



## About BUDO Jiu-Jitsu

**BUDO is translated from Japanese as the Way of War.**

**Jiu-Jitsu is interpreted as "Soft Technique".**

Some would elaborate to it's deeper meaning of 'doing what is easy', or 'going with the Flow'. Like other arts such as Aikido or Judo we use the energy of the attacker against them.

BUDO Jiu-Jitsu is translated as **The Way of War using Practical Technique**. The BUDO System is a mixed martial art containing:

- Intense Striking (Knees, Elbows, Punches, Kicks)
- Effective Takedowns using leverage
- Jiu-Jitsu: Submission Fighting/Ground Fighting
- Code of the Samurai: Mental strategies to achieving Victory & Goals

BUDO Jiu-Jitsu is comprised of several arts to complete you as a well rounded Martial Artist. These Arts include:

- Brazilian Jiu-Jitsu/Submission Grappling
- Wrestling
- Muay Thai
- Tae Kwon Do
- Boxing/Kick Boxing



**Sensei Macaluso** is the Head instructor who is an accomplished 4 Year Division One Wrestler, with a 2nd Degree Black Belt in Aikido & Budo Jiu Jitsu. He is a Jiu-Jitsu Champion, and a competitive cage fighter, and has trained champions.

He was inducted into the **Martial Arts Hall of Fame** in January of 2008 for 20 years of Outstanding Dedication in the Martial Arts.

"BUDO Jiu-Jitsu is the complete art. No Fluff. Only techniques that are effective make it into the BUDO JJ Dojo. We are a very traditional school following many Japanese customs. The martial arts were designed to make us all better people, not to fight. BUDO Training will improve self-discipline, confidence, and physical health.

There is the Advanced program which we offer for those who intend on competing on our Travel Team.





## Ranking Chart for Budo Jiu-Jitsu under the direction of Soke Heath Macaluso

These are the Requirements to achieve the appropriate Rank. A certain amount of classes are required from one belt to the next. The classes required for the next rank are from your last promotion date. Private Lessons count as 2 Classes attended. The classes on the right are needed from the last promotion date to achieve the rank to the left.

An \* signifies a rank where a promotion fee applies. There are 13 levels before reaching Black Belt (Sho-Dan). Please review the information below. Black Belt can be achieved between 3 and 4 years with commitment and dedication.

White Belt: Ju-San Kyu. This is where we begin.

<b>Yellow Belt:</b> *	<b>Ju-Ni Kyu*</b> (12 <sup>th</sup> Class)	12 Classes, 14 for Adults
Yellow Belt-Black Stripe:		7 Classes (ex. Since Yellow Belt Promotion date)
Yellow Belt-Silver Stripe:	<b>Ju-Ichi Kyu*</b>	7 Classes (ex. Since Yellow Belt-Black Stripe Promotion date)
Yellow Belt-Gold Stripe:		7 Classes
<b>Blue Belt:</b> *	<b>Ju Kyu*</b>	7 Classes
Blue Belt-Black Stripe:		7 Classes
Blue Belt-Silver Stripe: *	<b>Ku Kyu *</b>	7 Classes
Blue Belt-Gold Stripe:		7 Classes
<b>Green Belt:</b> *	<b>Hachi Kyu*</b>	7 Classes
Green Belt-Black Stripe:		8 Classes
Green Belt-Silver Stripe:	<b>Shichi Kyu*</b> (7 <sup>th</sup> Class)	8 Classes
Green Belt-Gold Stripe:		8 Classes
<b>Purple Belt:</b> *	<b>Roku Kyu*</b>	8 Classes
Purple Belt-Black Stripe:		8 Classes
Purple Belt-Silver Stripe:	<b>Go Kyu*</b>	8 Classes
Purple Belt-Gold Stripe:		8 Classes
<b>Red Belt:</b> *	<b>Yon Kyu*</b>	8 Classes
Red Belt-Black Stripe:		8 Classes
Red Belt-Silver Stripe:	<b>San Kyu*</b>	8 Classes
Red Belt-Gold Stripe:		8 Classes
<b>Brown Belt:</b> *	<b>Ni Kyu*</b>	8 Classes
Brown Belt-Black Stripe:		24 Classes (3 months)
Brown Belt-Silver Stripe:	<b>Ik-Kyu*</b> (1 <sup>st</sup> Class)	24 Classes (3 months)
Brown Belt-Gold Stripe:		24 Classes (3 months)
<b>Sho-Dan-Black Belt:</b> *		24 Classes (3 months)
Sho-Dan-Silver*		80 Classes (1 Year)
Sho-Dan-Gold*		80 Classes (1 Year)
<b>Ni-Dan-2<sup>nd</sup> Degree:</b> *		80 Classes (1 Year)
Ni-Dan-Silver*		80 Classes (1 Year)
Ni-Dan-Gold*		80 Classes (1 Year)
<b>San-Dan-3rd Degree:</b> *		80 Classes (1 Year)
San-Dan-Silver*		80 Classes (1 Year)
San-Dan-Gold*		80 Classes (1 Year)
<b>Yon-Dan-4<sup>th</sup> Degree:</b> *		80 Classes (1 Year)
Yon-Dan-Silver*		80 Classes (1 Year)
Yon-Dan-Gold*		80 Classes (1 Year)
<b>Go-Dan-5<sup>th</sup> Degree:</b> *		80 Classes (1 Year)
Go-Dan-Silver*		80 Classes (1 Year)
Go-Dan-Gold*		80 Classes (1 Year)
<b>Shi-han:</b> Teacher of Teachers		80 Classes (1 Year)

