



## ***GT JIU-JITSU JUNIOR SHODAN GRADING REQUIRMENTS***

- 1. Research the history of Japanese Jiu-Jitsu and have a basic understanding of the origins of the art.**
- 2. Power Position & Movement:**
  - Demonstrate linear & angular movements while in Power Position
  - Demonstrate defensive movements, i.e. slip,dip,etc.
- 3. Breakfalls (Ukemi):**
  - Demonstrate breakfalls
- 4. Striking (Atemi Waza):**
  - Demonstrate basic punches 1-6 & punch combinations
  - Demonstrate basic elbow & knee strikes
  - Demonstrate basic kicks
  - Demonstrate basic strike combinations on focus pads or heavy bag
- 5. Throws (Nage Waza):**
  - IPPON SEOI NAGE
  - OGOSHI
  - KOSHI GURUMA
  - TAI OTOSHI
  - HARAI GOSHI
  - HANE GOSHI
  - OUCHI GARI
  - OSOTO GARI
  - SOTO/UCHI MAKIKOMI
  - UCHI MATA
- 6. Ground Work (Katame Waza):**
  - Demonstrate basic holds/controls
  - Demonstrate options while in guard
  - Demonstrate escapes from various positions
  - Demonstrate arms bars and kimura applications
- 7. Self Defense:**
  - Demonstrate standing and ground choke defenses
  - Demonstrate standing overhook & underhook defenses
  - Demonstrate headlock & V choke defenses
- 8. Defend Multiple Attackers**
- 9. Randori**
- 10. Techniques at the discretion of the grading team.**

**\* After exhibiting competency of the above techniques, you will be eligible for: Shodan (1<sup>st</sup> Dan).**