posture sweep
2. Under hook/pants grab sweep

Kansetsu (Joint Locks)

1. Juji gatame (arm bar/lock) introduction using partner and Ju-Jitsu sit-ups

Shime/Jime (Chokes)

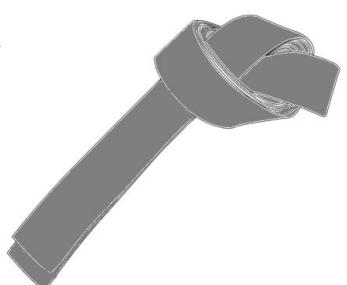
1. Nami juji jime - thumbs in collar cross choke
2. Gyaku juji jime - fingers in collar cross choke
3. Both chokes from tate shiho gatame (mount) and do jime (guard)
4. Cross choke Goshin Jitsu (defense) and fusegi (escape)

Fusegi (Escapes)

1. Tate shiho (mount) escape- trap and roll (shark bite)	2. Secure one arm
3. Double over hook	4. Juji gatame defense

Doriru (Drills) related to the above techniques

1. Posting - arm and legs	2. Standing up in guard
3. Ju-Jitsu sit-ups	4. Game: Rodeo and turtle roll





Grey Belt 9th KYU

Black: Vocabulary, Principles, History, Dojo Motto, Mission Statement, Useful Japanese Expressions, Character Skills

Vocabulary

1. Sensei - Teacher	2. Gi - Uniform	3. Matte - Stop
4. Hajime - Begin	5. Dojo - School	6. Kiai - Spirit yell

Principles

1. Move forward, not backward:

Always move forward when defending yourself, sparring or fighting. When you back up you could trip or run into something. You cannot move as fast backward as you can forward.

2. Stay on your feet:

Do not go to the ground to fight, in case of multiple attackers.

History

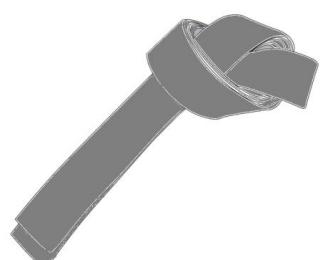
1. What does the word “Nokido” mean? Answer: “Way of the spirit”
2. What is the name of your school? Answer: Nokido Ju-Jitsu and Judo

Dojo Motto, Mission Statement, Useful Japanese Expressions

1. Patience - You must have patience with yourself and others, inside and outside of the dojo. You should be patient in learning new things and with the Sensei in their decision to show you new things.

Character Skills and Memorization

1. Yoi (ready position) – What is the ready position for? Answer: Ready to take action, Sensei!





Yellow Belt 8th KYU

Brown: Dachi (Stances), Furimi (Avoidances), Uke (Blocks), Tsuki (Punches), Geri (Kicks), Goshin Jitsu (Self-Defense - Attacks and Defenses), Doriru (Drills), related to the above techniques.

Dachi (Stances)

- 1.** Shinzen hontai – verbal stance
- 3.** Namba – palm open, bowed arm
- 2.** Maai – distance to attacker
- 4.** Listening position

Furimi (Avoidances)

- 1.** Shomen ashi – side to side

Uke (Blocks)

- 1.** High
- 3.** Low
- 2.** Middle
- 4.** Spear block

Tsuki (Punches)

- 1.** Seiken tsuki – forward punch
- 2.** Shote tsuki – forward palm hand

Geri (Kicks)

- 1.** Mae geri – front kick
- 2.** Yoko geri – side kick

Goshin Jitsu (Self-Defense)

(Attacks)

- 1.** Maai, palm push to face
- 2.** Running tackle or push
- 3.** Front kick
- 4.** Side kick
- 5.** Soto kuma tsuki - Front bear hug over arms
- 6.** Uchi kuma tsuki - Front bear hug under arms

(Defenses)

- 1.** Ude osae/gatame
- 2.** Shomen ate – Ju-Jitsu
- 3.** Spear under catch, push up and away (GJ)
- 4.** Side step, low spear, ushido ate (GJ)
- 5.** Low spear hip push, ogoshi (GJ)
- 6.** High spear face, koshi guruma or osoto gake

Doriru (Drills) related to the above techniques

- 1.** Measure maai





Yellow Belt 8th KYU

Red: Ukemi (Breakfalls), Kumi Kata (Gripping & Grip Breaks), Kuzushi (Off Balances), Uchi Komi (Fit in Position), Nage (Throws), Bogyo (Throw Defense), Renwaku (Combinations) Kaeshi/Gaeshi (Counters to Throws), Doriru (Drills) related to the above techniques.

Ukemi (Breakfalls)

- 1.** Roll side to side
- 2.** Yoko (side) ukemi

Kumi Kata (Gripping & Grip Breaks)

- 1.** Basic Judo grip
- 2.** Ai yotsu (grip break)
- 3.** Fight for grip
- 4.** Kubi maki (neck curl) duck under

Kuzushi (Off Balances)

- 1.** Hidari yoko (left side)
- 2.** Migi yoko (right side)

Uchi Komi Drill (Fit in Position)

- 1.** Hip throw
- 2.** Leg sweep

Nage (Throws), Bogyo (Throw Defense), Kaeshi (Counters)

- 1.** Osoto gari (big outside reap) - leg sweep/reap
- 2.** Oogoshi (big hip throw) - hug back hip throw
- 3.** Koshi guruma (hip wheel) - around neck hip throw
- 4.** Osoto gake (big outside hook) – back pack grip
- 5.** Bogyo - hip throws
- 6.** Bogyo - osoto leg sweeps

(Suggested Hold Down)

- 1.** Yoko shiho gatame
- 2.** Markura kesa gatame
- 3.** Kesa gatame
- 4.** Kata gatame
- 5.** Hip push/check, turn
- 6.** Step out, turn

Renwaku (Suggested Combinations)

- 1.** Osoto Gari to Oogoshi
- 2.** Koshi Guruma to Osoto gari/gake

Drills related to the above techniques

- 1.** Sute Geiko – throw for throw
- 2.** Judo randori introduction and rules





Yellow Belt 8th KYU

Blue: Ebi (Shrimp), Hashi (Bridges), Katame/Gatame (Hold Positions), Hairi (Guard Passes & Sweeps), Kansetsu (Joint Locks), Shime/Jime (Chokes), Fusegi (Escapes), Doriru (Drills), related to the above techniques

Ebi (Shrimp)

1. BJJ shrimp

Hashi (Bridges)

2. Left and right - reach across bridges

Katame/Gatame (Hold Positions)

1. Mount to tate shiho gatame
3. Yoko shiho gatame (side control)

2. Makura kesa gatame

4. Kesa gatame

Turnover

1. Arm and leg hug

Hairi (Guard Passes)

Guard (closed and open)

1. Traditional basic guard pass, on knees
2. Simple MMA guard pass, standing

***Harai (Sweeps)* – BJJ 2 points**

1. Trap knee, bridge and roll
2. Double ankle sweep, knees together

Kansetsu (Joint Locks)

1. Juji gatame – from mount/tate shiho gatame and guard
2. Ude garami (Americana) – from mount and yoko shiho gatame

Shime/Jime (Chokes)

1. Sode guruma jime (sleeve wheel/Ezekial) - from mount, guard and kesa
2. Morote jime – defense from mount and guard

Fusegi (Escapes)

1. Bridge in, roll, bridge out to above positions
3. Sode guruma jime defense

2. Ude garami – hide arm and grab gi defense
4. Hadaka jime defense

Drills related to the above techniques

1. Tap out – maiita
3. Pummel – bicep (spider swim)
5. Leg whirls
7. Game: Croc bite

2. Sitting on knees – seiza
4. Candlesticks
6. Pop ups
8. Game: Crazy legs





Yellow Belt 8th KYU

Black: Vocabulary, Principles, History, Dojo Motto, Mission Statement, Useful Japanese Expressions, Character Skills

Vocabulary

1. Senpai – Assistant Instructor	2. Goshi/koshi – Hip
3. Ju-Jitsu - Gentle art	4. Uke – Person receiving technique
5. Tori – Person doing technique	6. O - Big
7. Ko – Small	8. Randori – Free practice

Principles

1. Bowed arm/palm open:

Bowed arm so that no joint locks can be applied, palm open to grab or defend.

2. Same hand, same foot:

Use the same side hand and foot to keep on balance.

History

1. Who was the U.S. founder of Nokido Ju-Jitsu? Answer: Andrew Gruenwald

2. What city and state did Shihan Gruenwald open his martial art schools in after getting out of the Army?

Answer: Chicago, Illinois

Dojo Motto, Mission Statement, Useful Japanese Expressions

1. Courtesy – You must always try to be courteous to everyone. Always show the required respect to your sensei, parents, teachers, family and friends. Treat everyone, as you would have them treat you.

