

Orange belt Ultimate Jitsu!!

Programm **Yellow** and

Falling technics / Ukemi waza:

- Backwards fall over obstacle (Ushiro-Ukemi).
- Stretched Front fall plus defence position (Mae-Ukemi).

Escape technics / hodoki waza:

Atacks must be as follow:

- Bear Hug from Front and Back with arms included.
- Head attack from front, side and back.
- Hair attack.

The defence must be with use of:

- 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:

- 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.

Blocks / Uke waza:

- Inside hand block (Te-Nagashi-Uke). attack Oi-Tzuki Shudan.

Kicking and punshing technics / Atemi waza:

- Punch with fingers (Nukite-Tsuki).
- Side Kick (Yoko-Geri).
- Circle Kick (Mae-Washi-Geri).

Boksing stand and moving with punches:

- Moving to the front with Jab.
- Moving to the back with Jab
- Moving to the left with Jab.
- Moving to the right with Jab.

Boksing and MMA punches and kicks / Atemi waza:

- Jab and Straight punch.
- Hook punch.
- Upper cut.
- Low kick.
- Defence to a low Kick.

Standing Boxing / MMA Defence:

- Block on side of head on attack of hook punch.
- Block on straight punches to head.

Lock's / Kansetsu waza:

- 1x lock with lower arm (Kanuki-Gatame).
- 1x lock with neck or shoulder (Kubi-Gatame).
- 1x lock with armpit (Waki-Gatame).
- 1x straight leg lock.

Strangulations / Jime waza:

- 2x strangulation from behind without gi (Hadaka-Jime).
- 1x from back mount position. Also called Rear naked choke.
- 1x half strangulation (Kata-Ha-Jime).

Throw's / Nage waza:

- 2x Big sweep from outside (O-Soto-Gari).
- 2x Big Hip Throw (O-Goshi).
- 1x Big sweep from inside (O-Uchi-Gari).
- 1x Neck hip throw (Kubi-Nage).
- 1x Shoulder throw with fist (Ippon-Seoi-Nage).
- 1x foot, knee, ankle push (Kata-Ashi-Dori).
- 1x foot sweep from the side (De-Ashi-Barai).
- 2x take down technic.

Control technics on the ground / Osae-waza :

- Four points control from above (Tate-Shio-Gatame).
- Reverse scarf hold (Ushiro-Kesa-Gatame).

BJJ / MMA Positions:

- Position Uke in Gurad: 2x sweep from Guard.
- Position Tori in Guard: 2x Pass the Guard.
- Position Tori in Side Control: 2x transition to Mount.
- Position Tori in Side Control: 1x transition to North–South(Kami-Shio-Gatame)
- Position Uke in Mount: 2x sweep/Escape.
- Position Tori in Mount: 1x Armlock.
- Position Tori in Mount: 1x Chocke.
- Position Uke in Guard: Tori to Turtle Position to Taking the Back Mount.
- Position Knee on Belly: 2x swich sides.
- Position Tori has Knee on Belly: 1x arm lock.

Standing up from ground position:

- 1x attacker in Guard Position.
- 1x attacker sitting in Mount Position.

Combinations:

Reaction on resistance:

- 1x on a throw.
- 1x on a lock.

Reaction on escape:

- 1x from throw.
- 1x from lock.

Free Attack:

- 1 minute 1 attacker unarmed.
- 1 minute wrestling on the floor in Gi (Ne-Waza)
- 1 minute wrestling on the floor No Gi (Ne-Waza)