### Ordinal Rank Numbers

Ju-Ni Kyu	12 <sup>th</sup> Class
Ju-Ichi Kyu	11 <sup>th</sup> Class
Ju Kyu	10 <sup>th</sup> Class
Ku Kyu	9 <sup>th</sup> Class
Hachi Kyu	8 <sup>th</sup> Class
Shichi Kyu	7 <sup>th</sup> Class
Roku Kyu	6 <sup>th</sup> Class
Go Kyu	5 <sup>th</sup> Class
Yon Kyu	4 <sup>th</sup> Class
San Kyu	3 <sup>rd</sup> Class
Ni Kyu	2 <sup>nd</sup> Class
Ik Kyu	1 <sup>st</sup> Class

### Counting in Japanese

one	ichi
two	ni
three	san
four	shi
five	go
six	roku
seven	shichi
eight	hachi
nine	kyu
ten	ju
eleven	ju ichi
twelve	ju ni
thirteen	ju san
fourteen	ju shi
fifteen	ju go
sixteen	ju roku
seventeen	ju shichi
eighteen	ju hachi
nineteen	ju kyu
twenty	ni ju
twenty-one	ni juichi
twenty-two	ni juni

# Budo Jiu-Jitsu

## Beginner Vocabulary List

**Bu** – Warrior

**Do-** The Way

**Budo** – The Way of War (or loosely translated as “Martial Art”)

**Bushido** – The Way of the Warrior (Bushi = Warrior)

**Jiu Jitsu** (柔術 *jūjutsu*?) literally meaning the "art of softness", is a Japanese martial art consisting primarily of grappling techniques. Jujutsu evolved among the samurai of feudal Japan as a method for dispatching an armed and armored opponent in situations where the use of weapons was impractical or forbidden. Due to the difficulty of dispatching an armored opponent with striking techniques, the most efficient methods for neutralizing an enemy took the form of pins, joint locks, and throws. These techniques were developed around the principle of using an attacker's energy against him, rather than directly opposing it, and came to be known as jujutsu.

**Jiu Jitsu Ka** A practitioner of Jiu Jitsu (Ka, meaning “Practitioner”)

**Nage** The thrower

**Uke / Tori** Person being thrown

**Dojo** Literally "place of the Way." Also "place of enlightenment." The place where we practice aikido.

**Kiai** A shout delivered for the purpose of focussing all of one's energy into a single movement

**Hara** One's center of mass, located about 2" below the navel. Traditionally this was thought to be the location of the spirit/mind/(source of KI). Aikido techniques should be executed as much as possible from or through one's HARA.

**Shinkenshobu** Lit. "Duel with live swords." This expresses the attitude one should have about Mixed Martial Arts Training training, i.e., one should treat the practice session as though it were, in some respects, a life-or-death duel with live swords. In particular, one's attention during Budo Jiu-Jitsu training should be single-mindedly focused on his/her training, just as, during a life-or-death duel, one's attention is entirely focused on the duel.

**Seiza** Sitting on one's knees. Sitting this way requires acclimatization, but provides both a stable base and greater ease of movement than sitting cross-legged.

