



Youth Training Requirements

WHITE BELT 1ST DEGREE

1. Know and understand SAFETY RULES for:

- injuries
- horseplay
- jewelry
- clothing
- food and liquids on mat
- entering and leaving mat during class
- attitude while in class
- hygiene

2. Know and understand CLASS RITUALS for:

- opening and closing class
- contest

3. Know and demonstrate the proper SITTING POSITIONS while in class:

- Japanese Style
- Indian Style
- American Style

4. Know and demonstrate the two METHODS OF BOWING used in class:

- standing bow
- kneeling bow

5. Know and demonstrate the following EXERCISES:

- head rotations
- arm rotations
- trunk twisters
- side stretches
- leg stretches
- roll back, touch toes over head
- foot Rotations
- hurdle stretch
- sit-ups
- butterflies
- jumping jacks
- push-ups

6. Know and demonstrate the proper way of tying your belt.

7. Know and demonstrate the following ROLLING AND FALLING techniques from a low position:

- forward roll
- judo roll (left and right)
- front fall
- backward roll (left and right)
- side fall (left and right)
- backfall

8. Be thrown Heel-to-Heel throw (Kuzushi Nage)

9. Know and demonstrate the following STRENGTH AND COORDINATION techniques:

- duck walk
- seal crawl
- lame dog walk
- frog jump
- frog jump
- mule kick
- kick one span over head
- grasshopper jump

10. Know and demonstrate the following games:

- rooster fight
- sumo
- alligator wrestling

WHITE BELT 2ND DEGREE

1. Know and demonstrate the following STRENGTH AND COORDINATION techniques:

- tailor's squat
- knee walk
- 360 degree spin
- head stand
- cannonball
- novelty walk
- broad jump your height
- kneel-to-standing height
- frog stance
- catwalk

2. Know and recite our FAMILY TREE:

- 1-Professor Henry Seishiro Okazaki
- 2-Professor Ray L. Law
- 3-Professor William G. Randle
- 4-Professor Michael Chubb
- 5-Professor Kevin Dalrymple

3. Know and recite the JUNIOR BELT RANKS:

- 1-White Belt 1st Degree
- 2-White Belt 2nd Degree
- 3-White Belt 3rd Degree
- 4-Yellow Belt
- 5-Orange Belt
- 6-Green Belt
- 7-Blue Belt
- 8-Purple Belt 3rd Degree
- 9-Purple Belt 2nd Degree
- 10-Purple Belt 1st Degree

4. Know and understand the important of having a JUJITSU NOTEBOOK.

5. Be thrown MAJOR OUTER REAPING (O SOTO GARI) by instructor.

6. Be thrown MAJOR HIP THROW (O GOSHI) by instructor.

7. Know and demonstrate HEEL-TO-HEEL (KAZUSHI NAGE)

8. Know and demonstrate the following WRIST ESCAPES:

- outside wrist escape (KATATE HAZUSHI ICHI)
- inside wrist escape (KATATE HAZUSHI NI)
- double wrist escape (RYOTE HUZUSHI)
- two hands on one wrist (MOROTE HAZUSHI)

9. Know and understand rules for the following CONTESTS:

- sumo
- kata
- randori

10. Participate in one of the following CONTESTS:

- sumo
- kata
- randori

11. CLASS SERVICE: assist in laying out mats five (5) times.

WHITE BELT 3RD DEGREE

1. Know and demonstrate the following STRENGTH AND COORDINATION techniques:
 - jump through belt
 - human wheelbarrow
 - knee dip
 - tank roll
 - russian dance
 - sit-through
 - rise from lying on back using one foot
 - rise from lying on back using both feet
2. FORWARD ROLL over an object half your height.
3. JUDO ROLL over an object half your height.
4. Know and demonstrate the KIAI:
 - expel
 - startle
 - tighten diaphragm
 - power
 - courage
5. Know and demonstrate SLAPPING EXERCISES:
 - on back
 - sitting
 - squatting
 - standing
6. Know and demonstrate the methods of SIGNALING SUBMISSION:
 - on self
 - on opponent
 - with foot
7. Know and demonstrate JUJITSU METHOD OF GETTING TO YOUR FEET:
 - while on your back
 - while on your stomach
8. Know and demonstrate the following THROWING TECHNIQUES:
 - MAJOR OUTER REAPING (O SOTO GARI)
 - MAJOR HIP THROW (O GOSHI)
 - CIRCLE THROW (TOMOE NAGE)
 - FOOT SWEEP (DE ASHI BARAI)
9. Know and demonstrate the following HAND TECHNIQUES:
 - HAND HOLD #1 (KATATE TORI ICHI)
 - HAND HOLD #2 (KATATE TORI NI)
10. TEACHING EXPERIENCE
11. CONTEST EXPERIENCE
12. NOTEBOOK REVIEW
13. CLASS SERVICE: assist in laying out mats five (5) times.