Character Skills and Memorization

1. Focus clap 1, 2, and 3 – Stop; focus on Sensei, clap 1, 2, or 3 times





Orange Belt 7th KYU

Brown: Dachi (Stances), Furimi (Avoidances), Uke (Blocks), Tsuki (Punches), Geri (Kicks), Goshin Jitsu (Self-Defense - Attacks and Defenses), Doriru (Drills), related to the above techniques.

Dachi (Stances)

- 1. Jigo hontai – (defensive posture)**
- 2. Mugame- (normal stance)**

Furimi (Avoidances)

- 1. Waki ashi- “X” angle furimi**

Uke (Blocks)

- 1. Yari uke (all spear), with Chou uke tomeru (butterfly catch)**
- 2. Tate gake uke tomeru (over hook catch)**

Tsuki (Punches)

- 1. Mawashi tsuki (reverse punch)**
- 2. Dojime tsuki (guard punch)**

Geri (Kicks)

- 1. Mawashi geri (round house kick)**
- 2. Dojime age geri (guard - up kicks)**

Goshin Jitsu (Self-Defense)

(Attacks)

- 1. Uke in ude osae, slip off top**
- 2. Reverse punch or knife/gun – straight**
- 3. Two hand choke (morote jime)**
- 4. Rear bear hug over arms**
- 5. Rear bear hug under arms or full nelson**
- 6. Round house kick**

(Defenses)

- 1. Shihonage – Ju-Jitsu**
- 2. Waki gatame – Ju-Jitsu (GJ)**
- 3. Swim, pray, duck, away or osae**
- 4. Butt bump, back kick or ippon seoi nage**
- 5. Drop, gedan ate – Ju-Jitsu**
- 6. Over hook catch, kuchiki taioshi (ouchi)**

Doriru (Drills) related to the above techniques

- 1. Catch reverse punch**
- 2. Catch round house kick**





Orange Belt 7th KYU

Red: Ukemi (Breakfalls), Kumi Kata (Gripping & Grip Breaks), Kuzushi (Off Balances), Uchi Komi (Fit in Position), Nage (Throws), Bogyo (Throw Defense), Renwaku (Combinations) Kaeshi/Gaeshi (Counters to Throws), Doriru (Drills) related to the above techniques.

Ukemi (Breakfalls)

- 1.** Ushiro (back)
- 3.** Hidari (left)
- 2.** Migi (right)
- 4.** Shoulder roll

Kumi Kata (Gripping & Grip Breaks)

- 1.** Naiwan make shitagake – bicep curl under hook
- 3.** Sode kumi kata – sleeve break
- 2.** Tate gake – over hook
- 4.** Eri kumi kata – lapel break

Kuzushi (Off Balances) (1-4)

- 1.** Hidari (left)
- 3.** Mae (uke goes forward)
- 2.** Migi (right)
- 4.** Ushiro (back)

Uchi Komi Drill (Fit in Position)

- 1.** Ouchi gari
- 3.** Ippon seoi
- 2.** Kouchi gari
- 4.** De ashi sweep

Nage (Throws), Bogyo (Throw Defense), Kaeshi (Counters)

- 1.** Ouch gari (big inside reap)
- 2.** Kouchi gari (small inside reap)
- 3.** Seoi otoshi (drop seoi nage)
- 4.** Morote seoi nage (two hand shoulder throw)
- 5.** Ippon seoi nage (one arm shoulder throw) (N)
- 6.** Ushiro ashi harai (backward foot sweep)
- 7.** De ashi harai (advancing foot sweep)
- 8.** Sasae tsuri komi ashi (prop, lift, pull across foot)

(Suggested Hold Down)

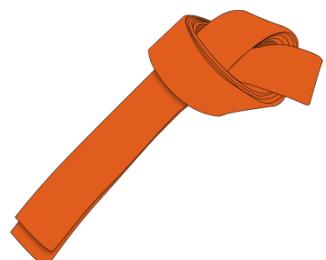
- 1.** Do jime – guard
- 2.** Half guard – entangled leg
- 3.** Kata gatame
- 4.** Kami shiho gatame - N/S
- 5.** Ushiro kesa gatame
- 6.** Mune gatame – chest hold
- 7.** Yoko tate shiho gatame – side mount
- 8.** Hiza hara gatame – knee on stomach

Renwaku (Suggested Combinations)

- 1.** Ouchi to Kouchi
- 3.** Sasae into De ashi harai
- 2.** Morote or Ippon to Seoi otoshi
- 4.** Sasae into Ushiro ashi harai

Doriru (Drills) related to the above techniques

- 1.** Match feet
- 3.** Ippon drill
- 5.** Part 1, 2, 3 Ju-Jitsu fighting (USJJF)
- 2.** Foot prop
- 4.** Game: Flamingo Judo
- 6.** Sport Ju-Jitsu (Jujitsu America)





Orange Belt 7th KYU

Blue: Ebi (Shrimp), Hashi (Bridges), Katame/Gatame (Hold Positions), Hairi (Guard Passes & Sweeps), Kansetsu (Joint Locks), Shime/Jime (Chokes), Fusegi (Escapes), Doriru (Drills), related to the above techniques

Ebi (Shrimp)

- 1.** Two foot

Katame/Gatame (Hold Positions)

- 1.** Kata gatame
- 3.** Ushiro kesa gatame
- 5. Intro to back mount (BJJ 4 points)

Hashi (Bridges)

- 1.** Bridge and thread

Turnover:

- 1.** Two arm
- 2. Two legs

Hairi (Guard Passes)

***Guard* (1/2 guard)**

- 1.** Cross face, push knee down knee drive
- 2. Traditional basic pass blocked, cross knee drive or hip switch

Harai (Sweeps)

- 1.** ½ guard, foot switch, bridge
- 2. Sit up; post, bump

Kansetsu (Joint Locks)

- 1.** Kuzure ude garami from guard, kami and ushiro kesa (Kimura)
- 2. Juji gatame from guard and failed arm triangle

Shime/Jime (Chokes)

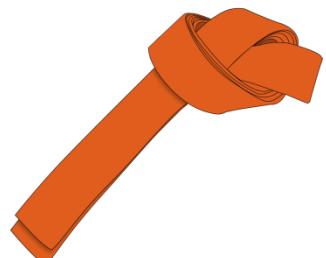
- 1.** Kata gatame jime – suffocation, live toes
- 2.** Ude sangaku jime – arm triangle choke from guard
- 3. Gewan jime – forearm choke – ½ guard, yoko
- 4. Hadaka jime – forearm version introduction, (mata leao) / (rear naked) – Gable/hooray grip

Fusegi (Escapes)

- 1.** Bridge and thread, live toes, get to knees
- 3. Kami escape – walk and bridge
- 2.** Make a frame; sit up (rocking horse)
- 4. Mune escape – walk and bridge

Doriru (Drills) related to the above techniques

- 1.** Make a frame
- 3.** Sit up post hip push
- 5. Back pack
- 2.** Hide arm – Kimura
- 4. ½ guard triangle leg
- 6. Game: Crazy horse





Orange Belt 7th KYU

Black: Vocabulary, Principles, History, Dojo Motto, Mission Statement, Useful Japanese Expressions, Character Skills

Vocabulary

1. Judo – Gentle way	2. Gari – Rear sweep
3. Te – Hand	4. Ashi – Foot
5. Soto – Outside	6. Uchi – Inside
7. Sasae – Propping	8. De - Advancing

Principles

1. Shisei (wide base/triangle/tripod):

Good base = good posture, sit up with knees wide, butt down, and at least three points for balance.

2. Empi uchi (elbows in):

Standing and ground work, elbows close to the body to avoid arm locks or strikes, hide your arm, elbow in, with palm down.

History

1. Who is the current director/head of the Nokido Ryu Ju-Jitsu system?

Answer: Shihan Earl DelValle

2. What rank is your Instructor?

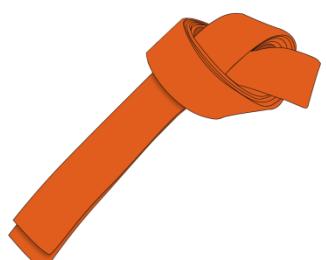
Dojo Motto, Mission Statement, Useful Japanese Expressions

1. Self control- Know yourself, your abilities and your limitations. Always control yourself and others will not be able to control you. Leave your ego at the door.

Character Skills and Memorization

1. Kiotsuke (attention position)

2. What is the position of attention for? Answer: “To focus my mind, body and spirit, Sensei”!





Green Belt 6th KYU

Brown: Dachi (Stances), Furimi (Avoidances), Uke (Blocks), Tsuki (Punches), Geri (Kicks), Goshin Jitsu (Self-Defense - Attacks and Defenses), Doriru (Drills), related to the above techniques.