**Agura** Informal Sitting with legs crossed (pretzel style)

**Domo Arigato Gozaimashita (Go-zai-ee-mosh)** Japanese for "thank you very much." At the end of each class, it is proper to bow and thank the instructor and those with whom you've trained.

**Mushin** Literally "no mind". A state of cognitive awareness characterized by the absence of discursive thought. A state of mind in which the mind acts/reacts without interference.

**Sensei** Teacher. It is usually considered proper to address the instructor during practice as "Sensei" rather than by his/her name.

**Muay Thai** Kickboxing with the ability to use elbow strikes, kick opponents legs, and knee to the body, head or legs of the opponent



# Personal Commitment Letter

Student: \_\_\_\_\_ Date: \_\_\_\_\_

**What is your level of Commitment to achieving the Rank of Black Belt in Budo-Jitsu?**

The following questions are designed to make you clear on your intentions in regards to what you want for yourself as a result of your Martial Arts training.

This information is confidential between the student and their Sensei.

1) Why did you join Budo Jiu-Jitsu?
2) How often are you committed to training? 1x per week <input type="checkbox"/> 2x per week <input type="checkbox"/> 3x per week <input type="checkbox"/>
3) How much do you weigh right now? _____ What is your ideal weight?: _____
4) How do you rate your health status? Cardio: Bad <input type="checkbox"/> OK <input type="checkbox"/> Good <input type="checkbox"/> Excellent <input type="checkbox"/> Muscle Tone: Weak <input type="checkbox"/> OK <input type="checkbox"/> Good <input type="checkbox"/> Excellent <input type="checkbox"/> Mental Focus: Poor <input type="checkbox"/> Scattered <input type="checkbox"/> Good <input type="checkbox"/> Sharp <input type="checkbox"/>
5) What else do you hope to get out of your Martial Arts training?
6) Are you committed to reaching and attaining your Black Belt in Budo Jiu Jitsu by studying, learning, and applying all knowledge passed onto you by your instructors?  Yes: _____ No: _____  Comments:
7) Additional Goals you wish to accomplish:
8) Do have any desire to teach the Art to others in the future?

Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Sensei's Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# BUDO Jiu-Jitsu Association-ADULT **WHITE**-13

## Ju San-Kyu - White Belt Curriculum

14 Classes required for Promotional to Yellow

### Etiquette & Tradition

- 1) Bowing (On/Off mat, In/Out of Dojo, to Instructors, to partner)
- 2) Personal Commitment Letter (Ask Sensei for form)
- 3) Seven Virtues of the Samurai (Rectitude, Courage, Benevolence, Respect, Honesty, Honor, Loyalty)
- 4) Gi Folding
- 5) Vocabulary

**Onegai Shimasu (Ohnuh-gahshi-mahss)** - "Will you work out with me?" or "We wish for a beneficial outcome."

Domo Arigato Gozai mashita-

Hajame-

Yame-

Dojo

Kobudo

Tanto

Nihon

Nippon

Sensei

Shi-han

Soke

Thank you very much for what you have done

to begin

to stop

School, play of the 'Way'

Weapons Training

Knife

Japanese

Japan

Instructor

Teach of Teachers

System Founder



### JJ – Jiu –Jitsu

- 1) Falls and Rolls
- 2) Positions (Guard, Mount, Half-Guard, North-South, Side Control, Knee in the Belly, Rear Mount)
- 3) Pulling Guard
- 4) Double Leg Take Down
- 5) Throw by knee pin pass
- 6) Armbar from Mount

### Karate

- 1) Stances (Jigotai, Fighting, Muai Thai)
- 2) Front Kick
- 3) Side Kick
- 4) Round House Leg Kick with Shin

### Muai Thai/Boxing

- 1) Jab
- 2) Cross
- 3) Hook
- 4) Uppercut
- 5) Hand Work/Covering Up/Keeping hands up (Cell Phones)





# BUDO Jiu-Jitsu Association - ADULT **YELLOW** - 12

## Ju Ni-Kyu/Yellow Belt Technique Sheet

\*Study this list and ask your instructor about any questions you may have about any techniques.