YELLOW BELT

1. Know and demonstrate the following SACRIFICE FALLS from a low position:
 - bridge sutemi
 - judo roll into side fall (left and right)
 - forward roll into front fall
2. Demonstrate MAJOR OUTER REAPING (O SOTO GARI) from a strike
3. Demonstrate MAJOR HIP THROW (O GOSHI) from a three step.
4. Know and demonstrate the following THROWING TECHNIQUES:
 - KNEE THROW (HIZA NAGE)
 - SHOULDER THROW (IPPON SEOI NAGE)
 - TIGER THROW (TORA NAGE)
5. Know and demonstrate the following CONSTRUCTION TECHNIQUES:
 - LAPEL HOLD (ERI GATAME)
 - SHOULDER HOLD (KATA GATAME)
 - PILLOW HOLD (MAKURA GESA GATAME)
6. Demonstrate two methods of escape from LAPEL HOLD (ERI GATAME):
 - SLEEVE LIFTING ESCAPE
 - LEG GRAPEVINE ESCAPE
7. Know and demonstrate the following HAND TECHNIQUES:
 - HAND HOLD #3 (KATATE DORI SAN)
 - HAND HOLD #4 (KATATE DORI SHI)
 - WRIST OVER TURNING (KOTE GAESHI)
8. Know and demonstrate the following STANCES:
 - natural stances: basic, left and right
 - defensive stance: basic, left and right
 - forward stance: left and right
 - back stance: left and right
9. TEACHING EXPERIENCE
10. CONTEST EXPERIENCE
11. NOTEBOOK REVIEW
12. CLASS SERVICE: assist in laying out mats five (5) times.

ORANGE BELT

1. Know and demonstrate the following THROWING TECHNIQUES:
 - SLEEVE LIFTING THROW (SODE TSURIKOMI GOSHI)
 - SHOULDER THROW (SEOI NAGE)
 - ADVANCED FOOT THROW (DE ASHI BARAI)
 - KNEE THROW (HIZA NAGE)
 - INSIDE SICKLE (UCHI GAMA)
2. Demonstrate ONE-POINT SHOULDER THROW (IPPON SEOI NAGE) from a three step.
3. Demonstrate MAJOR HIP THROW (O GOSHI) from a strike.
4. Know and demonstrate the following SACRIFICE FALLS:
 - straight over sutemi
 - twisting sutemi
5. Know and demonstrate the following CONSTRICTION TECHNIQUES:
 - SIDE 4-CORNER HOLD (YOKO SHIHO GATAME)
 - UPPER 4-CORNER HOLD (KAMI SHIHO GATAME)
6. Know and demonstrate the following ESCAPE TECHNIQUES:
 - RED-MAPLE ESCAPE (MOMIJI HAZUSHI)
 - DOUBLE-LAPEL ESCAPE (RYOERI HAZUSHI)
7. Know and demonstrate the following HAND TECHNIQUES:
 - WRIST FOUR-CORNER OVER TURNING
 - WRIST CONSTRICTION
 - REVERSE WRIST CONSTRICTION
 - COILED-UP WRIST HOLD
 - WRIST ENTANGLING
8. TEACHING EXPERIENCE
9. CONTEST EXPERIENCE
10. NOTEBOOK REVIEW
11. CLASS SERVICE: assist in laying out mats five (5) times.

