

JUNIOR BLACK BELT GRADING REQUIREMENTS(2014)

1. Research the history of jiu-jitsu and have a basic understanding of the origins of the art.
2. Power Position and Movement:
 - Demonstrate power position and movements away from, and back to power position.
 - Demonstrate linear and angular movements.
3. Breakfalls (Ukemi):
 - Demonstrate breakfalls.
4. Striking (Atemi Waza):
 - Demonstrate basic punches 1 to 6.
 - Demonstrate basic punch combinations.
 - Demonstrate basic elbow and knee strikes.
 - Demonstrate basic kicks.
 - Demonstrate basic strike combinations on focus or target pads.
5. Throws (Nage Waza):
 - Demonstrate basic throw footwork.
 - Demonstrate OGOSHI (hip throw).
 - Demonstrate TAI OTOSHI (body drop).
 - Demonstrate KOSHI GURUMA (hip wheel).
 - Demonstrate HARAI GOSHI (sweeping hip).
 - Demonstrate IPPON SEOI NAGE (one arm shoulder throw).
 - Demonstrate HANE GOSHI (spring hip).
 - Demonstrate OSOTO GARI (major outer reap).
 - Demonstrate OUCHI GARI (major inner reap).
 - Demonstrate UCHI MATA (inner thigh throw).
6. Ground Work (Katame Waza):
 - Demonstrate basic mounts from dominant position.
 - Demonstrate various applications of the guard.
 - Demonstrate how to escape mounts and guards.
 - Demonstrate basic arm bar and kimura.
7. Self-Defense:
 - Demonstrate standing and ground choke defenses.
 - Demonstrate front and rear bear hug (double under hook) defenses.
 - Demonstrate lapel grab defenses.
 - Demonstrate V-choke defenses.
 - Demonstrate kick defenses.
8. Multiple attacks with target pads.
9. Throws/grappling/striking
10. Technique at the discretion of the grading team.