### Etiquette & Tradition



#### 1) *Seven Virtues of the Samurai* in Depth

(The underlined statement is the Budo Jiu-Jitsu Definition for oral & written examination)

- 1) **Rectitude**-The Path of Righteousness
- 2) **Courage**-Courage to do the right thing (*Lack of Courage*: Knowing what is right and **not** doing it)
  - a) **Bearing**-what you think you can't bear (No whining or complaining to others)
  - b) Always speaking your mind can be sometimes be a 'lack' of bearing
- 3) **Benevolence**-Helping those less fortunate than you (Kindness to others)
- 4) **Respect**-For myself and others (also: **Politeness** towards others & Everything is a ceremony)
- 5) **Honesty**-Speaking your truth having no need to lie
- 6) **Honor**- Living a life of Integrity (No cheating, stealing, or shady behavior)
- 7) **Loyalty**-To Family, Friends, Dojo, & Country (also: Loyalty to your Goals-doing what's necessary)

#### **Submissions:**

- Clock Choke - Gi**
- Armbar from Guard (dorsal fin spin)
- Kimora from Guard
- Standing Kimora
- Triangle from Guard
- Guillotine: Stuff the Football & off Double Leg

#### **Submission Defenses**

- Defense against Armbar – Elbows in
- Defense against Kimora: Grip Gi  Lock Hands
- Defense against Guillotine: Iron Cross to Von Flue

#### **Take Downs:**

- Macalulu  Arm drag  Outside Single

#### **Positioning/Escapes**

- Straight Knee Pass
- Cross Knee Pass
- Building the Wall under Side Control
- Shrimping: Pushing on the Knees under Mount

#### **Karate**

- Strikes:** Ridge Hand  Palm Heal  Vertical Punch

#### **Muay Thai :**

- Muay Thai Clinch
- Muay Thai Elbow & Knee Combos 1)  2)  3)
- Shin Blocks  Leaning in

- Boxing :** Jab Footwork  Cornering Footwork



武道



柔術





# BUDO Jiu-Jitsu Assoc.-ADULT **YELLOW** SILVER- 11

## Ju Ichi-Kyu/Yellow-Silver Belt Technique Sheet

### MMA Rules

The **10-point must system** is a method of scoring a fighting match (e.g., [boxing](#) or [mixed martial arts](#) (MMA)). One fighter must get 10 points each round and the other a 9 or an 8. The loser of the round scores an 8 when severely dominated. If the winner of the round is penalized for a violation of the rules (grabbing the fence, etc) he could then tie the round 9-9. The points of each round awarded are added up to establish a winner.

"If you knew you had to fight for your life tomorrow, would you change your training today?" -Bruce Lee



### **Guard Passing:**

- Straight Knee Pass
- Traditional pass (bait triangle)
- Elbow to Elbow Pass

### **Take Downs:**

- Sag Headlock
- Inside Leg Trip from Over Under
- Snap & Spin

### **Submissions:**

- Sleeve Choke
- Cross Choke from Guard
- Americana from Side Control
- Footlock from guard
- Reverse Sleeper with Grapevines from Mount
- Rear Naked Choke

### **Submission Defenses**

- Americana – Face Technique Lock Hands
- Foot Lock Defense – Reach for Neck
- Rear Naked Choke-Grab Neck , Hand Fight

### **Positioning/Escapes**

#### **5 Side Controls**

- Kesagatami-Headlock
- Kuzure Kesagatami-Scarf Hold
- Cross Body
- Reverse
- Turtle

### **Positions Continued**

- Staking
- Cross Face against Double and Single

### **Striking:**

- Spinning Back Fist
- Axe Kick

### **Muay Thai:**

- Heal Stomps to Knee &  Thigh

### **Boxing:**

- Slipping  Duck Combos  Looping Hook

### **Live Expectations:**

Take Downs – ,  
Maintaining Side Control ,  
Maintaining Mount ,  
Passing the Guard ,  
Anything Goes 2 minutes –



# BUDO Jiu-Jitsu Association -- ADULT **BLUE** - 10

## Ju-Kyu/Blue Belt Technique Sheet

### Etiquette & Tradition

- 1) **Sooji** - Students working together to keep dojo clean with no distinction of Rank
- 2) **Doshi** - Classmates
- 3) **Sempai**- Senior Students
- 4) **Waza** - Technique

### **Guard Passing:**

- Windmill Pass
- Helicopter Pass

### **Take Downs:**

- Duck Under
- Head & Heal Trip
- Jumping Guard



### **Submissions:**

- Paper Cutter Gi Choke-Gi
- The Ninja-Gi Choke-Gi
- Lawn Mower Gi Choke from Guard-Gi
- Outside Guillotine off Double leg shot
- Belfort Armbar from Mount (Two on One)

