

# 1st Dan Black belt Ultimate Jitsu!!

During the examination the candidate must know all these technics but the examination commission will ask randomly. The way the questions are asked are simple and more generally. For example show us some escape technics, Show us some throws, show us some locks, show us some strangulations etc etc.

## ***Kata:***

Ebo-No-Kata

- Serie 1,2,3 and 4.

## ***Escape technics standing / hodoki waza tachi-waza:***

Atacks must be as follow:

- Bear Hug from Front and Back arms not locked.
- Wrist grips single and double, high and low.
- Lapel grip.
- Bear Hug from Front and Back with arms included.
- Head attack from front, side and back.
- Hair attack.

The defence must be with use off:

- With use of rotation movements.
- With use of leverage technics.
- With use of pressior points. (Tsubo's)
- With use of kicking and punshing technics.(Atemi waza).

## ***Escape technics on the ground / hodoki waza in ne-waza:***

Attacks on the floor:

- Lying on the back, attack from side with strangulation.
- Lying on the back, attack from back of head with strangulation.
- Lying on the back, attack with kick to head from the side.
- Lying on the back, attack from Mount with strangulation.
- Lying on the belly, attack from Back Mount with strangulation.

## ***Blocks / Uke waza :***

- Block from outside to inside (Soto-Uke).      Attack Oi-Tzuki Shudan.
- Block from inside to outside (Uchi-Uke).      Attack Oi-Tzuki Shudan.
- Block from above (Age-Uke).                  Attack Oi-Tzuki Jodan.
- Low Block (Gedan-Uke).                      Attack Oi-Tzuki Gedan.
- Dubble block hight (juji-Uke-Jodan).      Attack Oi-Tzuki Jodan.
- Dubble block low (juji-Uke-Gedan).      Attack Mae-Geri Gedan.
- Inside hand block (Te-Nagashi-Uke).      Attack Oi-Tzuki Shudan.
- Block with shinbone (Nami-Uke).
- Block with foot (Ashi-Uke).

### ***Kicking and punching technics / Atemi waza:***

While using technics like turning the body (tai-sabaki) , slip steps and side steps the defender must counter with an kicking or punching technic.

- Straight punch forwards, high, middle and low (Oi-Tsuki, Jodan, Shudan, Gedan).
- Elbow punch (Empi-Uchi).
- Punch with backside of fist (Uraken-Uchi).
- Uppercut (Tsuki-Age).
- Inside of hand punch (Teicho-Tsuki).
- Kneekick (Hiza-Geri).
- Front Kick (Mae-Geri).
- Hammer fist (Tetsui-Uchi)
- Knife Hand (Shuto-Uchi)
- Ridge Hand (Haito-Uchi)
- Punch with fingers (Nukite-Tsuki).
- Side Kick (Yoko-Geri).
- Circle Kick (Mae-Washi-Geri).
- Backwards kick (Ushiro-Geri).
- Backwards spinning circle kick ( Ushiro Mae Washi Geri)

### ***Boksing and MMA punches and kicks / Atemi waza:***

- Jab and Straight punch.
- Hook punch.
- Upper cut.
- Low kick.
- Defence to a low Kick.
- Spinning back fist.
- Supperman Punsh.
- Juping Knee Kick.

### ***Lock's / Kansetsu waza:***

- 2x Mune-Gatame.
- 2x Hara-Gatame.
- 3x Juji-Gatame.
- 2x Hiza-Gatame.
- 4x Ude-Garami.
- 4x Kote-Gaeshi
- 3x Kote-Maewashi.
- 3x Kote-Hineri.
- 1x Kuzure-Kote-Gaeshi.
- 3x Atamo-Age.
- 2x Kubi-Hishigi.
- 2x Yubi-Gatame.
- 1x Hiza-Garami.
- 12 Legg Locks (Ashi-Gatame, Heel Hooks, toe Holds, knee bars etc)

### ***Strangulations / Jime waza:***

- 2x strangulation from behind without gi (Hadaka-Jime).
- 1x naked choke from back mount position.
- 2x choke from side control.
- 2x half strangulation (Kata-Ha-Jime)
- 2x using 1 side of the gi strangulation (Eri-Jime)
- 4x strangulations using the kimono.

