

Shintaikido of Pacifica

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Kaiso Dave Bendigkeit
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Sport Jujitsu Handbook

Combining
American Goshin Jitsu & Shintaikido
Created by Dr. Tony Scuderi & Kaiso Dave Bendigkeit



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Introduction

Welcome to the art of Sport Jujitsu! It is a Mixed Martial Art combining Karate, Judo, and Jujitsu in a sport-oriented setting. It is also a deadly self-defense system if it is used with ferocity and power against a real attacker. Here at Shintaikido of Pacifica, we teach Sport Jujitsu as a complete defensive martial art, along with giving the student training in which techniques can and cannot be used in a tournament situation.

In Sport Jujitsu, as in any proper martial art taught by experienced professionals, SAFETY is the first concern. The creators of Sport Jujitsu at Shintaikido of Pacifica, ***Kaiso Dave Bendigkeit and Dr. Tony Scuderi***, have each been training for over 40 years, making a combined training and teaching experience of over 80 years. We expertly bring this knowledge to our students in a systematic, careful, and controlled fashion. This approach creates students with a solid foundation of correct, effective technique, along with all of the traditional attributes of great martial artists. These attributes include respect for all others, correct dojo protocol, and a helpful approach to training.

We are extremely proud and delighted to be able to present this art to the public. It's not every day that one gets to follow their dream and help others to become good people and role models, all at the same time. And so, we thank you for joining us in the study of this marvelous art and system.

Chief Instructors

Co-Founder Kaiso Dave Bendigkeit



Beginning his training in 1967, Shintaikido Kaiso (founder) Dave Bendigkeit has earned a 8th Degree Black Belt with the title of Professor, under Grand Master Bob Maschmeier, and a Shodan in Aikido with Patricia Hendricks Sensei. He is the founder (Kaiso) of Shintaikido. He is certified as a teacher of Tai Chi Chuan and Chi Gung. He has trained in Sil Lum Fut Ga with Sifu Andy Ching and in knife fighting with Professor Cliff Stewart and Kuk Sa Nim Michael DeAlba. He has taught at numerous seminars, including the San Jose Gasshuku, and at various dojos throughout the San Francisco bay area. Kaiso's goal has been to continue expanding the scope of his own art in the spirit of friendship and sharing.

Shintaikido is a martial art developed and taught by Kaiso Dave Bendigkeit. Shintaikido is taught as a traditional martial art, allowing a person under attack to make a choice as to whether to be a street fighter, a martial artist, or to step aside and move on. The main goal of training is to be able to instantly adapt to any situation with the appropriate reaction and level of force. Constant attention is paid to learning to flow different parts of each technique together. Shintaikido practitioners are taught to focus on the energy aspects of the situation, viewing the resolution of conflict to be a process of healing the mind, body, and spirit of all of the people involved. Adults also learn to be extremely violent when necessary.

Testimonials from Kaiso Dave Bendigkeit's Teachers

“Sensei Dave has a heart of GOLD that is true and sincere - a quality that I respect the most.”
Grandmaster Ming Lum - Sil Lum Fut Ga - Hawaii

“Sensei Dave Bendigkeit is a true martial artist. He is willing to learn from anyone who will teach and teach anyone who is willing to learn. I am proud that he is carrying on the tradition of ‘train hard, be humble, and fight dirty’.”
Grand Master Bob Maschmeier - 9th Degree Black Belt - Kajukenbo

“I’m so proud of your accomplishments in all your arts. You are an inspiration.”
Patricia Hendricks Sensei - Rokudan - Aikido

“Sensei Dave Bendigkeit carries a genuine knowledge of martial arts through his teachings and respect for others.”
Sifu Andy Ching - Sil Lum Fut Ga – Hawaii

Kaiso Dave Bendigkeit - Resume

Martial Arts Training & Ranks

Began Training in Aikido in 1967 (with Robert Nadeau Shihan)
Began training in Kajukenbo in 1988 (with Grand Master Bob Maschmeier)
8th Degree Black Belt – Kajukenbo - Title: Professor - 2009
(under Grand Master Bob Maschmeier – 9th Degree Black Belt)
Aikido – Shodan (Patricia Hendricks Sensei - Rokudan) - 1998
Began Training in Sil Lum Fut Ga in 1995 (with Sifu Andy Ching)
Sport Jujitsu at Shintaikido of Pacifica - Co-Founder with Dr. Tony Scuderi
Fut Ga Iron Palm – (Teaching Certificate under Sifu Andy Ching) - 1996
Certified to teach the Dragon Philosophy of Kajukenbo – 1998 (under Grand Master Ming Lum)
Shintaikido Style Tai Chi Chuan - Founder - (Teaching Certificate under Dr. Chi-hsiu Weng) - 2001
Shintaikido Chi Gung - Founder - (Teaching Certificate under Gand Master Yau Sung Lee) - 1998
Advanced Defensive Tactics (for Law Enforcement Personnel) - CEO & Co-Founder with Bob Maschmeier & Tony Scuderi

