

## **GTJ JIU-JITSU YELLOW BELT SYLLABUS (6<sup>TH</sup> KYU)** \*Revised August 2015

1. **Ogoshi (Major Hip Throw)**
2. **Koshi Guruma (Hip Wheel)**
3. Throw into **Kesa Gatame (Scarf Hold)**
4. Throw into **Arm Bar**
5. **Front Mount into Arm Bar**
6. **Defending the Head Kick:**
  - Recumbent Ankle
  - Single leg Takedown into Foot Lock & Fig. 4
7. **Standing Front Choke Defenses**
8. **Standing Rear Choke/"V" Choke Defenses**
9. **Standing Arm & Shoulder Locks:**
  - Facing Shoulder
  - Short Arm Bar/ Entangled Wrist Lock
  - Elbow Lift Lock
  - Shoulder Seizure
10. **Lapel Grab Defenses:**
  - Elbow Pull
  - Shoulder Dislocate (Over & Under Arm)
  - Wrist Locks and Throws including Circular Wrist & "Z" Lock
11. **Single Leg Takedown Variations**
12. **Hair Pull Defenses**
  - Pull Down
  - Shoulder Lock
13. **Breaking Ground Chokes**
  - Mount... Head Drive
  - Guard... High Guard into Arm Bar
  - Beside Body Choke... Arm Bar
  - Wedge Break
  - From Shoulder Pin