### **Throws / Nage waza:**

- 5x O-Soto-Gari.
- 3x O-Goshi.
- 3x De-Ashi-Barai
- 2x O-Uchi-Gari.
- 2x Kubi-Nage.
- 3x Seoi-Nage.
- 2x Kata-Ashi-Dori.
- 2x Ko-Uchi-Gari.
- 1x Ko-Soto-Gake.
- 1x Kiri-Otoshi.
- 2x Tai-Otoshi.
- 1x Sumi-Gaeshi.
- 2x Soto-Maki-Komi.
- 1x Kata-Ashi-Dori
- 1x (Ushiro-)Ryo-Ashi-Dori.
- 2x Tomoe-Nage.
- 1x Yoko-Tomoe-Nage
- 1x Tobi-Kani-Basami.
- 1x Tani-Otoshi.
- 1x Harai-Goshi
- 2x Uchi-Mata.
- 4x take down.

### **BJJ / MMA Positions:**

- Position Uke in Guard: 3x sweep from Guard.
- Position Tori in Guard: 3x Pass the Guard.
- Position Uke in Guard: 4x Choke.
- Position Uke in Guard: 4x Armlock
- Position Uke in Guard: 1x Guillotine.
- Position Tori in Side Control: 3x transition to Mount.
- Position Tori in Side Control: 1x transition to North – South (Kami-Shio-Gatame)
- Position Tori in Side Control: 2x Choke.
- Position Tori in Side Control: 4x Arm Lock.
- Position Uke in Mount: 2x sweep/Escape.
- Position Uke in Mount: 1x escape to guard.
- Position Tori in Mount: 3x Armlock.
- Position Tori in Mount: 3x Choke.
- Position Uke in Guard: Tori to Turtle Position to Taking the Back Mount.
- 1x Escaping the Back Mount.
- De la Riva Technic.
- Birimbolo technic.
- X Guard Position.
- Butterfly Guard.
- Tori has Knee on Belly: 2x arm lock.

### **Standing up from ground position:**

- 3x attacker in Guard Position.
- 3x attacker sitting in Mount Position.

### ***Transportation technics :***

- 2x Juji-Garami.
- 2x Kanuki-Gatame.
- 1x Kata-Gatame.
- 1x Kubi-Gatame.
- 1x Backwards neck Lock(Ura-Kubi-Gatame).
- 1x Screwing fingerlock (Yubi-Hineri).
- 1x Kuzure-Kote-Gaeshi.

### ***Defense against weapons:***

- 3x defence against stick attack from stide of head.
- 2x defence against stick attack to the middle.
- 2x defence against straight knife attack.
- 1x defence against backhand knife attack.
- 1x defence against a thread with knife to the front of the throat.
- 1x defence against a thread with knife to the throat from back.
- 2x defence against knife attack from above.
- 2x defence against knife attack from down.
- 1x defence against pistol from front to head.
- 1x defence against pistol from front to belly.
- 1x defence against pistol from back to head.
- 1x defence against pistol from back to the backside.
- 1x defence against chain.

### ***Using weapons:***

- 2x making a lock using a stick.
- 2x making a choke using a stick.
- 2x defence aiginst stick using a knife.
- 2x defence against a knife using a stick.

### ***Combinations:***

#### *Reaction on resistance:*

- 3x on a throw.
- 3x on a lock.

#### *Reaction on escape:*

- 3x from throw.
- 3x from lock.

### ***Free Attack:***

- 1 minute 1 attacker unarmed.
- 1 minute 2 attackers unarmed.
- 1 minute 1 attacker armed (stick or knife)

#### **Technical fighting:**

- 3 minute wrestling in Gi (Tachi-Waza and Ne-Waza)
- 3 minute wrestling No Gi (Tachi-Waza and Ne-Waza)