Shintaikido – Kaiso (Founder) - 2000

Certificate recognizing Dave Bendigkeit as founder signed in the year 2000 by:
Professor Wally Jay - Founder of Small Circle Jujitsu
Grand Master Ming Lum - Kung Fu
Senior Grand Master Joseph Halbuna – Kajukenbo
Grand Master Arthur Yau Sung Lee - Sil Lum Fut Ga
Grand Master Clarence Tai Lee - Shorin Ryu
Grand Master Bob Maschmeier - Kajukenbo, Jujitsu, Sil Lum Fut Ga, Kyudo
Robert Nadeau Shihan - Aikido

Sifu Andy Ching - Sil Lum Fut Ga
Patricia Hendricks Sensei - Aikido
Professor Gary Deaver - Kajukenbo, Danzan Ryu Jujitsu
Sifu Ron Malabag - Kajukenbo
Professor Carl Caudill - Kenpo
Sensei Jack Carter - Judo, Jujitsu, Tae Kwon Do, Seifukujitsu Restoration Therapy
Sensei Joe DeBattista - Judo, Danzan Ryu Jujitsu
Kuk Sa Nim Michael De Alba - Founder of Modern Farang Mu Sul
Sensei Dale Kahoun - Danzan Ryu Jujitsu, Kodenkan Judo, Ken Ju Ryu Kenpo Jujitsu

Martial Arts Teaching and Business Experience

Dojo Cho (Owner & Chief Instructor) - Shintaikido of Pacifica (opened in 1995)
Shintaikido of Pacifica – 1995 to present (25 – 30 classes per week = over 10,000 classes)
Currently 150 students - Brought over 50 people to black belt ranks.

Teaching: Shintaikido, Aikido, Kajukenbo, Tai Chi Chuan, Chi Gung, Sil Lum Fut Kuen, Meditation, Okazaki Restoration Therapy Certification Courses, Self-Defense for Women, Children's classes for ages four and up.

Pacifica PB&R classes offered in Martial Arts, Massage, and Meditation - 1995 to present

Seminars in Shintaikido taught throughout United States:

Jujitsu America Convention 2000 – Washington DC
Danzan Ryu Camp (Santa Cruz, CA) – 1999 – 2002
Camp Kilohana (Eureka, CA) – 2002
Masters Seminar (Campbell, CA) – 2004
San Jose Gasshuku (Campbell, CA) – 2003
Aikido of San Leandro – 1999
Cahill's Judo Academy (San Bruno, CA) 2004

Martial Arts Dojo Affiliations & Awards

Coast Karate Studio Headquarters
California Aikido Association
Gee Yung Sil Lum Fut Ga Assn. Of Northern California
Jujitsu America - Life Member
Kilohana Martial Arts Federation
Recipient of the 2001 Ming Lum Award
Recipient of the 1996 Ohana Award - Jujitsu America
Inducted into the Masters Hall of Fame – 2004
Inducted into the Pacifica Sports Hall of Fame - 2007

Martial Arts Media Exposure

Mind-Body-Spirit Television Show (Pacifica Community Television) - Producer, Writer & Host - 2001 to 2005
Public Martial Arts Demonstrations for City of Pacifica

Massage/Herbal Training & Teaching

Began bodywork training in 1967 in Shiatsu and Kiatsu (with Robert Nadeau Shihan)
Ki-Works – Founder (Meditation, Massage, Energy Work) - 1996
Shintaikido Meridian Therapy – Founder - 1998
Okazaki Restoration Therapy – CMT (Under Professor James Muro) - 2002
Okazaki Restoration Therapy – Instructor (Under Professor James Muro) - 2003
Certified Master of G-Jo Acupressure - 2002 C.M.T. - City of Pacifica – since 2002
Inventor and Manufacturer of Cinna-Balm muscle ointment

Author - Martial Arts & Massage

DVD's & Handbooks - Shintaikido, Tai Chi & Kajukenbo Training
Okazaki Restoration Therapy Student manual & DVD - 2004