### **Positioning/Escapes**

- Standard Sweep from Guard (Bump Sweep)
- Table Leg Roll from Mount to Guard

### **Striking:**

- Spinning Side Kick
- Spinning Heal Kick

### **Boxing:**

- Explosive Pad Work Combos
- Entering Footwork
- Withdrawing Footwork

**MMA Sparring:** Full Contact Sparring, Setups, Combos, Takedowns. (Safety Equipment must be purchased)

### **Live Grappling Expected:**

- Grappler/Striker Take Downs
- Take Downs
- Maintaining Side Control
- Maintaining Mount
- Passing the Guard
- Anything Goes 2 minutes – , ,







# BUDO Jiu-Jitsu Assoc. - ADULT **BLUE** - SILVER- 9

## Ku-Kyu/Blue Silver Belt Technique Sheet

### Etiquette & Tradition

- 1) **Reigi** - Proper etiquette of the martial arts (Bowing, How you interact with others in dojo).
- 2) **Fudoshin** - "Immovable Mind", relates to strong mental focus on a particular goal
- 3) **Mushin** - "No Mind", or "Unfettered Mind" Meaning Unbound or Free from fixation and clear

### Jiu -Jitsu



#### **Guard Passing:**

- Hip Knee Pass from Open Guard
- Dump Truck (Munson) Draw in

#### **Take Downs:**

- Chalis
- Leg Sweep - Gi
- Tai Otoshi (Spinning Leg Sweep-Backwards)

#### **Submissions:**

- Sneak Attack Gi Choke from Guard (Using Uke's gi)
- Kimora from Head Hunting Roll up
- Arm Triangle from Side Control (Head&Arm)
- Arm Triangle from Guard (Nage on Bottom)
- Statue of Liberty-Triangle from Mount
- Gator Roll

#### **Positioning/Escapes**

- Head Hunting-Figure 4, from Side Control
- Scissor Sweep from Guard
- Rubber Guard-Mission Control-Hug knee
- Fake Foot lock Post Pass (Grabbing Gi & Lapel)

#### **Striking:**

- Spinning Crescent Kick

#### **Boxing:**

- Covering up
- Reactions Drills (Cover, Cover)(Cover Hook, etc.)

# ***Budo JJ***

**MMA Sparring:** Full Contact Sparring, Setups, Combos, Takedowns. (Safety Equipment must be purchased)

### **Live Testing required prior to Green Belt Promotion:**

3 Rounds of Sparring to include (3 Minutes per round):

- Boxing
- Muay Thai
- MMA

3 Matches at 5 Minutes with 4 different opponents





# BUDO Jiu-Jitsu Association - ADULT GREEN - 8

## Hachi-Kyu/Green Belt Technique Sheet

### Etiquette & Tradition

- 1) **Shinken Shobu** – "Dueling with Live Swords" – Training like your life depended on it. Careless attitude and lack of focus can lead to injury. Treat attacks in class like they are real.
- 2) **Ne-Waza** - Grappling Techniques
- 3) **Shime Waza** -Strangulation techniques – ex. Rear Naked Choke; Triangle Choke
- 4) **Osae Waza** – Immobilization techniques – ex. Arm Bar
- 5) **Kansetsu Waza** – Joint Immobilization Techniques – ex. Kotegaeshi, Nikyo
- 6) **Kuzushi** – Breaking the balance of your Opponent

### Warrior Creed:

#### "I am a Warrior..."



- ...I act in spite of fear
- ...I am willing to do whatever it takes
- ...I do everything at 100%
- ...I am willing to do what's "HARD"
- ...I act in spite of my mood
- ...I am bigger than any obstacle
- ...I succeed in spite of anything
- ...I never give up!

### Take Downs:

- Lateral Drop
- Zorro Trip –Gi (Grabbing Shoulder)
- Reverse Lateral (Over hook & wrist)
- Super Sleeve Guard Pull (grip both)

### Ne-Waza: (Ground Techniques)

- D'arce Choke from the knees (Rear Naked Grip)
- Arm Bar from failed Americana
- Toe Fishing (from Guard-tearing ACL)
- Rear Lapel Choke from Back (grab pants and roll)
- The Compressor (2 Hand Lift Up from Guard)

### Positioning/Escapes

- Spider Guard Sweep (Knee in the belly-reach thru)
- Sword in the Case (from Seiza)