Dachi (Stances)

1. Review all stances

Furimi (Avoidances)

1. Kenkan ashi – corner furimi

Uke (Blocks)

1. Nagashi uke - tap

3. Sune uke – shin block/kicks

2. Shuto

4. Review all prior blocks

Tsuki (Punches)

1. Shotei uchi – palm heel

2. Mimi utsu – ear slap

Geri (Kicks)

1. Review all prior kicks

3. Ura yoko geri – spinning side kick

2. Ura geri ashi - spinning kick footwork

4. Jinzou do jime geri – kidney kick guard

Goshin Jitsu (Self-Defense)

(Attacks)

1. Morote gari/double leg takedown

2. Shomen ate or reverse punch

3. Uke stands up in oshi taioshi or ude osae

4. Ear slap, hook or club

5. Rear naked choke or failed ippon

6. Counters to prior techniques

(Defenses)

1. Sprawl, stuff the head, and take back

2. Oshi taioshi (#1) (GJ)

3. Te shizumi otoshi

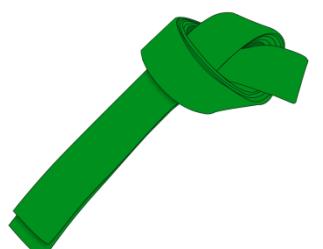
4. Kubi nage

5. Pull down, turn, osoto gake/gari

6. Counters to prior techniques

Doriru (Drills) related to the above techniques

1. Spin kick footwork





Green Belt 6th KYU

Red: Ukemi (Breakfalls), Kumi Kata (Gripping & Grip Breaks), Kuzushi (Off Balances), Uchi Komi (Fit in Position), Nage (Throws), Bogyo (Throw Defense), Renwaku (Combinations) Kaeshi/Gaeshi (Counters to Throws), Doriru (Drills) related to the above techniques.

Ukemi (Breakfalls)

1. Zempo kaiten – forward shoulder roll
3. Ura zempo kaiten ukemi - back shoulder roll breakfall
5. Turn outs

2. Ura zempo kaiten – backward shoulder roll
4. Zempo kaiten ukemi – front shoulder roll break fall
6. Turnout front breakfall (Judo)

Kumi Kata (Gripping & Grip Breaks)

1. Obi ura yutsu - belt grip in back

2. Review all prior grips & breaks

Kuzushi (Off Balances) (5-8)

1. Corner X angle kuzushi in order

Uchi Komi Drill (Fit in Position)

1. All prior uchi komi

Nage (Throws), Bogyo (Throw Defense),

1. Ouchi gake (big inside hook)
2. Tani otoshi (valley drop) (N)
3. Ura nage (back throw) (N)
4. Tsuri goshi (lifting hip)
5. Uki goshi (floating hip)
6. Osoto gaeshi (big outside reversal)
7. Ouchi gaeshi (big inner reversal)
8. Tawara gaeshi (rice bag reversal)
9. Hiza guruma (knee wheel)
10. Tsubami gaeshi (swallow/de ashi counter)
- (Counters to prior throws)

Kaeshi (Counters)

1. Kosoto gake, sasae tsuri komi ashi
2. Koshi guruma, morote seoi
3. Ippon, any hip throw
4. Ogoshi, any hip throw
5. Bogyo – hip throw
6. Osoto gari, gake, otoshi
7. Ouchi, kouchi gari/gake
8. Morote or te gari
9. Kouchi gari
10. De ashi/ushiro ashi harai

(Suggested Hold Down)

1. Kata do jime/do jime
2. Mount
3. Yoko shiho
4. Makura kesa
5. Kesa
6. Kata
7. Ushiro
8. Kami or mune
9. Hiza hara/uki gatame
10. Yoko tate shiho

Renwaku (Suggested Combinations)

1. Ura nage to Tani otoshi
3. Osoto to Ouchi
5. Ouchi gake to Hiza guruma

2. Tsuri goshi to Uki goshi
4. De ashi to Tsubame gaeshi
6. Hiza guruma to Kouchi gari

Kaeshi/Gaeshi (Counters to Throws),

1. All are counters

Doriru (Drills) related to the above techniques

1. Turnout from throw
2. Squat on one leg





Green Belt 6th KYU

Blue: Ebi (Shrimp), Hashi (Bridges), Katame/Gatame (Hold Positions), Hairi (Guard Passes & Sweeps), Kansetsu (Joint Locks), Shime/Jime (Chokes), Fusegi (Escapes), Doriru (Drills), related to the above techniques

Ebi (Shrimp)

- 1** Ju-Jitsu shrimp

Hashi (Bridges)

- 1** Upa & bridge combined

Katame/Gatame (Hold Positions) Previous hold downs/positions review

- 1** Hiza hara gatame (uki gatame/knee on stomach)
- 2** Jodan tate shiho gatame (high mount)
- 3. Yoko tate shiho gatame (side mount/modified mount)
- 4. Ma ura tate shiho gatame (superman/flat)

Turnover:

- 1** Arm and leg hug combo's
- 2. Ushiro tate shiho gatame – rear mount

Hairi (Guard Passes)

Guard (½ guard)

- 1** Switch side pass – both directions
- 3. Ankle push guard pass (go back to go forward)

Harai (Sweeps)

- 2** Scissor sweep (guard or ½ guard)
- 4. Push thigh sweep if fight scissor or sit post bump

Kansetsu (Joint Locks)

- 1** Juji gatame – from hiza hara, yoko tate shiho gatame, jodan tate/high mount and kami shiho gatame
- 2. Juji ashi gatame – cross feet mistake, rear mount

Shime/Jime (Chokes)

- 1** Sangaku jime – (triangle) introduction – guard
- 2** Kata juji jime – (half cross choke) hiza hara, mount and guard
- 3. Ryote jime – (two fist choke) flat/superman, kami & mount
- 4. Hadaka jime – (rear naked/mata leao) – arm fold rear mount/back

Fusegi (Escapes)

- 1** Ma ura shiho (flat) escape
- 2** Hiza hara escape – push and shrimp
- 3** Back mount escape- scorpion and bear
- 4. Juji gatame escape – lean back
- 5. Yoko tate shiho escape – shift and hip switch
- 6. Mount elbow escape

Drills related to the above techniques

- 1** Survival drill
- 2** Shift
- 3** Live toes vs. dead toes
- 4** Leg scissors
- 5. Scorpion kicks
- 6. Bear crawl forward and back
- 7. Turtle to bear
- 8. Game: Bulldozer to crazy roll





Green Belt 6th KYU

Black: Vocabulary, Principles, History, Dojo Motto, Mission Statement, Useful Japanese Expressions, Character Skills

Vocabulary

1. Ju – Gentle	2. Jitsu – Art
3. Do – Way	4. Ki – Spirit
5. Komi – Pull	6. Oshi – Push
7. Tsuri – Lift	8. Otoshi - Drop

Principles

1. Pull push, push pull:

If someone pushes you, you pull them. If someone pulls, you push. Do not oppose force with force.

2. Never on back, always moving:

Keep moving on the ground, always try to escape. If you stop treading water, you will sink. If you stop moving, they will sink their weight down on you.

History

1. Who was the Ju-Jitsu master who invented Judo, the Olympic sport form of Ju-Jitsu?

Answer: Dr. Jigoro Kano

2. What year did Dr. Kano invent Judo?

Answer: 1882, at the Kodokan school.

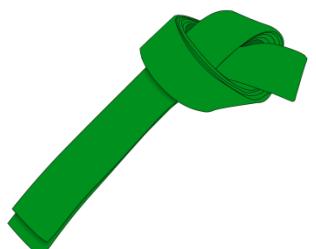
Dojo Motto, Mission Statement, Useful Japanese Expressions

1. Perseverance – You must always try your best and complete everything that you have started. No matter how hard, stick with it, never surrender, never quit!

Character Skills and Memorization

1. Eyes on who? (stop, listen) Answer: Eyes on you Sensei!

2. Three words of wisdom? Suck it up!





Blue Belt 5th KYU

Brown: Dachi (Stances), Furimi (Avoidances), Uke (Blocks), Tsuki (Punches), Geri (Kicks), Goshin Jitsu (Self-Defense - Attacks and Defenses), Doriru (Drills), related to the above techniques.