Dave Bendigkeit - Music Career

Music Education

University of California, Santa Barbara – 1974-1975
De Anza Community College, Cupertino, CA – 1975-1978
Personal Student of Claude Gordon 1975 - 1985
Played Trumpet with top professionals for 35 years

Music Work

Professional Trumpet Player – from 1974 through present, worked with:
Ella Fitzgerald, James Brown, B.B. King, Shelly Manne, San Francisco Ballet Orchestra, The Temptations, Gladys Knight & other Motown groups, San Jose Symphony, Dick Bright Orchestra, Glenn Miller Orchestra, Mel Torme, George Shearing, Broadway shows Les Miserables, Into The Woods, and numerous other venues and acts.

Music Recording Career

Record Album – “Dave Bendigkeit - Looking Out”, Jazz Quartet – 1982
Record Album – “Dave Bendigkeit – Thoughts of a Gentleman”, Jazz Quartet – 1987
Record Album – “Dave Bendigkeit - Full Circle: Take One”, Jazz Trio – 2006
Studio recording from 1985 through present: Ads for Macy's, Nike, Gap and many others.
CD & Record albums – Walker, Coaligraphy, Zbra, Deep Voices, and others.
Movie Sound Tracks – Eddie Macon's Run, Lucas Films and others.

Music Writing Career

Wrote for Dick Bright Orchestra, Foothill Community College, Meta-4 Movie Soundtrack demo, and hundreds of compositions for various Dave Bendigkeit groups since 1977.

Author - Music Publications & Other

Getting Started in Jazz Improvisation (Instructional text and CD) for all Instruments – 1987
Jazz Improvisation for All Instruments (Instructional text) - 1985
How I Survive and Thrive in These Trying Times - 2009

Music Teaching Experience

**College of Marin - Taught Jazz Improvisation classes
and was Director/Conductor of Community Concert Band – 1993 to 1995**

Bach Musical Instrument Company Trumpet Clinician – 1988 to 1994

Taught Private Lessons in Trumpet and Jazz Improvisation – 1977 through Present

Seminars/Clinician in Trumpet Playing and/or Jazz Improvisation:

Instructor at the Claude Gordon International Brass Camp – 1984 to 1988

Stanford University for Jazz Camp

Sunnyvale School District

Palo Alto School District

Professional Photographer

Jazz Musician Art Photos taken at various Nightclubs in 1980's

Commercial Portraiture and Industrial Photography 1985 - Present

Dave Bendigkeit

A Short History & Philosophy

My Role

I've been a teacher in one capacity or another all of my adult life.

My Duty, My Responsibility is to Teach.

Once my students have trained for a year or so, they begin to discover that there is so much more to the martial arts than just self-defense.

I've discovered in my time here on this earth that my role is that of a helper, guide, as one who serves others.

Co-Founder Dr. Tony Scuderi



In 1971, while in high school, Tony Scuderi began his studies in the martial arts studying judo with Sensei, Rev. David Jakubiec. After a long and concentrated career of Martial arts training and study, Dr. Scuderi formulated American Goshin Jitsu.

In 2008, Sensei Scuderi spoke to O Sensei Phil Porter concerning pulling all of Sensei Scuderi's martial arts notes, judo and his self defense techniques to pull them together and integrate the different techniques from the arts into a style of self defense which Sensei Scuderi is calling, ***American Goshin Jitsu Martial Arts***.

The object behind American Goshin Jitsu is to have the student master techniques from diverse martial arts promotional boards, and combine and integrate these techniques into an effective self defense form. American Goshin Jitsu also integrates the ancient art of Samurai Swordsmanship as a full body exercise and means of mind, soul, body meditation through smooth flowing movements and strikes. The key is to maintain a steady aerobic movement to aerate the body's cells and strengthen the Ki or Chi of the individual practitioner thus creating cognitive focus, mental stability, and spiritual integration.

American Goshin Jitsu is a self defense system. It should be known from the outset that the techniques of this system can not only act as a means to remove an adversary without harm to either the practitioner or adversary, but it also is a deadly art that can maim and kill. The technician of American Goshin Jitsu is to use this form only as a last resort. This is why no one below the rank of 4th Dan (4th degree black belt) is to study the killing art of American Goshin Jitsu and no one below the rank of Shodan is to study the Samurai.