### Grips:

- Shoulder Throw (From Rear Choke & Overhook)
- Bear Hugs: Rear & Front, Arms Pinned and Free
- Grip Releases: Straight, Cross, 2 Hands on 1
- Neck Crank off Rear Grips-Ura (Right on Right Shoulder)
- Armbar off Rear Grips-Omote

### Striking:

- Spinning Elbow off Rounds and Straights

### MMA:

- Double leg off the Cage
- South Pole (Switch & Jab to Outside Single)
- Smearing (Cage Control to Hooks & Elbow)

### Live Testing:

- 5 Minute Match with equally skilled Uke
- 10 Minute Match with equally skilled Uke
- Take Downs





# BUDO Jiu-Jitsu Association - ADULT **GREEN-SILVER** 7 Shichi-Kyu/Green Silver Technique Sheet

## Budo Jiu-Jitsu – Mixed Martial Arts More than fighting



### Etiquette & Tradition

**Kimona** – Alternate name for Gi, especially in regards to Jiu-Jitsu or Judo

#### **Boxing Stage 1:**

10x each Combo

1 Jab

1,2

1,2,3

1,2,3,4

1,2,3,3

1,2,4,4

4,3 Left Lead

4,3 Right Lead

Duck, Hook (5 Left, 5 Right)

1,2 Slip Slip

10 Alternating Hooks

10 Alternating Uppercuts

10 Straights (Jab, Cross)

Student is required to learn proper  
Focus Mit Handling.

#### **Take Downs:**

Catapult Guard Pull (Feet in Side)

Jap Wizard

Double Leg Turn the Corner

Fireman's Carry

#### **Ne-Waza:**

Heal Hook –Standing in Open Guard (Ankle lock Setup)

Heal Hook –Down in Open Guard-Poison Ivy

Ezekiel Choke (Sleeve Choke variation)

Knee Bar from Side Control

Knee Bar from Half Guard (Creeping up, Hand Thru)

#### **Striking:**

Low/High Round House Kick

Front Kick to Face

#### **Positioning**

Half-Guard Boa Sweep





# BUDO Jiu-Jitsu Association - ADULT Purple Belt-6

## Roku-Kyu/Purple Belt Technique Sheet

# BUDO JJ

## MIXED MARTIAL ARTS

### Budo Jiu-Jitsu – Creating Teachers that change Lives!

#### Etiquette & Tradition

*Hogosha* – Japanese for “Guardian” or “Protector”

#### Boxing Stage 2:

10x each Combo



- 1,1 Double Jab
- 1,2 on Right Glove only
- 1,2,4 Same glove then 4 opp. glove
- 1,2,4,2 (1,2 on right mit)
- 1,2,4,3 (1,2 on right mit)
- 1,2,4,4 (1,2 on right mit)
- 1,5 (Jab, Elbow)
- 3,3
- 4,4
- 1,2,6
- 1,2,6 South Paw
- 1,2,7
- 1,2,7 South Paw
- 4,4 4,3 4,1,2 Right hand lead

Student is required to learn proper Focus Mit Handling.

#### Take Downs:

- Metzger
- Soto Makikomi – Headlock Slip Trip
- Muscle Man - Inside Leg Sweep - Under Hook
- Parisyan - Inside Leg Sweep - Overhook



#### Ne-Waza:

- North South Choke from Knee in the Belly
- Armbar from Rear Mount – Shifting to side

#### Positioning:

- Butterfly Sweep from Guard – Gi & No Gi
- Posturing in Guard
- Forearm Pressure in Half-Guard Pass,  Pressure in Scarf Hold

#### MMA:

- Shovel Punch with combos

**Cage Control:**  Circling,  Pace,  Scoring,  
 Fence Pinning Ground and Standing

#### Flow Drills

- 1) Mounted Shrimp Sweep, Repeat
- 2) Mount Armbar Situp Defense Drill (Uke sits up, gets to base, throws by, moves to side, mount, Repeat)
- 3) Around the World, (Uke lays on Back, Nage standing, passes to knee in the belly, Mount, kick over to scarf, Immediate north south, switch to scarf, reverse to legs, mount, roll to guard, other guy stands and repeats.
- 4) Macalulu to Side control, Knee in the Belly, North South, both stand, other guy goes.
- 5) Cross Knee Belly Passes – Side to Side