Dachi (Stances)

1. Heiko Dachi – fighting stance

Furimi (Avoidances)

1. Maware/Tai sabaki - 180 degree turns

Uke (Blocks)

1. Gedan barrai uke - sweeping block
2. Shimo gake uke tomeru - under hook catch

Tsuki (Punches)

1. Awase tsuri- uppercut
2. Mawashi tsuki- hook punch

Geri (Kicks)

1. Ushiro geri - back kick
2. Shift footwork
3. Koutai ushido geri – shift back kick
4. Hashiru ushido geri – rushing the spin kick

Goshin Jitsu (Self-Defense)

(Attacks)

1. Chest bump – pre fight
2. Lapel grab or knife
3. Two hand push into wall
4. Side head lock
5. Front head lock/guillotine
6. Back kick, spinning back or side kick

(Defenses)

1. Maki ude gatame
2. Kote gaeshi (GJ)
3. Elbow push up, swing, knee strike
4. Pull face, te guruma or sukui nage
5. Grab over shoulder, kosoto gari
6. Under hook, step & push forward

Doriru (Drills) related to the above techniques

1. Rushing the spin
2. Under hook kick catch
3. Duck and weave uppercuts
4. Kumite – all phases





Blue Belt 5th KYU

Red: **Ukemi (Breakfalls), Kumi Kata (Gripping & Grip Breaks), Kuzushi (Off Balances), Uchi Komi (Fit in Position), Nage (Throws), Bogyo (Throw Defense), Renwaku (Combinations) Kaeshi/Gaeshi (Counters to Throws), Doriru (Drills) related to the above techniques.**

Ukemi (Breakfalls)

1. Ushiro – back (self defense)
3. Hidari – left (self defense)
2. Migi – right (self defense)
4. Forward jumping ukemi (self defense)

Kumi Kata (Gripping & Grip Breaks)

1. Kata ushiro eri – high collar grip
3. Ryo oku sode – double elbow/sleeve grip
2. Break or duck under
4. Break

Kuzushi (Off Balances)

1. Circle kuzushi both directions
2. Get uke on side of foot/ toes

Uchi Komi Drill (Fit in Position)

1. Fit in for all throws below
2. Look for green lines

Nage (Throws), Bogyo (Throw Defense), Kaeshi (Counters)

1. Tai otoshi (body drop)
2. Soto makikomi (outside curl pull)
3. Harai goshi (sweeping hip) (N)
4. Uchi mata (inner thigh) (N)
5. Sukui nage (scooping throw)
6. Sode tsuri komi goshi (sleeve lift pull hip)
7. Sumi otoshi (corner drop)
8. Kosoto gari (small outside sweep)
9. Bogyo – hip check mirror side
10. Bogyo – hip check cross side

(Suggested Hold Down)

1. Makura kesa
2. Kesa
3. Kata
4. Kami shiho
5. Ushiro kesa
6. Mune
7. Hiza hara/uki gatame
8. Yoko tate shiho

Renwaku (Suggested Combinations)

1. Tai otoshi into Soto makikomi
3. Sode tsuri komi goshi to Sukuinage
2. Harai goshi to Uchi mata
4. Sumi otoshi to Kosoto gari

Doriru (Drills) related to the above techniques

1. Tora kuta komi - tractor pulls
2. Throw after they throw you





Blue Belt 5th KYU

Blue: Ebi (Shrimp), Hashi (Bridges), Katame/Gatame (Hold Positions), Hairi (Guard Passes & Sweeps), Kansetsu (Joint Locks), Shime/Jime (Chokes), Fusegi (Escapes), Doriru (Drills), related to the above techniques

Ebi (Shrimp)

1. Judo

Hashi (Bridges)

1. Bridge thread hop

Katame/Gatame (Hold Positions)

1. Kyoten doriru - position drill in order

Turnover:

1. Half nelson – close and far arm

Hairi (Guard Passes)

(Guard) Guard & half guard

1. Knee drive cross side, knee & standing version
2. Standing juji gatame (kesa arm bar)

Harai (Sweeps)

1. Reverse scissor sweep
2. Elevator sweep

Kansetsu (Joint Locks)

1. Makura juji gatame (makura step over arm bar)
2. Kesa juji gatame (kesa arm bar)

1. Makura kesa
2. Kesa gatame

Shime/Jime (Chokes)

1. Tsukomi jime (push pull) yoko tate shiho gatame, mount & guard, yoko, $\frac{1}{2}$ guard
2. Mae hadaka jime (guillotine) from guard
3. Okuri eri jime (bow & arrow) kesa rear mount, back mount
4. Kata ha jime (single wing choke) rear mount

Fusegi (Escapes)

1. Scissor sweep defense
2. Kesa juji gatame escapes
3. Guillotine choke escape
4. Rear mount escape
5. Knee drive defense
6. Sliding collar choke defense

Drills related to the above techniques

1. Replace guard drill
2. Triangle drill
3. Right & left guillotine sit ups
4. Hip switches
5. Anza leans
6. Pivots
7. Elevator leg whirls
8. Game: Octopus





Blue Belt 5th KYU

Black: Vocabulary, Principles, History, Dojo Motto, Mission Statement, Useful Japanese Expressions, Character Skills

Vocabulary

1. Yame – Stop, return recover	2. Kumite – Sparring/fighting
3. Eri – Collar	4. Sode – Sleeve
5. Tai – Body	6. Mata – Thigh
7. Kote – Wrist	8. Hiza - Knee

Principles

1. Change directions of your throw:

If the uke is resisting, change the direction you throw, forward to back, or back to forward.

2. Feet between you and the uke:

Keep your feet between the uke/attacker and yourself. Follow them with your feet.

History

1. What rank was Shihan Gruenwald in Nokido Jujitsu at the time of his passing (2000)?

Answer: 8th Dan/degree

2. Shihan Gruenwald was promoted in 2010 to 9th degree (Hanshi), posthumously (after death).

Dojo Motto, Mission Statement, Useful Japanese Expressions

Mission statement:

1. “Quality martial art instruction and real world self defense in a safe and fun, family environment”.

Character Skills and Memorization

1. Rei (bow) – What is our bow for?

Answer: To show respect and discipline Sensei!





Purple Belt 4th KYU

Brown: Dachi (Stances), Furimi (Avoidances), Uke (Blocks), Tsuki (Punches), Geri (Kicks), Goshin Jitsu (Self-Defense - Attacks and Defenses), Doriru (Drills), related to the above techniques.

Dachi (Stances)

- 1.** Sumo dachi – wrestlers stance
- 2.** Wrestler's sumo hashi – making a bridge

Furimi (Avoidances)

- 1.** Tai sabaki wakashi – X angle 180 degree turn

Uke (Blocks)

- 1.** Jodan uke – high block
- 3.** Gedan uke – low block
- 2.** Chudan uke – middle block
- 4.** Kata yari uke - ½ spear block (high, mid, low)

Tsuki (Punches)

- 1.** Uraken uchi – back fist
- 3.** Yoko shiho gatame tsuki – side control strikes
- 2.** Kentsui uchi – hammer fist
- 4.** Kuzure yoko shiho tsuki – side variation strikes

Geri (Kicks)

- 1.** Hiza hara geri – knee strikes -stomach, ribs, thigh, head
- 3.** Goshi geri – hip check kick
- 2.** Yoko shiho gatame knee strikes
- 4.** Kin geri – groin kick

Goshin Jitsu (Self-Defense)

(Attacks)

- 1.** Aggressive out of control – after push
- 2.** Aggressive hand shake
- 3.** Mirror hand wrist grab – strong
- 4.** Under arm/chest/rear shoulder grab
- 5.** Hair grab/overhand strike/club
- 6.** Double wrist grab, both arms – front
- 7.** Double wrist grab, both arms - back
- 8.** Side bear hug

(Defenses)

- 1.** Ude garami
- 2.** Yubi osae
- 3.** Te gatame - middle block
- 4.** Kanuki gatame – (ude makikomi)
- 5.** Shiho nage to kote garami (goose neck)
- 6.** Pottery out, kote mawashi (GJ)
- 7.** Tekubi nage
- 8.** Komi ashi tsuri (leg pull up)

Doriru (Drills) related to the above techniques

- 1.** Pass it down – back fist pass down the line
- 2.** Reality sparring introduction





Purple Belt 4th KYU

Red: **Ukemi (Breakfalls), Kumi Kata (Gripping & Grip Breaks), Kuzushi (Off Balances), Uchi Komi (Fit in Position), Nage (Throws), Bogyo (Throw Defense), Renwaku (Combinations) Kaeshi/Gaeshi (Counters to Throws), Doriru (Drills) related to the above techniques.**

Ukemi (Breakfalls)

- 1.** Round off ukemi

Kumi Kata (Gripping & Grip Breaks)

- 1.** Thai clinch 1 & 2 hand
- 3.** Kenka yotsu – opposite side grip
- 2.** Grip break
- 4.** Jodan & Gedan uke kumi kata – High & low block break

Kuzushi (Off Balances)

- 1.** Snap up & snap down
- 2.** Change levels

Nage (Throws), Bogyo (Throw Defense), Kaeshi (Counters)

- 1.** Uki otoshi (floating drop) (N)
- 2.** Gedan tai otoshi (low body drop)
- 3.** Okuri ashi harai (sliding foot sweep) (N)
- 4.** Osoto otoshi (big outside drop)
- 5.** Tama guruma (percussion wheel)
- 6.** Kouchi makikomi (small inside curl pull)
- 7.** Tomoe nage (rotating throw) (N)
- 8.** Uki waza (floating technique) (N)
- 9.** Bogyo – tomoe nage – round off
- 10.** Bogyo – uki waza – cartwheel

