

Blue belt Ultimate Jitsu!!

Ebo-No-Kata:

- Serie 1 and 2.

Lock's / Kansetsu waza:

- 1x armlock for chest (Mune-Gatame).
- 1x armlock for belly (Hara-Gatame).
- 3x straight arm lock (Juji-Gatame).
- 1x armlock on or with the knee (Hiza-Gatame).
- 4x armtwist (Ude-Garami).
- 3x Kote-Gaeshi
- 2x Kote-Maewashi.
- 2x Kote-Hineri.
- 1x wrist bent lock (Kuzure-Kote-Gaeshi).
- 2x head and chin turn (Atamo-Age).
- 2x neck lock (Kubi-Hishigi).
- 1x bent knee lock (Hiza-Garami).
- 4x leg lock.
- 2x Yubi-Gatame

Strangulations / Jime waza:

- 2x strangulation from behind without gi (Hadaka-Jime).
- 1x naked choke from back mount position.
- 2x choke from side control.
- 3x half strangulation (Kata-Ha-Jime)
- 1x using 1 side of the gi strangulation (Eri-Jime)
- 2x Sankaku-Jime.

Throw's / Nage waza:

- 5x O-Soto-Gari.
- 3x O-Goshi.
- 2x O-Uchi-Gari.
- 2x Kubi-Nage.
- 3x Seoi-Nage.
- 2x Kata-Ashi-Dori.
- 2x Ko-Uchi-Gari.
- 2x De-Ashi-Barai.
- 1x little outside hook (Ko-Soto-Gake).
- 1x backwards armthrow (Kiri-Otoshi).
- 2x Tai-Otoshi.
- 1x Sumi-Gaeshi.
- 2x screwing sacrifice throw (Soto-Maki-Komi).
- 1x knee and ankle push (kata-ashi-dori).
- 1x 2 legs throw front and backwards((Ushiro-)Ryo-Ashi-Dori).
- 1x belly sacrifice throw (Tomoe-Nage).
- 1x jumping sisor technick (Tobi-Kani-Basami).

- 1x backwards sacrifice throw (Tani-Otoshi).
- 1x Sweeping hip throw (Harai-Goshi).
- 1x inner thigh throw. (Uchi-Mata).
- 1x shoulder wheel throw. (Kata-Guruma).
- 1x sword throw (Shio-Nage).
- 1x side sacrifice throw. (Yoko-Tomoe-Nage)
- 1x T-Guruma.
- 1x Sukui-Nage.
- 4x take down technic.

BJJ / MMA Positions:

- Position Uke in Guard: 3x sweep from Guard.
- Position Tori in Guard: 3x Pass the Guard.
- Position Uke in Guard: 3x Choke.
- Position Uke in Guard: 3x 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: 2x 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.

Transportation technics:

- 2x bent armlock on the back (Juji-Garami)
- 2x with the down arm (Kanuki-Gatame).
- 1x armlock on the shoulder (Kata-Gatame).
- 1x neck lock (Kubi-Gatame).

Defense against weapons:

- 2x defence against stick attack from side of head.
- 2x defence against stick attack to the middle.
- 2x defence against straight knife attack.
- 2x defence against knife attack from above.
- 2x defence against knife attack from down.
- 1x defence against pistol from front.
- 1x defence against pistol from back.

Combinations:

Reaction on resistance:

- 2x on a throw.
- 2x on a lock.

Reaction on escape:

- 2x from throw.
- 2x from lock.

Free Attack:

- 1 minute 1 attacker unarmed.
- 1 minute 2 attackers unarmed.
- 1 minute 1 attacker armed (stick or knife)
- 3 minute wrestling on the floor in Gi (Ne-Waza)
- 3 minute wrestling on the floor No Gi (Ne-Waza)