#### Jiu-Jitsu Warm-ups

- Slapping Frog Jumps, 2) Forward Backward Rolls, 3) Sit throughs 4) Ankle Rollup Crunches (w/partner) 4) Sideways Rolls



# BUDO Jiu-Jitsu Association-ADULT Purple Silver-5 Go-Kyu/Purple Silver Technique Sheet

*“Sometimes being Warrior, is just staying the Path.” -unknown*

Etiquette & Tradition    *Tsukuri* – Positioning, *Tori* – Judo term for Nage



## **Kick Proficiency**

Front Kick  
Side Kick  
Round House Kick  
Spinning Heal Kick  
Inside Crescent  
Outside Crescent  
Switch Kick

## **Punching Proficiency:**

1,2,3,4  
Boxing Combos  
Looping hook  
Spinning Back Fist  
Hammer Fists from SideMount

## **Elbow Proficiency:**

1,5  
Elbows from Mount  
Elbows from Side Control-Pointy  
Elbows from Rear Bear Hug  
- Arms Free  
- Arms Pinned

## **Take Downs:**

- Seoi Toshi – Stepping back Shoulder Throw w/ sleeve & inside lapel Drop to one knee or 2 knees
- Osoto Gari – Forward Jamming Legsweep-w/Headlock or shoulder grip

## **Ne-Waza:**

- Prayer Choke (guillotine)
- 3 Brothers (Guillotine, Kimora, Bump Sweep)
- Guillotine from Guard (Scoot away, sit up, fake kimora)
- Kimora from Guard, Faking the Sweep

## **Positioning (*Tsukuri*):**

- Squid from the Mount (Fake Americana to high mount)
- SpiderFly Sweep (One Spider, One Butterfly, Wrist, & Leg Scoop)
- Spreader – Escape Mount out back door, lock and roll 1 leg

## **MMA:**

- 77 SuperMan Punch
- 1,2,1,2 Double Leg Takedown



Jiu-Jitsu



# BUDO Jiu-Jitsu Association - ADULT **RED BELT** - 4

## Yon-Kyu/Red Belt Technique Sheet

*“Self-Respect is the Fruit of Discipline.”*



### Boxing Stage 3:

10x each Combo



(Switch Partners after 1,2,7)

4,3,2 – 4 Blast

Left Body, L-Head, R-Body, R-Head

Duck Hook, alternate

Cover Drills:

Cover Hook

Cover Hook Cross

1,2,8,8 (Walking Forward)

1,2,7, then Switch Kick 3 times

1,5,3

1,5,3,2

1,2,5,5

1,2,1,2, Clinch for 5 Knees each leg

Burn'em out:

10, Straights, Hooks, Uppers,

10 –Round House Kicks both sides

Repeat Burn

### Take Downs:

- High Crotch to Double Leg takedown
- Heimlich takedown from Rear

### Ne-Waza:

- 3 Wiseman Drill (Armbar, Triangle, Omoplata)
- Razor (Armbar from Mount faking Americana, high mount)
- Go Go Plata from Rubber Guard

### Positioning (*Tsukuri*):

- H-Pass from Open Guard (double leg from knees)
- Double Leg Pass versus Scooter (Manelski)

### MMA:

- Lateral Drop off Fence
- 3 Rounds (Boxing, Muay Thai, MMA) 3 – 3 Minute Rounds

M M A  
MIXED MARTIAL ARTS

# BUDO Jiu-Jitsu Association - ADULT **RED SILVER** - 3

## **San-Kyu**/Red Silver Technique Sheet



*“With all skills being equal with your opponent, it is **STRENGTH, AGILITY, and SPEED** that will make the difference.”*

### **Core Training:**

Circuit Training including:

#### **Abdominal**

- Ali Abs
- V-Crunches
- Sprinkler Crunches
- Russian Twists with Ball
- Crunchy Frogs
- Torso Twists
- Bicycle Crunches

#### **Core:**

- Paratroopers
- Turtle Shell over partner
- Side Jumps over Partner
- Hulk Jumps
- Cotton Candy Spins
- Sit-Outs wrestling style
- Stance Squats
- Sledge Hammer On / Off
- Tire Flips
- Rolls ups

### **Shoulders/Chest**

- Halos
- Sprawls
- Burpees (Squat thrust w.pushup)
- Pushups
- Y-Pushups
- Wood choppers with ball
- Weights for curls and kickbacks