GREEN BELT

1. Know and demonstrate the following THROWING TECHNIQUES:
 - BODY DROP (TAI OTOSHI)
 - INSIDE SICKLE (UCHI GAMA)

2. Demonstrate the following THROWING TECHNIQUES from a 3 step:
 - FOOT SWEEP (DEASHI HARAI)
 - SLEEVE LIFT PULLING (TSURIKOMI GOSHI)

3. Know and demonstrate the following HAND TECHNIQUES:
 - WRIST ENTANGLING (KOTE GARAMI)
 - ARM OVER-TURNING (UDE GAESHI)
 - ARM HOLD (UDE DORI)
 - ARM FOUR-ENTANGLING (UDE SHIGARAMI)

4. Know and demonstrate the following SACRAFICE FALLS:
 - HIGH SIDE FALL SUTEMI
 - HIGH ROLLING SUTEMI

5. Know and demonstrate the following ESCAPES:
 - FINGER HOLD ESCAPE (YUBI TORI HAZUSHI)
 - FINGER HOLD (YUBI TORI)
 - MULTIPLE-FINGER HOLD (MOROYUBI TORI)

6. Know and demonstrate the following PIVOTS:
 - 90 DEGREE FORWARD: LEFT, RIGHT
 - 90 DEGREE BACKWARD: LEFT, RIGHT
 - 180 DEGREE FORWARD: LEFT, RIGHT
 - 180 DEGREE BACKWARD: LEFT, RIGHT

7. Know and demonstrate the following CONSTRUCTION TECHNIQUES:
 - ARM QUICK-BLADE #1 (UDE HAYANADA ICHI)
 - ARM QUICK-BLADE #2 (UDE HAYANADA NI)
 - ARM QUICK-BLADE #3 (UDE HAYANADA SAN)

8. TEACHING EXPERIENCE

9. CONTEST EXPERIENCE

10. NOTEBOOK REVIEW

11. CLASS SERVICE: assist in laying out mats three (3) times.

BLUE BELT

1. Know and demonstrate the following THROWING TECHNIQUES:
 - BOTH HANDS REAPING (MOROTE GARI)
 - OUTSIDE SICKLE (SOTO GAMA)
 - CROSS SHOULDER THROW (SEOI GOSHI)
 - INSIDE SICKLE (UCHI GAMA)
2. Demonstrate the following THROWING TECHNIQUES from a 3 step:
 - CIRCLE THROW (TOMOE NAGE)
 - BODY DROP (TAI OTOSHI)
 - CROSS SHOULDER THROW (SEOI GOSHI)
3. Know and demonstrate the following HAND TECHNIQUES:
 - ARM REVERSE HOLD (UDE GYAKU DORI)
 - ARM REVERSE BREAK (UDE GYAKU KUJIKI)
 - ARM-FIST BREAK (UDE GENKOTSU KUJIKI)
 - SINGLE WING CONSTRICTION (KATA HAGAI JIME)
4. Know and demonstrate the following COMBINATION TECHNIQUES:
 - REVERSE ARM QUICK-BLADE (GYAKU UDE HAYANADA)
 - REVERSE DRAW (SAKANUKI)
5. Know and demonstrate the following escapes:
 - SINGLE WRIST BREAK (KATATE TORI)
 - DOUBLE WRIST BREAK (RYOTE TORI)
 - GREETING WRIST HOLD (AKUSHU KOTE TORI)
6. Know and demonstrate the following COMBINATION TECHNIQUES:
 - FIST-ENTANGLEMENT (SHIGARAMI)
 - WRIST FIST-ENTANGLMENT (KOTE SHIGARAMI)
 - REVERSE FIST-ENTANGLEMENT (GYAKU SHIGARAMI)
 - DEER'S ONE-FOOT CONSTRICTION (SHIKANO ISSOKU JIME)
7. Know and demonstrate the following CONSTRICITON TECHNIQUES:
 - FOUR-CORNER HOLD (SHIHO GATAME)
 - THREE-CORNER HOLD (SANKAKU GATAME)
 - HAND BLADE CONSTRICTION (TENADA JIME)
8. TEACHING EXPERIENCE
9. CONTEST EXPERIENCE
10. NOTEBOOK REVIEW
11. CLASS SERVICE: assist in laying out mats three (3) times.

