

## **1<sup>st</sup> Kyu (Brown Belt Gold Tag)**

**Demonstrate breakfalls and rolls**

### **Locks, Chokes and Throws**

**Demonstrate 16 arm locks**

**Demonstrate 16 chokes**

**Demonstrate 16 throws with names**

**Demonstrate 12 leg locks**

**Demonstrate 12 immobilisation holds**

**Demonstrate 8 holding down techniques**

**Demonstrate 8 wrist locks**

**Demonstrate 6 bone dislocations**

**Demonstrate 3 arm locks incorporating use of own leg**

**Demonstrate 4 shoulder locks**

**Demonstrate 4 spine locks**

### **Defences**

**Demonstrate 16 defences against punches**

**Demonstrate 16 knife defences**

**Demonstrate 10 defences against unarmed attackers (continuous)**

**Demonstrate 8 defences against attacker with sticks (continuous)**

**Demonstrate 8 defences against attackers with knives (continuous)**

**Demonstrate 12 defences against arm locks**

**Demonstrate 8 defences against grabs**

**Demonstrate 8 defences against chokes**

**Demonstrate 4 defences against kicks**

**Demonstrate 4 defences against leg locks**

**Demonstrate 4 throws from chokes**

**Demonstrate 4 throws from punches**

**Demonstrate 4 bo defences**

**Demonstrate 4 sword defences**

**Demonstrate 4 gun defences**

### **Atemi waza**

**Demonstrate 20 kyusho attacks**

**Demonstrate 4 striking points to kill using own natural body weapons**

***Hand & Arm Strikes* - Oizuki, Gyakuzuki, Tobikomizuki, Uraken, Haito, Tetsui, Teisho, Zenempi, Koempi, Uriempi, Shutozuki, Shihon Nukite**

***Foot & Leg Strikes* - Kingeri, Maegeri, Mawashigeri, Sokuto, Hizageri, Yokogeri, Ushirogeri, Mikazukigeri**

***Blocks* - Shutouke, Sotouke, Uchiuke, Yammi Shutouke, Jujiuke, Jodanuke, Gedan barai, Teisho barai**

### **Kumite**

**5 rounds Katamewaza (1 minute rounds)**

**5 rounds Randori (2 minute rounds)**

**5 rounds Freestyle/Sport Ju Jitsu (2 minute rounds)**

**Nagewaza 1 minute continuous**