Renwaku (Suggested Combinations)

- 1.** Uki otoshi to Gedan tai otoshi
- 3.** Tama guruma to Kouchi makikomi
- 2.** Okuri ashi harai to Osoto otoshi
- 4.** Tomoe nage to Uki waza

Doriru (Drills) related to the above techniques

- 1.** Foot prop drill
- 2.** On knee Judo & sacrifice rule

(Suggested Hold Down)

- 1.** Ushiro kesa
- 2.** Hiza hara/uki gatame
- 3.** Yoko shiho
- 4.** Kesa
- 5.** Mune
- 6.** Kata do jime (1/2 guard)
- 7.** Separate or mount
- 8.** Separate or yoko





Purple Belt 4th KYU

Blue: Ebi (Shrimp), Hashi (Bridges), Katame/Gatame (Hold Positions), Hairi (Guard Passes & Sweeps), Kansetsu (Joint Locks), Shime/Jime (Chokes), Fusegi (Escapes), Doriru (Drills), related to the above techniques

Ebi (Shrimp)

1. Knee through

Katame/Gatame (Hold Positions)

1. Kyoten doriru fusegi - position drill escapes

Hashi (Bridges)

1. Bridge, thread, spin

2. Bridge in & out or bridge & thread

Turnover:

1. Maki ude garami turnover

Hairi (Guard Passes)

Guard

1. Knee push together pass
2. Back in guard pass (back to go forward)

Harai (Sweeps)

1. Spider guard sweep – knees & stand
2. Sickle sweep – mirror side outside

Kansetsu (Joint Locks)

1. Kanuki gatame (arm wrap) – guard, mount, yoko, hiza hara
2. Kibisu ashi gatame (ankle lock) – spider guard – basic

Shime/Jime (Chokes)

1. Kanuki gatame eri jime – (arm wrap choke) guard
2. Yoko sangaku jime – triangle, held in yoko
3. Sangaku jime – triangle, spider guard
4. Kuzure ashi kubi gatame (go go plata) – guard- head pull

Fusegi (Escapes)

1. Change shape back away to go forward
2. Ankle lock escape – push the boot
3. Go Go plata escape & defense
4. Triangle – toss away defense
5. Juji gatame – twitch escape
6. Position escapes

Drills related to the above techniques

1. Beach ball
2. Change shape
3. Stack defense roll
4. Touch backs
5. Hands behind back guard pass drill
6. Arm whirls
7. Bike kick
8. Game: Flatten the beach ball





Purple Belt 4th KYU

Black: Vocabulary, Principles, History, Dojo Motto, Mission Statement, Useful Japanese Expressions, Character Skills

Vocabulary

1. Gatame – Lock or hold	2. Uki – Floating
3. Guruma – Wheel	4. Okuri – Slide or send
5. Mune - Chest	6. Hara – Stomach
7. Yubi - Finger	8. Ude - Arm

Principles

1. Change levels:

If uke is resisting a throw or take down, change your level up or down to execute the throw.

2. Sit up and meet:

Do not lie on the floor and wait for the attacker to get on top, sit up and meet them.

History

1. What town and prefecture is the Nokido Shrine in?

Answer: Town – Kamo Cho, Prefecture – Tsuyama

2. When was the Nokido Shrine built?

Answer: The year 714, rebuilt after a flood in 1184

Dojo Motto, Mission Statement, Useful Japanese Expressions

1. Hai - Yes	2. Iie – No
3. Osu - Push on (know when to use each one)	
4. The more you sweat in training, the less you bleed in battle - Navy seal motto	

Character Skills and Memorization

1. Trust worthiness/Integrity:

Answer: To be honest and forthright, not lie, cheat or steal, to be loyal.





Brown Belt 3rd KYU

Brown: Dachi (Stances), Furimi (Avoidances), Uke (Blocks), Tsuki (Punches), Geri (Kicks), Goshin Jitsu (Self-Defense - Attacks and Defenses), Doriru (Drills), related to the above techniques.

Dachi (Stances)

1 Sumo dachi hashi gaeshi – wrestlers bridge counters

Furimi (Avoidances)

1 Shomen tegatana – same tsugi (hand)/same ashi (foot).

Hazushi (Releases)

1 Gyaku soto te osu –mirror hand palm up

Uke (Blocks)

1 Shuto
3. Shuto wrap

2 Shuto grab
4. Shuto break

Tsuki (Punches)

1 Kazama tsuki - jab
3. Strikes – from kesa gatame

2 Juji tsuki – cross
4. Strikes – from makura kesa

Geri (Kicks)

1 All prior kicks and kick defenses

Goshin Jitsu (Self-Defense)

(Attacks)

1 Aggressive hand shake & punch threat
2 Tight grip side bear hug
3 Uke puts tori in ude garami
4 Throat grab or punch from kote mawashi
5. Uke resists kote gaeshi
6. Uke resists kanuki and punches
7. Uke resists kote mawashi, tori loses elbow
8. Uke attacks with guillotine choke

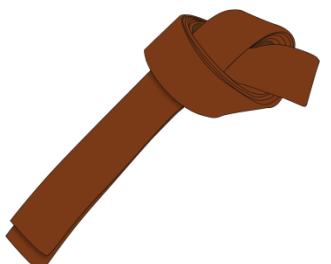
(Defenses)

1 Yubi hiji gatame
2 Kake dori
3 Ude garami gaeshi
4 Osoto osae (nikkyo)
5. Kote kubi nage
6. Morote kanuki taioshi
7. Morote kote mawashi
8. Ushiro ude garami (hammer)

Doriru (Drills) related to the above techniques

1 Cut the angle of attack
3. Singular committed attacks & defense - straight line

2 Get behind the attack
4. Punch the punch





Brown Belt 3rd KYU

Red: **Ukemi (Breakfalls), Kumi Kata (Gripping & Grip Breaks), Kuzushi (Off Balances), Uchi Komi (Fit in Position), Nage (Throws), Bogyo (Throw Defense), Renwaku (Combinations) Kaeshi/Gaeshi (Counters to Throws), Doriru (Drills) related to the above techniques.**

Ukemi (Breakfalls)

1. Cart wheel (2 handed)

Kumi Kata (Gripping & Grip Breaks)

1 Three finger Gene Lebell grip – grappling
2 Tate gake kumi kata – whizzer over hook – raise arm to break
3. Kami kin – high crotch grip
4. Hiza gake - behind knee grip/hook

Kuzushi (Off Balances)

1 Aka suji - red line
2 Midro suji – green line
3. Suji midori ichi ashi kami – all lines green when one foot is up
4. Instant recognition of green lines (neon signs)

Uchi Komi Drill (Fit in Position)

1. Fit in for the throws listed below

Nage (Throws), Bogyo (Throw Defense),

1 Nidan kosoto gari (two foot kosoto)
2 Harai goshi gaeshi (counter to harai)
3 Uchi mata gaeshi (uchi mata counter)
4 Uchi mata sukashi (jump over counter)
5 Yoko wakare (side separation)
6. Yoko otoshi (side drop)
7. Uchi mata hiza (on knees uchi mata)
8. Hiki komi gaeshi (pull in counter)
9. Kouchi gaeshi (small inside counter)
10. Te guruma (hand wheel)

(Suggested Hold Down)

1 Mount
2 Yoko
3 Makura
4 Kesa
5 Separate
6. Mount
7. Kesa
8. Kami
9. Mune
10. Hiza hara

Kaeshi (Counters)

1 Tai otoshi
2 Harai goshi
3 Uchi mata
4 Uchi mata
5 Osoto otoshi or kosoto gari
6. Okuri ashi harai
7. Uki otoshi, stand up one leg
8. Gedan tai otoshi
9. Kouchi makikomi
10. Tomoe nage

Kaeshi/Gaeshi (counters to throws),

1 All are counters
2. Bogyo – throw after counter

Doriru (Drills) related to the above techniques

1 Kamo ashi - duck walk & stand
2. Sprawl right & left side drop





Brown Belt 3rd KYU

Blue: Ebi (Shrimp), Hashi (Bridges), Katame/Gatame (Hold Positions), Hairi (Guard Passes & Sweeps), Kansetsu (Joint Locks), Shime/Jime (Chokes), Fusegi (Escapes), Doriru (Drills), related to the above techniques

Ebi (Shrimp)

1. Forward

Katame/Gatame (Hold Positions)

1. Mount – ankle lift to guard

2. Makura – leg over face frame

3. Kami – pendulum

4. Hiza hara – pull push

Hashi (Bridges)

1. Bridge review

2. Yoko – toss across escape

3. Kesa/kata – six o'clock escape

4. Mune – leg scissor hip switch

5. High mount – out the back door escape

Turnover:

1. Ankle lift/hold

Hairi (Guard Passes)

