



# **JUNIOR JUJITSU**

## **MANUAL**

## **Student Rules and Expectations**

1. The only people giving instructions are the instructors unless you have been authorized by them to do so.
2. Keep your training partner safe at all times.
3. If the instructor is talking you are NOT.
4. Be on time to class.
5. No vulgar language in class or disrespectful gestures.
6. Address the instructor as “coach” or “Sensei”.
7. Keep the training area clean.

# White Belt

## **General Requirements:**

Student must have completed 3 months of consecutive classes (minimum of 34 class hours)

Student must have uniform, patch, mouth guard and groin protector for males - optional

## **General Knowledge:**

Be able to explain the student rules and responsibilities

Tie belt

Know how/when to “tap out” both verbally and physically

## **General Skills:**

Begin rolling skills (front and rear)

Begin break falls (side, rear)

Shrimp drill, warm up drills

## **Ground Positions:**

Guard (top and bottom positions)

Side (mount)

Mount

# Yellow Belt

## **General Requirements:**

Student must have completed 3 months of consecutive classes (minimum of 34 class hours)

Student must have uniform, patch, mouth guard and groin protector for males - optional

## **General Knowledge:**

Be able to explain the student rules and responsibilities

Tie belt

Know how/when to “tap out” both verbally and physically

## **General Skills:**

Increased proficiency in previous General Skills

Defensive posture, getting up “in base”

## **Standing Posture:**

Basic fighting stance

Eight direction footwork with movement

## **Throws:**

Judo Grip and hand positioning for basic throws

Box Step (forward throws)

Replacement step (rear throws)

Moving opponent

Shoulder Throw (forward throw)

**Ground Positions:**

- show improvement in previously learned skills

**Ground Techniques:**

Guard escapes/ passes into side mount position (pin knee and back step over, use of pressure points)

Mount escapes (arm trap, bridge and roll, hip escape)

Side mount escape (turn in, drive knee thru to guard)

Grappling to position

# Orange Belt

## **General Requirements:**

Student must have completed 3 months of consecutive classes (minimum of 34 class hours)

Student must have uniform, patch, mouth guard and groin protector for males - optional

## **General Skills:**

Showing improvement in previously learned skills

Defensive movement skills on the ground (pivoting on hip, 360 degree movement, guarding face, looking for opportunity to strike/ get up)

## **Self Defense Skills:**

Wrist release “let go”

## **Throws:**

Replacement step footwork

Major outer reap

## **Ground Positions:**

Scarf hold (transition to side and back)

Rear mount

Rear naked choke & defense

Positions 1-3 of the 9 ground positions

**Ground Techniques:**

Arm bar from guard, side, top mount

Americana (mount, side)

# Advanced Orange Belt

## **General Requirements:**

Student must have completed 3 months of consecutive classes (minimum of 34 class hours)

## **General Knowledge:**

Explanation of position “before submission”

## **General Skills:**

Rolling with proficiency

Break falls from height

Correct pad holding skills (kick, punch, positioning, etc.)

## **Ground Techniques:**

Show improvement of previous ground techniques

Straight arm bar (mount, side, guard)

Proficiency in ground positions 1-3

Intro to ground positions 4-6

## **Throws:**

Hip throw



# Blue Belt

## **General Requirements:**

Student must have completed 3 months of consecutive classes (minimum of 34 class hours)

## **General Knowledge:**

Explanation and example of position “before submission”

Free style throwing practice

## **General Skills:**

Rolls

Break falls

Correct pad holding skills (kick, punch, positioning, etc.)

## **Throws:**

Double leg / Single leg

Sprawl

## **Ground Techniques:**

Scissor sweep

Elevator sweep

Proficiency in 1-6 ground positions

Intro to ground positions 6-9

### **Self Defense:**

Escape from bear hug from adult

- appropriate strikes
- soft targets = injury

# Advanced Blue Belt

## **General Requirements:**

Student must have completed 3 months of consecutive classes (minimum of 34 class hours)

## **General Skills:**

Increased body lock knowledge and abilities

Increased proficient in Free style throwing/ take down practice

## **Throws:**

Valley Drop (rear throw)

## **Ground Techniques:**

Straight arm lock from scarf hold

Bent arm lock from scarf

Ground positions 1-9 with increased proficiency

Intro submissions to ground positions 1-3

# Brown Belt

## **General Requirements:**

Student must have completed 3 months of consecutive classes (minimum of 34 class hours)

## **Striking Skills (From Standing):**

Advanced combinations, foot and hand techniques

Movement drills with increased proficiency

Closing distance for both offense and defensive purposes

## **Throws:**

Single leg take down to submission

Double leg take down to submission

Take down sparring

## **Ground Techniques:**

Knee bar (top guard)

## **Ground Positions:**

Knee on stomach

## **Ground Techniques:**

Arm bar from knee on stomach position (near and far)

Submissions for ground positions 1-6

## **Self Defense:**

- Previously learned skills with proficiency

# Advanced Brown Belt

## **General Requirements:**

Student must have completed 3 months of consecutive classes (minimum of 34 class hours)

## **Throws:**

Hip wheel (around the neck) - to submission

## **Ground Techniques:**

Shoulder choke from guard and mount

9 ground positions w/submissions

# Silver Belt

## **General Requirements:**

Student must have completed 6 months of consecutive classes (minimum of 68 class hours)

## **General Skills:**

Begin forward throw to rear throw series

Begin rear throw to forward throw series

**Throws:** All previous throws / forward to rear sequences

## **Self Defense Skills:**

Tackle defense:

Sprawl (hips to the floor) to wedge block (neck area) include appropriate striking

## **Ground Techniques:**

Guillotine and defense from guillotine

Knee bar (after breaking guard )

# Red Belt

## **General Requirements:**

Student must have completed 6 months of consecutive classes (minimum of 68 class hours)

## **General Skills:**

Forward throw to rear throw series

-Then position to submission

Rear throw to forward throw series

-Then position to submission

## **Self Defense Skills:**

Defenses from the ground when the attacker is standing above

-Shin leverage throw, 3 point sweep

-Movement, rolling, getting up

**Throws:** All previous Throws / forward to rear sequences

## **Ground Techniques:**

Knee block and roll series

Straight arm bar

Rear naked choke

Sliding collar choke

Proficiency in 9 ground positions w/submissions

## **Black Belt**

Black Belt candidates must be able to perform all previous requirements with a high level of proficiency with both GI and no GI. A Candidate's technical ground skills, stand-up striking skills and physical endurance will be tested.