

Yellow belt Ultimate Jitsu!!

Falling technics / Ukemi waza:

- Front roll with defence stand (Mae mawari-Ukemi).
- Backwards roll with defence stand (Ushiro-Ukemi).
- Backward fall with a kick to stand up (Ushiro-Ukemi)
- Side fall with defence position on the ground (Yoko-Ukemi).

Escape technics / hodoki waza:

Attacks must be as follow:

- Bear Hug from Front and Back arms not locked.
- Wrist grips single and double, high and low.
- Lapel grip.

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).

Blocks / Uke waza :

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| • 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 Shudan. |

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)

Boksing stand and moving:

- Moving to the front with hands held up.
- Moving to the back with hands held up.
- Moving to the left with hands held up.
- Moving to the right with hands held up.

Lock's / Kansetsu waza:

- 1x Straight armlock with the hand (Ude-Osae).
- 1x wristlock from inside to outside (Kote-Gaeshi).
- 1x wristlock from outside to inside (Kote-Maewashi).
- 1x Straight arm lock (Ude-Hisigi-juji-Gatame).

Strangulations / Jime waza:

- 2x strangulation from behind without gi (Hadaka-Jime).

Throws / Nage waza:

- 1x Big sweep from outside (O-Soto-Gari).
- 1x Big Hip Throw (O-Goshi).
- 1x take down.

Control technics on the ground / Osae-waza :

- Scarf hold (Kesa-Gatame).
- Four points control from back (Kami-Shio-Gatame).
- Four points control from side (Yoko-Shio-Gatame).

BJJ / MMA Positions:

- Position uke in Gurad: 1x sweep from Guard.
- Position Tori in Guard: 1x Pass the Guard.
- Position Tori in Side Control/Mount: 1x transition to Mount.
- Position Uke in Mount: 1x sweep
- Position Knee on Belly: 1x changing sides

Standing up from ground position:

- 1x How to stand up properly. (Basic BJJ Stand up Technic)

Free Attack:

- 1 minute 1 attacker unarmed standing.
- 1 minute wrestling on the floor (Ne-Waza).