PURPLE BELT 3RD DEGREE

1. Know and demonstrate the following THROWING TECHNIQUES:
 - SWEEPING HIP (HARAI GOSHI)
 - WINDING PULLING HIP (MAKIKOMI)
 - OUTSIDE WINDING PULLING (SOTO MAKIKOMI)

2. Demonstrate the following THROWING TECHNIQUES from a 3 step:
 - SUPPORT FOOT (SASAE ASHI)
 - OUTSIDE SICKLE (SOTO GAMA)
 - INSIDE SICKLE (UCHI GAMA)

3. Know and demonstrate the following HAND TECHNIQUES:
 - WING CONSTRICTION (HAGAI JIME)
 - WING ENTANGLING CONSTRICTION (HAGAI GARAMI JIME)
 - WING REVERSE CONSTRICTON (HARAI GYAKU JIME)

4. Know the following terms:
 - ippon: one point
 - wazaari: half point
 - osaekomio: holding
 - randoria: free practice

5. Know and demonstrate the following ESCAPES:
 - GREETING ARM HOLD (AKUSHU UDE TORI)
 - GREETING WRIST-WIND HOLD (AKUSHU KOTEMAKI TORI)
 - CHEST HOLD (EMON TORI)

6. Know and demonstrate the following COMBINATION TECHNIQUES:
 - REVERSE-HAND THROW (GYAKUTE NAGE)
 - BACK-OF-HAND FIST-ENTANGLEMENT (TEKUBI SHIGARAMI)

7. Know and demonstrate the following CONSTRICTION TECHNIQUES:
 - ARM CONSTRICTION (UDE JIME)
 - ARM ENTANGLING (UDE GARAMI)
 - ARM BREAK (UDE KUJIKI)

8. Know and demonstrate the following ADVANCE HAND TECHNIQUES:
 - SINGLE-LAPEL ESCAPE (KATAERI HAZUSHI)
 - SINGLE CHEST HOLD (KATA MUNE TORI)
 - ARM REVERSE (UDE GYAKU)

9. TEACHING EXPERIENCE

10. CONTEST EXPERIENCE

11. CLASS SERVICE: assist in laying out mats three (3) times.

PURPLE BELT 2ND DEGREE

1. Know and demonstrate the following THROWING TECHNIQUES:
 - MOUNTAIN TEMPEST (YAMA ARASHI)
 - SENDING SWEEP (OKURI BARAI)
 - MAJOR INNER REAPING (O UCHI GARI)
 - SHOULDER DROP (SEOI OTOSHI)
 - SPRINGING HIP (HANE GOSHI)
 - FLOATING DROP (UKI OTOSHI)
 - FLOATING TECHNIQUE (UKI WAZA)

2. Demonstrate the following THROWING TECHNIQUES from a 3 step:
 - REAR HIP (USHIRO GOSHI)
 - CHANGING HIP (UTSURI GOSHI)

3. Know and demonstrate the following HAND TECHNIQUES:
 - REAR LATCH CONSTRICTION (USHIRO KANNUKI JIME)
 - SHOULDER WHEELING CONSTRICTION (KATA GURUMA JIME)

4. Know the following terms:
 - mate: stop
 - ashi: foot
 - dojo: exercise hall
 - hiza: knee

5. Know and demonstrate the following ESCAPES:
 - FIRST HAND-NECK HOLD (TEKUBI TORI ICHI)
 - SECOND HAND-NECK HOLD (TEKUBI TORI NI)
 - NECK WITHDRAW CONSTRICTION (KUBI NUKI SHIME)
 - WING CONSTRICTION (HAGAI SHIME)

6. Know and demonstrate the following COMBINATION TECHNIQUES:
 - FIST-ENTANGLEMENT (SHIGARAMI)
 - WRIST FIST-ENTANGLEMENT (KOTE SHIGARAMI)
 - REVERSE FIST-ENTANGLEMENT (GYAKU SHIGARAMI)
 - DEER'S ONE-FOOT CONSTRICTION (SHIKANO ISSOKU JIME)

7. Know and demonstrate the following CONSTRICTION TECHNIQUES:
 - FOUR CORNER HOLD (SHIHO GATAME)
 - THREE-CORNER HOLD (SANKAKU GATAME)
 - HAND BLADE CONSTRICTION (TENADA JIME)

