

JUJITSU PROTOCOL

Protocol is the manner by which a student displays respect. The protocol for almost all martial arts is similar across its many forms (karate, jujitsu, judo, kobudo, taekwondo, kung fu, etc) and throughout dojos world-wide. Likewise, the protocol at Hickey Karate Center is the same regardless of the martial arts form being taught or the individual performing the instruction.

The following highlights some of the important protocols, but is not intended as all-inclusive descriptions of the entire range of situations where display of respect is expected.

Bowing

The student is expected to bow when: (a) entering and exiting the dojo, (b) entering and exiting the mats (the martial arts instruction area), (c) when greeting another martial arts student of higher rank, (d) when an individual with a black belt enters the dojo and this person has a higher rank than those currently in the building, and (e) at the beginning and ending of each class.

Salutation

Students are to address their instructor in one of the following ways: (a) sir/ma'am, (b) by the surname (last name) of the instructor, preceded by Mr. /Ms., or (c) by the instructor's title (sempai = instructor, sensei = teacher, shihan = master teacher).

Behavior During Instruction

During instruction, demonstration, or general talk by the teacher: (a) the student is expected to stand in yoi (never leaning on an object, shifting one's balance, fiddling with an object, talking to others), or to be sitting in the appropriate positions. (b) The student is to pay close attention to directions. He/she may ask for clarification *after* the teacher has completed all instructions. (c) The student is not to initiate a debate or question the merits of the lesson. Any concerns the student has should wait until the matter can be discussed with the instructor privately after class. (d) Students are expected to make a concerted effort to perform in compliance with the instruction. If a student has a physical limitation that prevents him/her from performing the task, they may inform the instructor *after* he/she has explained the lesson to the rest of the class.

JUJITSU RANK REQUIREMENTS GUIDELINES
(September, 2006)

The following are guidelines jujitsu instructors will follow in determining eligibility for a student to test for the next highest belt. They will go into effect beginning January 1, 2007. Please note, the criteria listed here are general guidelines that the jujitsu instructors will use, but they are not carved in stone. In special circumstances (as determined by the jujitsu instructor and Mr. Hickey) other eligibility criteria may be used for a particular student.

Test Requirements for Belts Below a Black Belt

1. A student must maintain a positive attitude in class. This involves the student following martial arts protocols of courtesy and respect for one's fellow students and their instructor. It is also expected that the student will give his/her best effort in attending to instruction and practicing the techniques.
2. The student is expected to attend at least 60% or more of the classes from the date of their last test to the date of their present test. Typically, the interval between tests is about 4 months or 16 weeks. Attending 60% of classes during this interval would result in being present at 19 classes.
3. For jujitsu students testing for jujitsu belts above blue, they must have reached a designated belt level in karate. These karate belt requirements necessary to test for a specific jujitsu belt are noted below.

To Test for Jujitsu Belt Level	Must Have Karate Belt Level
Brown	Green
Red	Blue
Purple	Blue
Green	Yellow
Blue	N/A
Yellow	N/A
Orange	N/A

Test Requirements for Jujitsu Black Belts

1. A student must maintain a positive attitude in class. This involves the student following martial arts protocols of courtesy and respect for one's fellow students and their instructor. It is also expected that the student will give his/her best effort in attending to instruction and practicing the techniques.
2. There are two types of attendance criterion. The student may fulfill either to be eligible for testing. One criterion addresses attendance at 60% for a specific time prior to the test. If that criterion is not met, another criterion specifies a total number of classes attended from last testing to the time of the specific black belt test.

Probationary Black Belt: Attend 60% of classes 6 months prior to testing for this belt (about 30 classes) *or* a total of 50 or more classes from a student's last test to the present test.

First Dan: Same as above.

Second Dan: Attend 60% of the classes 12 months prior to testing for this belt (about 60 classes) *or* a total of 100 classes from the time the student tested for their First Dan to the present test.

Third Dan and higher belts: Attend 60% of classes for 24 months prior to testing for a Third Dan or higher belt (about 120 classes) *or* attend a total of 200 classes from the time the student tested for their Second Dan to the present testing (for a Third Dan or higher belt).

