

Junior Jujitsu Requirements

YAWARA (Hand Arts)

1	Katate Hazushi 1	Gi
2	Katate Hazushi 2	Gi
3	Ryote Hazushi	Gi
4	Morote Hazushi	Gi
5	Momiji Hazushi	Gi
6	Moro Yubi Tori	W1
7	Ryoeri Hazushi	W1
8	Kubi Nuki Shime	W1
9	Yubi Tori Hazushi	W1
10	Ryoeri Tori	W2
11	Akushu Ude Tori	W3
12	Ushiro Dake Nage	Y
13	Mae Dake Nage 1	Y1
14	Mae Dake Nage 2	Y2
15	Katate Tori	O

ROLLS & FALLS

1	Forward Roll	Gi
2	Backward Roll	Gi
3	Combination Roll	Gi
4	Facefall	Gi
5	Backfall A	W1
6	Rolling Flatfall	W1
7	Bicycle Fall	W1
8	Roll into Facefall	W1
9	Backfall B	W2
10	Standard Flatfall	W2
11	Jumping Roll	W2
12	Backfall C	Y
13	Fish Flop	Y
14	Jumping Facefall	Y1
15	Backfall D	Y1
16	Diving Roll	Y1
17	Sutemi	Y2
18	Beginning Bridgefall	Y2
19	Straightover	Y3
20	Standard Bridgefall	O

NAGE (Throws)

1	Deashi Harai	Gi
*2	Osoto Gari	Gi
3	Ogoshi	W1
4	Seoi Goshi	W1
5	Turikomi Goshi	W1
6	Seoi Nage	W2
7	Kesa Gatame	W2
8	Soto Gama	W3
9	Makikomi	W3
10	Kezure Kesa Gatame	W3
*11	O Uchi Gari	Y
*12	Kouchi Gari	Y
13	Uchi Gama	Y1
14	Sasae Ashi	Y2
15	Tomoe Nage	Y2
*16	Tai Otoshi	Y2
17	Okuri harai	O
*18	Utsuri Seoi Nage	O
19	Soto Momo Harai	O1
20	Harai Goshi	O1
21	Hane Goshi	O1
22	Uchi Momo Harai	O2

*Judo techniques and not to be used for Kata Contests

FIRST AID

1	911 Report	Gi
2	Carotid Pulse	Gi
3	Taping Toes & Fingers	W2
4	Obi into Sling	W2
5	Improvised Stretcher	W2
6	Bleeding/ Pressure Pts.	W3
7	Bones of the Arm	W3
8	Mouth to Mouth Rescue	Y
9	Back Press-Arm Lift Res.	Y
10	Bones of the Leg	Y2

KARATE

1	Four Pt. Block Seq.	Gi
2	Parry Sequence	Gi
3	Gedan Barai	Gi
4	Jodan Uke	Gi
5	Juji Uke	W1
6	Taikyoku (1/2-W1)	W3
7	Chudan Uchi Uke	W2
8	Chudan Soto Uke	W2
9	Seiken	W2
10	Mae Geri	W3
11	Taikyoku II	W3
12	Yoko Geri	Y
13	Kakato Geri	Y
14	Shotei	Y2
15	Shuto Uke	Y2
16	Negashi Uke	Y2
17	Taikyoku III	Y3
18	Ryoashi Geri	Y3
19	Empi Uchi	O
20	Shuto	O
21	Hiza Geri	O
22	Mawashi Geri	O1
23	Mae Tobi Geri	O2
24	Yoko Tobi Geri	O2
25	Taikyoku IV	O3
26	Targeting	O3

See individual rank sheets for contest, essay, notebook etc. as per rank

Ages 12+ may challenge up to the next solid color belt but must pass 90% or better on performance for all arts to that rank

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