8. TEACHING EXPERIENCE

9. CONTEST EXPERIENCE

10. CLASS SERVICE: assist in laying out mats three (3) times.

PURPLE BELT 1ST DEGREE

1. Know and demonstrate the following THROWING TECHNIQUES:

- TAWARA GAESHI (STRAWBAG OVERTURNING)
- SOTO MATA BARAI (OUTSIDE THIGH SWEEP)
- TSURIKOMI DAOSHI (LIFT-PULL THROW)
- KIN KATSUGI (GROIN SHOULDERING)
- UKUMAKI (WHIRLPOOL)
- SUMO GOSHI (WRESTLER'S HIP)
- SUMI GAESHI (CORNER OVERTURNING)
- UCHI MATA BARAI (INSIDE THIGH SWEEP)
- KES NAGE (REAR HIP THROW)
- KESA KATSUGI (LAPEL SHOULDERING)
- USHIRO GOSHI (COUNTER HIP THROW)

2. Demonstrate the following THROWING TECHNIQUES from a 3 step:

- OKURI HARAI (SENDING SWEEP)
- UCHI MOMO HARAI (INSIDE THIGH SWEEP)
- HANE GOSHI (SPRINGING HIP)
- MAKIKOMI (WINDING PULLING)
- YAMA ARASHI (MOUNTAIN STORM)
- SOTO MOMO HARAI (OUTSIDE THIGH SWEEP)
- HARAI GOSHI (SWEEP HIP)
- UKI OTOSHI (FLOATING DROP)
- KANE SUTE (LEG SCISSOR THROW)

3. Know and demonstrate the following COMBINATION TECHNIQUES:

- NORIMI (COUNTER TO HIP THROW)
- KOMIIRI (COUNTER TO ROUND HOUSE KICK)
- KATATE TOMOE (SINGLE SIDED CIRCLE THROW)
- GYAKUTE SHIGARAMI (THROW, HOLD TO MAT)
- HIKI OTOSHI (HOLD WITH FOREARM IN KNEE)
- MIZUKUGURI (UNDERWATER DIVE)
- HON TOMOE (THROW WITH FEET ON HIPS)
- TORA NAGE (THREE HEADLOCK THROW)
- ARASHI OTOSHI (STANDING LAPEL CHOKE)

4. Know and demonstrate the following ADVANCED TECHNIQUES:

- GENEKOTSU OTOSHI (FIST ARM HOLD)
- USHIRO DAKI NAGE (REAR EMBRACING THROW)
- MAE DAKI NAGE (FRONT EMBRACING THROW)
- HIKI OTOSHI (HOLD WITH FOREARM IN KNEE)
- OSAEGAMI NAGE ICHI (FRONT HAIR PULLING ESCAPE)
- OSAEGAMI NAGE NI (REAR HAIR PULLING ESCAPE)
- HUNG GYAKU (HAMMERLOCK COME ALONG)
- ASHI SHIGARAMI (SLIDING LEG TAKEDOWN)
- KATA GURUMA (SHOULDER WHEEL)
- KESA NAGE (REAR HIP THROW)

5. Know and demonstrate the complete list of 24 HAND TECHNIQUES (YAWARA).

6. Know and demonstrate the complete list of 24 HAND TECHNIQUES (OLD YAWARA).

7. Know and demonstrate the following CONSTRICTION TECHNIQUES:

- NAMIJUJI JIME (NORMAL CROSS CHOKE)
- ICHIMONJI JIME (LONG/SHORT LAPEL CHOKE)
- GYAKU ERI JIME (REVERSE LAPEL CHOKE)
- KATAHA JIME (SINGLE WING CHOKE)
- HADAKA JIME ICHI (NAKED CHOKE #1)
- HADAKA JIME SAN (NAKED CHOKE #3)
- GYAKUJUJI JIME (REVERSE CROSS CHOKE)
- TSUKKOMI JIME (POKING CHOKE)
- OKURI ERI JIME (SLIDING LAPEL CHOKE)
- SATSUMA JIME (PERFECT CHOKE)
- HADAKA JIME NI (NAKED CHOKE #2)

8. TEACHING EXPERIENCE

9. CONTEST EXPERIENCE

10. NOTEBOOK REVIEW

11. CLASS SERVICE: assist in laying out mats ten (10) times.