3. For jujitsu students testing for jujitsu belts of a Probationary Black and above they must first have reached a designated belt level in karate. These karate belt requirements necessary to test for a specific jujitsu belt are noted below.

To Test for Jujitsu Belt Level	Must Have Karate Belt Level
Third Dan or Higher	First Dan Black
Second Dan	Brown One or higher
First Dan	Red or higher
Probationary Black	Purple or higher

JUJITSU SUMMARY SHEET (Adults) ^{1,2}
(September 2006)

	Orange	Yellow	Blue	Green	Purple	Red	Brown	Black
Karate Belt	na	na	na	yellow	blue	blue	green	red
Rolls & Falls	X	X	X	X	X	X	X	X
Rolls & Falls +Follow Through	na	X	X	X	X	X	X	X
Break Falls	na	na	X	X	X	X	X	X
Voc. Sign/Orientation	na	an	3	4	5	5	5	5
Voc. Body Part	na	na	4	6	8	10	12	15
Voc. Techniques	na	na	4	6	10	12	15	20
Voc. Other	na	na	na	3pt.+2	3pt.+3	3pt.+3	3pt.+4	3pt.+5
Level I & II	X	X	X	X	X	X	X	X
Level I & II +Follow Through	na	X	X	X	X	X	X	X
Strikes	na	na	na	5	8	10	12	15
Throws	2	4	6	10	15	20	25	30
Grappeling	2	4	6	10	15	20	25	30
Escapes	na	na	1	2	3	5	7	10
Ebo No Kata	na	na	na	na	5	10	15	20

¹ See Attendance Requirement

² The following are general guidelines for belt advancement in jujitsu rank for adults. The criteria list for each belt level represents that of the most advanced level of that belt ranking (i.e. the criteria under Brown Belt is for a Brown Belt IV; the criteria for a Green Belt is for a Green Belt II, etc.). Please note that other considerations may apply in determining jujitsu belt rank (e.g. two students may be at the same jujitsu skill level, but one has a black belt in karate and the other is a green belt in karate—the student with the black belt in karate is very likely to receive a higher jujitsu ranking than the other student).

JUJITSU: DEFENDS

Type of Attack

Defend

Punch

1. High punch	High Block
2. Middle Punch	Middle Block
3. Hammer Fist	High Block
4. Knife Hand	High Block or Middle Block
5. Speer Hand	High Block or Middle Block
6. Back Fist	High Block or Middle Block
7. Palm Strike	High Block or Middle Block
8. Forearm Strike	High Block or Middle Block
9. Elbow Strike	High Block or Middle Block
10. Clothesline (Arm Strike)	High Block or Middle Block

Kick

1. Front	Low Block
2. Snap	Low Block
3. Roundhouse	High/ Middle Block or Palm
4. Cresant	High or Middle Block
5. Side	High or Middle Block
6. Back	High or Middle Block
7. Hook	High or Middle Block
8. Low Stomp	Retract leg
9. Knee (face, stomach, groin)	Turn to Side

Knife/Club

1. Lunge Stab/Strike	Turn to Side+Middle Block+Wrist Lock
2. Overhead Stab/Strike	Reverse High Block+ Figure 4
3. Reverse Slash/Strike	Middle Block+Arm Bar+Kick
4. Back Stab/Strike	Wind Mill+Arm Bar/Trap+Kick

Gun

1. Gun held high	Horse Stance+Dbl. Hand Grip+Wrist Lock
2. Gun held middle	Turn to Side+Cross Arm Grap+Wrist Lock
3. Gun held at back	Wind Mill+Arm Bar/Trap+Kick