Guard

1. ½ guard – hop over, back out

2. Same hand same foot

Harai (Sweeps)

1. Kimura sit up bump

2. Double ankle sweep - knees apart from spider guard

Kansetsu (Joint Locks)

1. Juji gatame – from spider guard or failed go go plata, stack attack or roll over

2. Ashi hisa garami – calf crunch leg lock – guard, ½ guard

Shime/Jime (Chokes)

1. Suso jime – looping gi – guard, ½ guard

2. Ude sangaku jime – gift wrap kata gatame

3. Tsuki jime – punch choke- guard

4. Ashi basami kubi jime (go go plata) leg scissor

Fusegi (Escapes)

1. See above position escapes

2. Frame leg over face, pull makura kesa, yoko

Drills related to the above techniques

1. Leg pendulum

2. Leg push to half guard

3. Sit outs

4. Guard sit ups

5. Candle stick triangles

6. Game: Sharks vs. tuna





Brown Belt 3rd KYU

Black: Vocabulary, Principles, History, Dojo Motto, Mission Statement, Useful Japanese Expressions, Character Skills

Vocabulary

1. Gaeshi – Reversal	2. Garami – Entanglement
3. Kanuki – Arm wrap	4. Tate – On top
5. Yoko – Side	6. Kami – Upper
7. Ushiro – Backward	8. Makura – Pillow

Principles

1. Counter throw with same throw:

Use the same throw uke is using to counter the throw.

2. Red line, green line:

Green line is the line of off balance. Red line means on balance. When one foot comes off the ground all lines are green. Occurs on knees as well as in all fours position, if one or more of the four limbs comes off of the ground.

History

1. Who were the founders of Brazilian Jiu-Jitsu?

Answer: The Gracie family, Carlos and Helio Gracie.

2. What year was the Gracie academy established?

Answer: 1925

Dojo Motto, Mission Statement, Useful Japanese Expressions

1. Konnichiwa – Hello

2. Sayonara – Good bye

Character Skills and Memorization

1. Respect – Treat others with respect follow dojo rules, consider others feelings, and not threaten or harm anyone.





Brown Belt 2nd KYU

Brown: Dachi (Stances), Furimi (Avoidances), Uke (Blocks), Tsuki (Punches), Geri (Kicks), Goshin Jitsu (Self-Defense - Attacks and Defenses), Doriru (Drills), related to the above techniques.

Dachi (Stances)

1. Kokutsu dachi – back stance

Furimi (Avoidances)

1. Uchi mawashi – overhand push (sword)

Hazushi (Releases)

1. Hon soto hanasu – cross hand palm down

Uke (Blocks)

1. Nagashi uchi – parry block
3. Nagashi gake – parry hook

2. Nagashi soto – parry outside
4. Nagashi uke tomeru – parry & grab

Tsuki (Punches)

1. Haito uchi – ridge hand
3. Tsuki – kami shiho gatame

2. Otoshi shuto uchi – downward shuto
4. Tsuki - ushiro kesa gatame

Geri (Kicks)

1. Tobi yoko geri – flying side kick
3. Ushiro kesa hia tsuki – knee strikes from ushiro kesa

2. Tobu yoko geri – jumping side kick
4. Kami hiza tsuki – knee strikes from kami

Goshin Jitsu (Self-Defense)

(Attacks)

1. Control an out of control attacker
2. Control, oshi with knee, uke all fours
3. Control, oshi with step over, uke all fours
4. Front chest grab/pin/push
5. Front shoulder grab/ slip punch
6. Hip grab/wallet grab/butt grab/counter ude gatame
7. Rear shoulder grab, spin out
8. Half nelson
9. Last resort tactics
10. Aggressive attack, or clinch

(Defenses)

1. Shuto kata garami
2. Oshi tai oshi – hiza (#3)
3. Oshi tai oshi – juji gatame (#4)
4. Kote mune gatame
5. Ude gatame
6. Sode ude garami
7. Kanuki oshi tai oshi
8. Shiho nage – away
9. Biting, eye gouge, groin pull, throat crush
10. Irimi nage intro, cross face irimi & turn

Doriru (Drills) related to the above techniques

1. Kick the kick
3. Move to outside of circle

2. Singular committed attacks from circle formation
4. Fight uke with uke



Brown Belt 2nd KYU

Red: Ukemi (Breakfalls), Kumi Kata (Gripping & Grip Breaks), Kuzushi (Off Balances), Uchi Komi (Fit in Position), Nage (Throws), Bogyo (Throw Defense), Renwaku (Combinations) Kaeshi/Gaeshi (Counters to Throws), Doriru (Drills) related to the above techniques.

Ukemi (Breakfalls)

1. Handstand ukemi

Kumi Kata (Gripping & Grip Breaks)

1. Juji sode kata – shoulder grip & grip break
2. Kata naka waki – under arm grip & grip break

Kuzushi (Off Balances)

1. Tai sabaki – body turning
2. Tatsumaki kuzushi – body twisting

Nage (Throws), Bogyo (Throw Defense), Kaeshi (Counters)

1. Hane goshi (spring hip)
2. Harai tsuri komi ashi (sweeping, lift, pull, foot)
3. Kouchi gake (small inside hook)
4. Uchi makikomi (inner curl, pull)
5. Koga seoi nage (Koga shoulder throw)
6. Ura seoi nage (reverse shoulder throw)
7. Osoto guruma (big outside wheel)
8. Ushiro goshi (backwards hip)

(Suggested Hold Down)

1. Mune
2. Ushiro kesa
3. Kata do jime (1/2 guard)
4. Yoko shiho
5. Kami shiho
6. Yoko shiho
7. Yoko
8. Yoko shiho

Renwaku (Suggested Combinations)

1. Harai tsuri komi ashi to Hane goshi
2. Harai to Kouchi gake
3. Koga seoi nage to reverse Seoi nage
4. Ushiro goshi to Osoto guruma

Doriru (Drills) related to the above techniques

1. Squat jumps
2. Arm drags



Brown Belt 2nd KYU

Blue: Ebi (Shrimp), Hashi (Bridges), Katame/Gatame (Hold Positions), Hairi (Guard Passes & Sweeps), Kansetsu (Joint Locks), Shime/Jime (Chokes), Fusegi (Escapes), Doriru (Drills), related to the above techniques

Ebi (Shrimp)

- 1** Bridge & shrimp

Katame/Gatame (Hold Positions)

- 1** Yoko shiho – replace guard
3. Kami shiho – replace guard

Turnover:

- 1** Swim under knee turnover

Hairi (Guard Passes)

Guard

- 1** ½ guard foot kick pass
- 2** ½ guard standing pass
3. Leg hug guard pass
4. Jump over guard pass

Kansetsu (Joint Locks)

- 1** Ude gatame – arm lock, yoko, guard, hiza hara
- 2** Kuzure ude garami – kami shiho, ushiro kesa
3. Sode ude garami – guard, mount
3. Hiza gatame – (knee bar straight) – standing, step over

Shime/Jime (Chokes)

- 1** Heiko jime – parallel choke – yoko, kesa, mune, ushiro kesa
- 2** Sode guruma jime – ½ guard, guard, yoko, rear mount
3. Kami kata juji jime – N/S cross choke
4. Ude sangaku kame jime - (anaconda) N/S turtle to armpit

Fusegi (Escapes)

- 1** Knee bar defense/escape
3. Kuzure ude garami – grab thigh defense
- 2** Ude gatame defense/escape into sode ude garami
4. Heiko/sode guruma - defense

Drills related to the above techniques

1 Bike kicks	2 Frog jumps	3 Leg hug climb
4. Game: Dracula	5. Spin to guard from N/S	6. Mountain climbers





Brown Belt 2nd KYU

Black: Vocabulary, Principles, History, Dojo Motto, Mission Statement, Useful Japanese Expressions, Character Skills

Vocabulary

1 Nage – Throw	2 Hane – Spring
3 Harai – Sweeping	4 Shiho – Four corners
5. Seoi/kata – Shoulder	6. Juji – Cross
7. Dori – Grab	8. Gake – Hook or block

Principles

1 Head over hands:

Anytime your head is over your hands, you are off balance.

History

1 What Judo master brought Kano Jiu-Jitsu (Judo) to Brazil and when?

Answer: Mitsuyo Maeda 1914.

2 Why is it called Brazilian Jiu-Jitsu instead of Brazilian Judo?

Answer: Kano Jiu-Jitsu did not become Judo until Maeda had left Japan and moved to Brazil.

Dojo Motto, Mission Statement, Useful Japanese Expressions

1 Domo arigato – Thank you
2. Do Itashimashite - You're welcome

Character Skills and Memorization

1. Responsibility – Take responsibility for your actions and inactions. Think before you act. Do what you say you will do, when you are supposed to do it.





