

Green belt Ultimate Jitsu!!

Programm Yellow, Orange and.....

Falling technics / Ukemi waza:

- Front roll over obstacle with defence stand (Mae-Mawari-Ukemi).

Ebo-No-Kata:

- Serie 1

Escape technics on the ground / hodoki waza in ne-waza:

- Lying on the back, attack from Mount with strangulation.
- Lying on the belly, attack from Back Mount with strangulation.

Blocks / Uke waza:

- Block with shinbone (Nami-Uke).
- Block with foot (Ashi-Uke).

MMA Blocks / Uke waza

- Block with arm on a liver shot.
- Block on circle kick to the ribs.
- Block on circle kick to the head. 2 different ways.

Kicking and punching technics / Atemi waza:

- Backwards kick (Ushiro-Geri).
- Backwards spinning circle kick (Ushiro Mae Washi Geri)

Boksing and MMA punches and kicks / Atemi waza:

- Spinning back fist.
- Supperman Punsh.
- Juping Knee Kick.

Boksing stand and moving with punches:

- Moving to the front with Jab and right straight.
- Moving to the back with Jab and right straight.
- Moving to the left with Jab and right straight.
- Moving to the right with Jab and right straight.

Lock's / Kansetsu waza:

- 2x straight arm lock (Juji-Gatame).
- 1x lock with or on the knee (Hiza-Gatame).
- 4x arm twist (Ude-Garami).
- 2x Kote-Gaeshi
- 2x Kote-Maewashi.
- 2x screwing armlock (Kote-Hineri).
- 1x bending wrist lock (Kuzure-Kote-Gaeshi).
- 1x hair/chin turn (Atamo-Age).
- 1x Necklock (Kubi-Hishigi).
- 1x shoe Hold.
- 1x Outside Heel Hook.
- 1x kneebar
- 1 finger lock. (Yubi-Gatame).

Strangulations /Jime waza:

- 2x strangulation from behind without gi (Hadaka-Jime).
- 1x from back mount position. Also called Rear naked choke.
- 2x half strangulation (Kata-Ha-Jime).
- 1x using 1 side of the gi strangulation (Eri-Jime).
- 1x triangle choke. (Sankaku-Jime).

Throw's/Nage waza:

- 3x O-Soto-Gari.
- 2x O-Goshi.
- 2x O-Uchi-Gari.
- 2x Kubi-Nage.
- 2x Ippon-Seoi-Nage.
- 2x Kata-Ashi-Dori.
- 2x De-Ashi-Barai.
- 1x small sweep from the inside (Ko-Uchi-Gari).
- 1x small outside hook throw (Ko-Soto-Gake).
- 1x backwards arm throw (Kiri-Otoshi).
- 1x arm throw (Tai-Otoshi).
- 1x Hook(sacrificese)throw (Sumi-Gaeshi).
- 1x Inscrewing sacrificese throw (Soto-Maki-Komi).
- 1x knee kick and enkle push (Kata-Ashi-Dori).
- 3x take down technic.
- 1x scoop throw. (Sukui-Nage)
- 1x Lifting Wheel Throw. (T-Guruma)

BJJ/ MMA Positions:

- Position Uke in Guard: 3x sweep from Guard.
- Position Tori in Guard: 3x Pass the Guard.
- Position Uke in Guard: 2x Choke.
- Position Uke in Guard: 2x Armlock
- Position Tori in Side Control: 3x transition to Mount.
- Position Tori in Side Control: 1x transition to North – South (Kami-Shio-Gatame)
- Position Tori in Side Control: 1x Choke.
- Position Tori in Side Control: 2x Arm Lock.

- Position Uke in Mount: 2x sweep/Escape.
- Position Uke in Mount: 1x escape to guard.
- Position Tori in Mount: 3x Armlock.
- Position Tori in Mount: 2x Choke.
- Position Tori has Knee on Belly: 2x armlock.
- Position Uke in Guard: Tori to Turtle Position to Taking the Back Mount.
- 1x Escaping the Back Mount.

Standing up from ground position:

- 2x attacker in Guard Position.
- 2x attacker sitting in Mount Position.

Transportation technics:

- 1x bent armlock on the back (Juji-Garami)
- 1x lock with the lower arm (Kanuki-Gatame).

Defense against weapons:

- 1x defence against stick attack from side of head.
- 1x defence against stick attack to the middle.
- 1x defence against straight knife attack.
- 1x defence against knife attack from above.
- 1x defence against knife attack from down.

Combinations:

Reaction on resistance:

- 1x on a throw.
- 1x on a lock.

Reaction on escape:

- 1x from throw.
- 1x from lock.

Free Attack:

- 1 minute 1 attacker unarmed.
- 1 minute 1 attacker armed (stick or knife)
- 3 minute wrestling on the floor in Gi (Ne-Waza)
- 3 minute wrestling on the floor No Gi (Ne-Waza)