JUJUTSU STRIKES

English

Japanese

Hand, Forearm, Elbow

- | | |
|------------------------------|-------------------|
| 1. Straight Punch | Choku Tsuki |
| 2. Reverse Punch | Gyaku Tsuki |
| 3. Hammer Fist | Ken Tsui |
| 4. Palm Strike | Teisho Atemi |
| 5. Knife Hand | Shuto Atemi |
| 6. Reverse Knife Hand | Gyaku Shuto Atemi |
| 7. Speer Hand | Nukite Atemi |
| 8. Back Fist | Haishu Atemi |
| 9. Forearm Strike | Kote Atemi |
| 10. Elbow Strike | Empai Atemi |
| 11. Clothesline (Arm Strike) | Ude Atemi |

Kicks*

- | | |
|--------------------------------|---------------|
| 1. Front | Mae Geri |
| 2. Snap | Keage Geri |
| 3. Roundhouse | Mawashi Geri |
| 4. Crescent | Mikazuki Geri |
| 5. Side | Yoko Geri |
| 6. Back | Ushiro Geri |
| 7. Hook | Gake Geri |
| 8. Low Stomp | Gedan Geri |
| 9. Knee (face, stomach, groin) | Hiza Geri |

* The Japanese spelling for a kick is either “Geri” or “Keri.”

JUJITSU THROWS

English Term

Japanese Term

Hip Throws

1. Major Hip
2. Hip Sweep
3. Hip Lifting
4. Sleeve Lifting
5. Springing
6. Lifting-Pulling
7. Floating

Ogoshi
Harai Goshi
Tsuru Goshi
Sode Tsurikomi
Hane Goshi
Tsurikomi Goshi
Uki Goshi

Drops

1. Body
2. Valley
3. Shoulder
4. Corner
5. Side
6. Major Outside
7. Floating

Tai (or Tae) Otoshi
Tani Otoshi
Seoi Otoshi
Sumi Otoshi
Yoko Otoshi
O Soto Otoshi
Uki Otoshi

Hooks

1. Major Outside
2. Minor Outside
3. Major Inside
4. Minor Inside

O Soto Gake
Ko Soto Gake
O Uchi Gake
Ko Uchi Gake

Reaps

1. Major Outside
2. Minor Outside
3. Major Inside
4. Minor Inside
5. Two Arm

O Soto Gari
Ko Soto Gari
O Uchi Gari
Ko Uchi Gari
Morote Gari

Shoulder

1. One Armed
2. Two Armed

Seoi Nage
Morote Nage

Sacrifice

1. Side Separation
2. Circle
3. Corner Reversal
4. Heel Trip
5. Rice Bag Reversal
6. Leg Pick
7. Floating Technique
8. Flying Scissors

Yoko Wakare
Tomoe Nage
Sumi Gaeshi
Kibisu Gaeshi
Taware Gaeshi
Ashi Waza
Uki Waza
Kani Basami

Wheel

1. Shoulder
2. Hip
3. Side
4. Knee
5. Major Outside

Kata Guruma
Koshi Guruma
Yoko Guruma
Hiza Guruma
O Soto Guruma

Miscellaneous

1. Outside Wind (2 types)
2. Inside Thigh
3. Scooping Throw
4. Minor Outside Sickle
5. Sliding Foot Sweep
6. Advancing Foot Sweep
7. Inner Thigh Wind

Soto Makikomi
Uchi Mata
Sukui Nage
Ko Soto Gama
Okuri Ashi Hari
De Ashi Hari
Uchi Mata Makikomi

JUJITSU: ESCAPES
(September 2006)

Standing

1. Hip Throws
2. Wheels
3. Drops
4. Hooks, Reaps, & Sweeps
5. Sacrifices
6. Chokes
7. Others

Guard

1. Chokes (facing opponent)
2. Chokes (back to opponent)
3. Bars (Arm, Leg, & Foot)
4. Locks (Wrist, Arm, Foot)
5. Punches
6. In an opponent's guard