Brown Belt 1st KYU

Brown: Dachi (Stances), Furimi (Avoidances), Uke (Blocks), Tsuki (Punches), Geri (Kicks), Goshin Jitsu (Self-Defense - Attacks and Defenses), Doriru (Drills), related to the above techniques.

Dachi (Stances)

1. Reinoji dachi – T stance

Furimi (Avoidances)

1. Uchi mawashi gaeshi – figure 8 furimi

Hazushi (Releases)

1. Hon soto te osu – cross hand palm up

2. Gyaku soto hanasu – mirror hand palm down

Uke (Blocks)

1. Gewan uke – forearm block

2. Kibishii uke – tough blocks

Tsuki (Punches)

1. Empi uchi – elbow strike

2. Hiza hara tsuki – strikes from hiza hara

Geri (Kicks)

1. Tobu mae geri – jumping front kick

2. Tobu mawashi geri – jumping round house

Goshin Jitsu (Self-Defense)

(Attacks)

1. Control, uke bends elbow
2. Control, uke stands up
3. Control, uke stands up & punches
4. Control, hands slips off top
5. Control, uke pulls, hand slips off bottom
6. Control, uke pulls towards face & up
7. Control, uke pulls then charges forward
8. Control, uke charges, hand pass & threat
9. Tori is surprise as uke charges
10. Control, uke gets away from tori

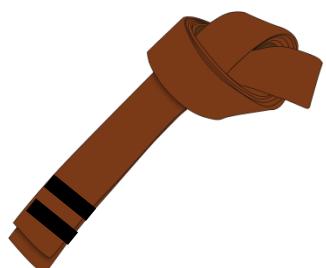
(Defenses)

1. Oshi tai oshi – empi (#2)
2. Gyaku game ate
3. Gedan ate
4. Shiho nage
5. Mae otoshi
6. Ude gaeshi
7. Aigimae ate
8. Hiki taioshi
9. Shomen ate
10. Ushiro ate

Doriru (Drills) related to the above techniques

1. Te toge - Hand pass

2. Hand randori





Brown Belt 1st KYU

Red: Ukemi (Breakfalls), Kumi Kata (Gripping & Grip Breaks), Kuzushi (Off Balances), Uchi Komi (Fit in Position), Nage (Throws), Bogyo (Throw Defense), Renwaku (Combinations) Kaeshi/Gaeshi (Counters to Throws), Doriru (Drills) related to the above techniques.

Ukemi (Breakfalls)

1. Cartwheel – one hand ukemi

Kumi Kata (Gripping & Grip Breaks)

1. Kata ouwa ura – over shoulder grip & grip break
2. Sode zubon – sleeve and pants grip & grip break

Kuzushi (Off Balances)

1. Tai tsuri – body rise
2. Tai otoshi – body fall

Nage (Throws), Bogyo (Throw Defense), Kaeshi (Counters)

1. Osoto makikomi (big outside curl pull)
2. Yama arashi (mountain storm)
3. Karl Geis sode tsuri komi goshi (sleeve lift pull hip)
4. Tsuri komi goshi (lift pull hip) (N)
5. Kata guruma (shoulder wheel)
6. Te guruma – Judo (hand wheel)
7. Obi otoshi – Judo (belt drop)
8. Yoko gake (side hook/block)

(Suggested Hold Down)

1. Kesa
2. Kata
3. Makura
4. Kami shiho
5. Yoko
6. Hiza hara
7. Ushiro kesa
8. Mount

Renwaku (Suggested Combinations)

1. Osoto makikomi to Yama arashi
2. Karl Geis Sode tsuri komi goshi to Tsuri komi goshi
3. Kata guruma to Te guruma - Judo
4. Obi otoshi - Judo to Yoko gake

Doriru (Drills) related to the above techniques

1. Tsuri zori - Elevator flip flops





Brown Belt 1st KYU

Blue: Ebi (Shrimp), Hashi (Bridges), Katame/Gatame (Hold Positions), Hairi (Guard Passes & Sweeps), Kansetsu (Joint Locks), Shime/Jime (Chokes), Fusegi (Escapes), Doriru (Drills), related to the above techniques

Ebi (Shrimp)

- 1. Triangle shrimp

Hashi (Bridges)

- 1. Sit outs

Katame/Gatame (Hold Positions)

- 1. Submission drill

Turnover:

- 1. Cross over knee block

Hairi (Guard Passes)

Guard

- 1. ½ guard crawl away pass
- 2. Windshield wiper pass
- 3. Scissor defense pass
- 4. Cartwheel guard pass

Harai (Sweeps)

- 1. Sangaku jime sweep
- 2. Juji gatame sweep
- 3. Grapevine sweep
- 4. Star sweep

Kansetsu (Joint Locks)

- 1. Sangaku ude gatame – guard/triangle (arm straight)
- 2. Sangaku ude garami – guard/triangle (arm bent)
- 3. Ushiro tate shiho juji gatame – arm lock rear mount
- 4. Budoudana ashi – (grapevine) mount and guard

Shime/Jime (Chokes)

- 1. Eri heiko jime – lapel parallel choke (rear mount)
- 2. Hadaka kata ha jime – single wing no gi (rear mount)
- 3. Kuzure ude hadaka jime (guillotine) arm in guillotine (guard)
- 4. Atama ude sangaku kame jime (d’arce) N/S armpit to neck

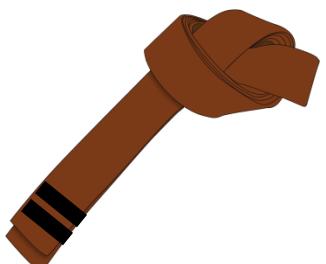
Fusegi (Escapes)

- 1. Grapevine escapes mount and guard – foot kick
- 3. Sangaku jime escape
- 2. Guillotine escape
- 4. Juji gatame defense and escape leg under head

Drills related to the above techniques

- 1. Sit outs
- 3. Step over drill
- 5. Game: On knees Judo

- 2. Scissor defense drill
- 4. Cartwheels
- 6. On knees Aikido





Brown Belt 1st KYU

Black: Vocabulary, Principles, History, Dojo Motto, Mission Statement, Useful Japanese Expressions, Character Skills

Vocabulary

1 Waza – Technique	2 Hiki – Tug
3 Maki – Curl	4 Gyaku – Reverse
5. Mae – Front	6. Ura – Back
7. Obi – Belt	7. Zubon - Pants

Principles

1 Enso – circle theory:

Every throw, takedown, arm lock, or kuzushi works better when it involves a circular movement. Some styles of Ju-Jitsu and Aikido have been based on this principle.

History

1 Who was the Jujitsu master that invented Aikido and what year?

Answer: Morihei Ueshiba, 1942

Dojo Motto, Mission Statement, Useful Japanese Expressions

1 Gomennasai – I am sorry
2. Sumimasen – Excuse me

Character Skills and Memorization

1 Fairness – Play by the rules, take turns, share equally, and do not take advantage of another person.





BLACK BELT REQUIREMENTS

Black Belts

Requirements for 1st Degree Black belt (Shodan) and above will be given out after the student's last promotion on an individual basis.

This is to ensure the integrity of our system and to keep students focused on the techniques that are required for their specific belt level.

Written Black belt requirements are for the Shodan level through the Godan level for Nokido Ju-Jitsu students.





Appendix B - NAGE-NO-KATA of KODOKAN JUDO (N)

The Formal Techniques of Throwing (or Throwing Forms) of Kodokan Judo consists of fifteen representative techniques, three from each of the five categories of throwing techniques as follows:

Te-Waza (Hand Techniques):

1. Uki-otoshi (Floating Drop)
2. Seoi-nage (Shoulder Throw)
3. Kata-guruma (Shoulder Wheel)

Koshi-Waza (Hip Techniques):

1. Uki-goshi (Floating Hip Throw)
2. Harai-goshi (Hip Sweep)
3. Tsurikomi-goshi (Lift-Pull Hip Throw)

Ashi-Waza (Foot & Leg Techniques):

1. Okuri-ashi-harai (Foot Sweep)
2. Sasae-tsurikomi-ashi (Supporting Foot Lift-Pull Throw)
3. Uchimata (Inner Thigh Reaping Throw)

Masutemi-Waza (Supine Sacrifice Techniques):

1. Tomoe-nage (Circular Throw)
2. Ura-nage (Back Throw)
3. Sumi-gaeshi (Corner Throw)

Yoko-Sutemi-Waza (Side Sacrifice Techniques):

1. Yoko-gake (Side Body Drop)
2. Yoko-guruma (Side Wheel)
3. Uki-waza (Floating Throw)



Appendix C - KODOKAN GOSHIN JITSU (GJ)

The Kodokan Goshin Jutsu is the most recent Kata, which was created in 1956 and consists of self-defense techniques using throwing, joint locking, striking, and kicking techniques. The Kata has twenty-one (21) techniques. Twelve (12) techniques are for use against an unarmed attacker and nine (9) techniques are for use against an armed attacker.