\*Circuits should consist of 1 or 2 exercises from **each** group above





# BUDO Jiu-Jitsu Association - ADULT **BROWN** - 2

## Ni-Kyu/Brown Belt Technique Sheet



*“Lead, Teach, Inspire!”*

### **Planning a Class:**

Classes should contain the following:

#### **Formal Bowing in**

(Kyu Rank teachers do a standing bow except for kid classes)

**Welcome & Expectations** of today's Class

#### **15 Warmup to include:**

- Basic Calisthenics
- Tumbling
- Agility (Various & rotating)
- Russian Twists with Ball
- Crunchy Frogs
- Torso Twists
- Bicycle Crunches

#### **10 Minutes of Drills:** For Review

- 1 Take Down
- 1 Position Change (Pass/transition)
- 1 Submission
- 1 Striking Combo

#### **1 -2 New Techniques:**

- Demonstrate technique twice
- Teach Technique
- Work technique with partner
- Make Corrections
- Work on technique again
- Move on to 2<sup>nd</sup> technique if time

#### **Light Situational Live for *Basic* Students:**

- Partners A & B,  
example: Take turns in Mount
- example: 30 seconds on Feet
- example: Light Sparring

### **Take Downs:**

- Shoulder Nage-** Gi Sacrifice Throw grabbing shoulder & wrist.

#### **Greco Tie ups**

- Double Overs: for Head lock, Sotomakikomi
- Over Unders: for Lateral Drop, Hip toss, Reverse Lateral
- Double Unders: For Suplex, Body Lock rear trip

#### **Ne-Waza:**

- 10 Finger Choke (Guillotine variation)
- Bicep Crush from Armbar

#### **Positioning (*Tsukuri*):**

- Step and Pry – Guard Break
- Staple to Cradle Pass
- Knee in the Pocket Guard Break-One knee in one knee out
- Butterfly Guard Pass (Jam Uke's feet to butt, then Fist & Palm flip)

#### **MMA:**

- Cage Pinning (driving to fence on ground and standing)
- Cage Pinning Defense: Turning the table using footwork: Up/Ground

#### **Weapons:**

##### **Knives:**

- Right Hand,
- Left Hand
- Kotegaeshi against all knife attacks







# BUDO Jiu-Jitsu Association - ADULT BROWN - 1

## I-Kyu/Brown Silver Technique Sheet



# The Final Stretch!



**“Pain is temporary. It may last a minute, an hour, or a day.  
But if you quit, however, it will last forever.”**

### Teaching Time:

- 10 Hours of Kids Class**  
(Logged in, signed by Sensei)
- 30 Hours of Adults Class**  
(Logged in, signed by Sensei)
- 3 Classes taught by you!**  
**Under Black Belt Super vision**  
(Logged in, signed by Sensei)

### Black Belt Requirements:

- 5 Class Itineraries Prepared**  
(Based on Formula-see Ni-Kyu)
- Essay “What Budo Jiu-Jitsu means to Me.”**
- 10 Advanced Classes**  
(signed in)
- Technique Review w/Uke**  
(2 Hour Private)
- Live Testing**
  - 4 – 5 Minute rolls**
  - 3 – 3 Minute Rounds**  
(Boxing, Thai Boxing, MMA)
- Written Test**
- Tuition & Testing Fee must be current**

### Muay Thai

- Plum/Clinch
- Trailing (back of head)
- Leading (face forward)
- Collar 8 (Collar tie up with wrist control-Elbow strike with head control)

### Ne-Waza:

- Cross Choke from Knee in the Belly (Head on far mat, flipper foot to Mount)
- Calf Crush from Top position with one Hook & Figure 4
- Calf Crush from Crossbody side control (Hooking far leg with your leg)

### Weapons:

#### Knives:

- Right & Left Hand 3 of 9, Right Hand Lead
- Tapping Drill
- Z-Cuts,  Fakes  Kali Blocks

#### Sword:

- Grip
- Stance (Hanmi)
- First Position including Grip and Stance
- Shomen Uchi (Overhand attach to head)
- Yokemun Uchi (Round house lapel cut)
- Tsuki (Straight Lunge)
- Drawing & Sheathing



### Black Belt Ceremony:

**Upon Completion of your entire requirements we will set a date for your promotion ceremony where you will demonstrate your skills to the doshi of Budo Jiu-Jitsu. The demonstration should last a minimum of 3 minutes and demonstrate a variety of skills. Ukes required. The remainder of class will be yours to teach as a new Sho-Dan.**