Mount/Four Point Position

1. Chokes (facing opponent)
2. Chokes (back to opponent)
3. Bars (Arm, Leg, Foot)
4. Locks (Wrist, Arm, Foot)
5. Punches

JUJITSU GRAPPELING

English

Japanese

Hold Downs

- | | |
|--------------------------------------|--------------------|
| 1. Scarf | Kesa Gatame |
| 2. Scarf Variation | Kuzure Kesa Gatame |
| 3. Shoulder | Kata Gatame |
| 4. Four Corner (Smother) | KamiShiho Gatame |
| 5. Side Locking Four Corner (Cradle) | Yoko Shiho Gatame |

Chokes

- | | |
|---|------------------|
| 1. Cross Choke (Palms Down, Up, One Up, One Down) | Nami Juji Jime |
| 4. Half Cross | Kata Juji Jime |
| 5. Naked (behind & front) | Hadaki Jime |
| 6. Sliding Collar | Okuri Eir Jime |
| 7. Single Wing | Kata Ha Jime |
| 8. Sleeve Wheel | Sode Garuma Jime |
| 9. Triangular | San Kaku Jime |
| 10. Thrust | Tsukkomi Jime |
| 11. Double Fist | Ryote Jime |

Bars & Locks

- | | |
|--|-----------------------------|
| 1. Entangled Arm Lock (Figure Four) | Ude Garami |
| 2. Cross Arm Lock | Ude Hishigi Juji Gatame |
| 3. Armpit Arm Lock | Ude Hishigi Waki Gatame |
| 4. Stomach Arm Lock | Ude Hishigi Hara Gatame |
| 5. Hand Arm Lock | Ude Hishigi Gatame |
| 6. Triangular Arm Lock | Ude Hishigi San Kaku Gatame |
| 7. Double Leg Entanglement (Cherry Pick) | Nidan Ashi Garami |
| 8. Wrist Lock | Tekubi Gatame |
| 9. Pistol Grip | Zuke Gatame |
| 10. Palm Press | Hirate Assakuki |
| 11. Goose Neck | Gachou Kubi |
| 12. Reverse Goose Neck | Sakashima Gachou Kubi |
| 13. Chicken Wing | Chikin Uingu |
| 14. Hammer Lock | Kanadzuchi Gatame |
| 15. Leg Bar | Ba-Ashi |
| 16. One Leg Step Over Lock | Eppon Ashi Naname Gatame |
| 17. Leg Lock | Ashi Gamate |

JUJITSU: VOCUBULARY

English

Japanese

Sizes/Orientation

1. Major or Big	O
2. Minor or Small	Ko
3. Outside	Soto
4. Inside	Uchi
5. Side	Yoko

Part of Body

1. Arm	Ude
2. Armpit	Wake
3. Foot/Leg	Ashi
4. Hand	Te
5. Hip	Goshi
6. Stomach	Hara
7. Waist	Kogoshi
8. Shoulder	Seoi
9. Thigh	Mata
10. Knee	Hiza
11. Neck	Kubi
12. Chest	Mune
13. Forearm	Kote
14. Elbow	Empai
15. Wrist	Tekubi
16. Finger	Yubi
17. Groin	Kin
18. Body	Tai (or Tae)

Technique

1. Hold or Lock	Gatame
2. Wheel	Gurama
3. Throw	Nage
4. Reap	Gari
5. Strike	Atemi
6. Kick	Geri
7. Stance	Dachi
8. Block	Uke
9. Punch	Punch
10. Sweep	Hari

11. Hook	Gake
12. Counter	Kaeshi
13. Modified	Kuzure
14. Sacrifice	Sutemi
15. Drop	Otoshi
16. Wind	Makikomi
17. One-handed	Ippon
18. Two-handed	Morote
19. Double	Nidan
20. Joint-lock	Garami
21. Overturn	Gaeshi
22. Circle	Tomoe
23. Choke	Shime or Jime
24. Technique	Waza
25. Grapping	Katame
26 Jujitsu free sparring	Randori

Other Terms

1. Gentle Art	Jujitsu
2. Gentle Way	Judo
3. Empty Hand	Karate
4. Defender	Tori
5. Attacker	Uke
6. Escape	Hazushi
7. 3 Parts of Throw	
a. off balance	Kuzushi
b. entry	Tsukuri
c. Execution	Kake