Against an unarmed attack

(When being grabbed)

1. Ryote-dori (Two-Hand Hold)
2. Hidari-eri-dori (Left-Lapel Hold)
3. Migi-eri-dori (Right-Lapel Hold)
4. Kataude-dori (Single-Hand Hold)
5. Ushiro-eri-dori (Collar Hold from Behind)
6. Ushiro-jime (Choke from Behind)
7. Kakae-dori (Seize and Hold from Behind)

(At a distance)

1. Naname-uchi (Slanting Strike)
2. Ago-tsuki (Uppercut) Gammen-Tsuki
3. (Thrust-Punch to Face)
4. Mae-geri (Front Kick)
5. Yoko-geri (Side Kick)

Against an armed attack -

(Knife)

1. Tsukkake (Thrust)
2. Choku-zuki (Straight Thrust)
3. Naname-zuki (Slanting Stab)

(Stick)

1. Furiage (Upswing against Stick)
2. Furioroshi (Downswing against Stick)
3. Morote-zuki (Two-Hand Thrust against Stick)

(Pistol)

1. Shomen-zuke (Pistol at the Abdomen)
2. Koshi-gamae (Pistol held at the Side)
3. Haimen-zuke (Pistol against the Back)



Terminology A-Z

Age- rising
Aigimae – normal facing forward
Aka – red
Americana – BJJ Ude Garami
Ashi- foot
Awase- uppercut
Atama- head
Atemi- vital points
Anza- sit cross legged
Azul – BJJ Blue
Ayumi Ashi- normal walking

(Nokido Shrine Ema - Wooden Plaque)

Barriga – BJJ Belly
Basami – scissors
Biana – BJJ Double Leg Takedown
Braco – BJJ Arm
Budo- martial way
Bujitsu- martial art
Bushido – martial art code
Bunkai- kata application
Bogyo- defense

Cem Kilos – BJJ Side Control
Costas – BJJ Back
Chou - butterfly
Chudan- middle

Dachi- stance
Dan- black belt grade
Do- way
Dori – grab/seizure
Dojime- guard
Dojo- training hall
Domo Arigato- thank you
Doriru - drill
Dozo- please

Empi- elbow
Enso - circle
Eri- collar, lapel
Eridori – collar grab
Escala – BJJ Palm Hand

Faixa – BJJ Belt
Fugirde Quandril – BJJ Shrimp
Fumikomi - stomp
Furimi- walking
Fusegi- escape

Gaeshi- counter
Gake/Kage- hook
Ganmen – strike to the face
Ganseki - rock
Garami- entanglement
Gari- reaping
Gatame - hold
Gedan- downward
Geri- kick
Gewan - forearm





Gi- uniform
Goshi (or koshi)- hip
Goshin- self defense
Guarda – BJJ Guard
Guruma- wheel
Gyaku- reverse

Hadaka- naked / no gi
Hai- yes
Haito- ridge hand
Hajime- begin
Hane- spring
Hansoku Make- disqualify
Hanosu/Hazushi- release
Hantei- decision
Hara- center/stomach
Harai- sweeping
Haishu- backhand
Heiko – parallel
Henka – switch stance
Hichu - throat
Hidari- left
Hiji - elbow
Hiki – tug
Hikikomi – pull at the same time
Hineri - twisting
Hiza- knee
Iie- no
Ippon- one point
Irimi- entering

Joelho – BJJ Knees
Jigotai- defensive posture
Jita Kyoei- mutual benefit
Jodan- head, upper
Judo- gentle way
Juji- crossed
Jujitsu- gentle art

Kage- hooked
Kaisho- open hand
Kaiten- open turn/rotation
Kakato- heel
Kake- complete/execution
Kame – turtle
Kami - upper
Kamo - duck
Kani - crab
Kansetsu- joint manipulation
Karate- empty hand
Kata- formal exercise
Kata- shoulder
Kata dori – shoulder grab
Katame- grappling
Katate dori – wrist seizure
Kawazu Gake- illegal entanglement
Kekomi- thrust
Ken- fist
Kentsui- hammer fist
Ki- spirit
Kiai- spirit yell
Kibisu/kurakushi – ankle

(Nokido Shrine Tori - Gate)





Kime – focus
Kimura – BJJ Kuzure Ude Garami
Kihon- basic
Kin – groin
Kinsa - advantage
Kiotsuke- attention
Ko-small
Kosoto- minor outside
Komi- pull
Kote- wrist
Kouchi- minor inside
Kubi- neck
Kumite- spar, fight
Kasusatsu – spine
Kuma - bear
Kusazure - calf
Kuzure- variation
Kuzushi- off blalnce
Kyoten - position
Kyu- color belt under black



JU-JITSU KANJI



Ma – flat
Mao – BJJ Hand
Maai- distances
Maiita – tap out/surrender
Mae- front
Maki - curl
Makikomi- spiral
Mata- thigh
Mata Leao – BJJ Lion Killer Rear Naked Choke
Matte- stop
Mawashi- round
Me - eyes
Midori - green
Migi- right
Mikazuki- cresent
Mochi – full nelson hold
Montada – BJJ Mount
Morote- two handed
Mune- chest
Mudansha- color belts

JUDO KANJI



Nage- throw
Naiwan - bicep
Nami- normal
Ne Waza- ground techniques
Nidan- double
Nuki - knife
Nukite- knife spear hand
Nokido- way of the spirit

O- big, large, major
Obi- belt
Okuri- to send or slide
Osae- hold
Osoto- major outside
Osaekomi- hold down
Osu- push on
Oshi - push

Otoshi- downward
Ouchi- major inside

Pare – BJJ Stop
Passa – BJJ Pass
Professor – BJJ Instructor
Preta – BJJ Black

Randori- free practice
Raspar – BJJ Sweep
Rei- formal bow
Reigi – manners
Reiho – etiquette
Renraku Waza- combination techniques
Roxa – BJJ Purple
Ryote – two hands on one
Ryu- style

Sai – rhino
Saru - monkey
Sangaku- triangle
Sasae - propping
Sashite- block strike
Seashi/sokko – instep
Segurar – BJJ Hold
Seiza- formal sitting on knees
Seirokyo Zenyo- maximum efficiency
Sempai- senior student
Sensei- instructor
Shido- penalty
Shiai- tournament
Shihan- senior instructor
Shiho- four corners
Shime/Jime- choke
Shinzen Homtai- basic posture
Shiro - White
Shisei- posture
Shomen- in front of head
Shotei- palm heel
Shuto- knife hand
Sode- sleeve
Sono Mama- freeze
Sore Made- that is all
Soto- outside
Suji - line
Sune – shin
Superior – BJJ Assistant Instructor
Sutemi- sacrifice
Sute geiko – throw for throw

Tai- body
Taioshi – push downward
Tai Sabaki- body placement
Taiso – warm ups
Tama – percussion
Tanto – knife
Tanto dori – knife disarms
Tatami- mat
Tate - top
Tate Shioh Gatame- mount
Tatsumaki – twister/tornado
Tap Out- signal of submission

(Entrance to the Nokido Shrine)





Te- hand
Tekubi – wrist outside
Tobi-flying
Tobu – jumping
Toge - pass
Toketa- hold down broken
Tokui - favorite
Tori- performing technique
Triangulo – BJJ Triangle
Tsugi Ashi- follow foot walking
Tsuke- punch
Tsukuri- enter
Tsuri- lift
Tsurigane - testicles
Tsuri Komi- lift pull

Uchi- inside, inner
Uchi Komi- fitting in
Uchi kumi tsuki – bear hug
Ude- arm
Uke- receiving technique
Uke- block
Uke tomeru - catch
Ukemi- falling
Ura- reverse
Ushiro- rear

Waki - armpit
Wakibara – floating ribs
Waza- technique
Waza-Ari- half point

Yame- recover, return, stop

Yari- spear
Yoi- ready position
Yoko- side
Yokomen – side of head
Yoko shiho Gatame- side 4 corner hold
Yoshi- continue
Yubi- finger
Yudansha- black belt holder
Yuko- minor point

Za Rei- kneeling bow
Zempo Kaiten Ukemi- forward rolling breakfall
Zubon – uniform pants
Zori – sandals/flop flops

Numbers:

One- Ichi (Sho)	Eleven- Ju Ichi
Two- Ni	Twelve- Ju Ni
Three- San	Thirteen- Ju San
Four- Shi (Yon)	Fourteen- Ju Shi
Five- Go	Fifteen- Ju Go
Six- Roku	Sixteen- Ju Roku
Seven- Shichi	Seventeen- Ju Hichi
Eight- Hachi	Eighteen- Ju Hachi (Nana)
Nine- Ku	Nineteen- Ju Ku
Ten- Ju	Twenty- Ni Ju

(Nokido Shrine, Tsuyama Japan)

