



ADULT JUJITSU

MANUAL

Strike Back Martial Arts Adult Jujitsu Manual

General Information:

Belt Ranking:

- The time requirements for rank promotions outlined in this manual are guidelines and at the discretion of the instructor.
- Students are required to attend both a ground class and a striking class each week if they wish to get advanced in rank.

Belt Ranks are as follows:

- White
- Yellow
- Blue
- Silver
- Red
- Black

All students are required to have the following items:

- Jujitsu uniform (GI)
- Mouth guard
- Striking gear
 - Fingerless gloves
 - Groin protection

Student Responsibilities:

Students must follow the class rules at all times. Students are representatives of Strike Back Martial Arts and as such are expected to conduct themselves appropriately when not training. Failure to follow the class rules and performance of any acts that may reflect poorly on Strike back Martial Arts are not tolerated and may result in a student being asked to leave the program.

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 / Yellow Belts

Students in this rank are required to have completed 6 months of class time and have the proper uniform and equipment.

- Tie belt
- Proper GI grip
- Rolls – front and back
- Break falls – back, left, right, front
- Box step
- Shrimp
- Getting up in base
- Pummeling
- How to “tap”

Positions:

- Guard – opened and closed
- Side mount
- Top mount
- Transition from 1 position to another

Escapes: (to be done statically and with movement)

- From guard
- From side mount
- From mount

Throws: (to be done statically and with movement)

- O goshi – hip throw
- Double leg
- Kos hi garuma

Submission(s): (to be done statically and with movement)

- Arm bar
 - o Guard
 - o Top mount

Blue Belt

Students must have completed a minimum of 6 months of training. Thorough knowledge of previous belt requirements is required and able to be demonstrated when called upon by an instructor. Student must be able to perform the movements in both a class setting and a street setting.

Positions:

- Scarf Hold (GI / no GI)
 - o Escapes
 - o Transitioning to scarf hold using previous throws learned
 - o Submissions
- North / south
- 9 position flow drill

Throws: (GI / no GI)

Student should develop the ability to position “set up” a throw by moving a person in the appropriate way both in a class setting and street setting. All previous throws learned are included

- Single leg
- Tani o’toshi
- O ouchi

Chokes:

- Rear naked
- Guillotine

Arm drag

- Off of touch / movement
- To single leg
- To valley drop
- To rear naked choke

Submissions:

- Bent arm lock
- Americana series

Work from guard: (GI / no GI)

- Scissor sweep
- Elevator sweep
- Hip roll from guard

Sequence Training: Moving from throw to position or submission – statically and with movement

Silver Belt

Students must have completed a minimum of 6 months of training. A Thorough knowledge of previous belt requirements is required and able to be demonstrated when called upon by an instructor. Student must be able to perform the movements in both a class setting and a street setting.

Positions: Student must demonstrate the ability to transition from one position / technique to another from various positions.

- ½ Guard
 - Escapes
- ½ guard hold down
- Knee on Stomach
 - Submissions
 - Escapes

Throws: (GI/no GI both static and with movement)

Student should develop the ability to position “set up” a throw by moving a person in the appropriate way both in a class setting and street setting. All previous throws learned are included

- Osoto gari
- Ko Soto
- Sianogi
- Suma giash (corner throw)

Chokes:

- Triangle
 - From guard
 - From mount
 - Escape / defense
- Shoulder choke
 - From guard
 - From mount
 - From standing
- Cross choke
 - From guard
 - From mount

Submissions:

- Ankle lock
- Achilles lock

Sequence Training: Moving from throw to position or submission – statically and with movement

Red Belt

Students must have completed a minimum of 1 year of training since their last rank promotion and accumulated 15 hours of teaching time. Thorough knowledge of previous belt requirements is required and able to be demonstrated when called upon by an instructor. Student must be able to perform the movements in both a class setting and a street setting.

Positions: Student must demonstrate the ability to transition from one position / technique to another from various positions.

- 9 position flow drill with submissions

Throws: (GI/no GI both static and with movement)

Student should develop the ability to position “set up” a throw by moving a person in the appropriate way both in a class setting and street setting. All previous throws learned are included.

- Hari Ogosh
- Uchi Mata
- Sequoi Nage (scooping throw)
- Forward throw to rear throw (vice-versa)
- Strike to forward throw
- Strike to rear throw
- Perform all previous and current throws while in street clothes

Chokes:

- Sliding Collar
- Knuckle
- Darce
- Anaconda

Submissions:

- Toe hold
- Ability to perform submissions from a forward throw or rear throw

Sequence Training: Moving from throw to position or submission – statically and with movement

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.