Dr. Tony Scuderi

Martial Arts Training & Ranks

Began Training in Kodokan Judo in 1971 (with Sensei Rev. David Jakubiec, OFM)
10th Degree Black Belt (10th Dan) - Founder of American Goshin Jitsu - Awarded by
Shihan Phil Porter (10th Dan Judo, Karate USMA) Approved by Soke Alexey Kunin
(10th Dan AJJF)

8th Dan - Kodokan Judo - Awarded by Soke Alexey Kunin (10th Dan AJJF)

7th Dan - Daito Ryu Aiki Jitsu Awarded by the late Grand Master John Denora (10th
Dan)

Special recognition to:

The late Sensei Rev. David Jakubiec, OFM, Yodan & my first Judo coach.

Olympic champion, 1964 Bronze Medalist, Sensei Jim Bregman, 8th Dan Judo
(USJA)

Sensei Gary Goltz, 7th Dan Judo (USJA)

Sensei Terry Kelly, 8th Dan Judo (USJA)

Sensei. Michael Mikowski - Hapkido

Sensei Bill Gessner - Danzan Ryu Jujitsu

Author

Scuderi, A.J. (2000), System Centered Judo Therapy: The use of Judo as a Medium
for Group and Individual Psychotherapy for the treatment of Depression, Anger and
Anger. Colorado Springs, Co, United States Judo Association. Copyright © 2000 by
Anthony Scuderi. All rights reserved.

Scuderi, A.J. (2005), Promotional Techniques and Protocol for Judo: A video/CD
presentation. Pacifica, CA. Copyright © 2005 by Anthony Scuderi. All rights
reserved.

Professional Credits

Doctor of Psychology

Doctor of Ministry in Marriage & Family Therapy

Doctor of Philosophy in Religion

Ordained Minister of the Gospel

Former Roman Catholic Franciscan Priest

Staff Psychologist at San Quentin State Prison

Teaching Experience

Teaching Judo and Jujitsu to students in Universities and Dojos throughout the
United States: Philadelphia, PA, Huguenot, NY, Sturtevant, WI, Sacramento, Santa
Rosa, San Francisco, Berkeley, CA, and, of course, in Pacifica CA, at Shintaikido of
Pacifica.

**We would like to express our gratitude
to the two main advisors to our Sport Jujitsu system:**

Grand Master Bob Maschmeier and Professor Willy Cahill.

Grand Master Bob Maschmeier, head instructor and founder of Coast Karate Studios holds a ninth degree black belt in Kajukenbo, a third degree black belt in Danzan Ryu Jujitsu, and have trained in many other arts and taught his art all over the world to everyone from regular martial arts students to Military Special Forces Units. He always shows respect and gratitude toward his teachers, saying: "I represent my teacher Senior Grand Master Joe Halbuna." Grand Master Maschmeier has been involved in the martial arts for 45 years and has additional background in Kyudo, Judo, Sil Lum Fut Ga Kung Fu and Small Circle Jujitsu (with Professor Wally Jay), and Okazaki Restoration Therapy.

Professor Willy Cahill is a martial arts legend. His dojo, Cahill's Judo Academy, is located in San Bruno, California. Prof. Willy Cahill is one of the Founders, past President, and Technical Director of Jujitsu America. He holds 10th Dan in Jujitsu and 8th Dan in Judo. Besides running his own dojo, Cahill's Judo Academy, in San Bruno, CA, which celebrates its 60th anniversary in 2008, he coached the U.S. Olympic Judo Teams in 1984 and 1988, the World Team five times, the Pan American Team twice and the Goodwill Games twice. Since 1963, Cahill's Judo Academy has produced over 1000 national and international medal winners, and four Olympic and Paralympic coaches. Coach Cahill was the judo coach at both San Francisco State University and Stanford University. He was head coach of the Paralympic Judo Team that traveled to Sydney, Australia in November, 2000 and brought back the first Gold Medals ever won by the U.S. in Paralympic or Olympic judo competition. The team was ranked #1 in the world in 2000. Prof. Cahill has received numerous awards, including being named to Black Belt Magazine's Black Belt Hall of Fame as Judo Coach of the Year, JA's Instructor of the Year in 1979, inducted in 1981 to JA's Black Belt Hall of Fame, was the 1997 recipient of JA's Wally Jay Award, and recognized in 2006 with JA's Patriarch Award.

Three Parts of Sport Jujitsu

Part One: Sparring (Kumite) (Strikes & Kicks)

Part One: Throwing (Nage Waza) (Throws, Takedowns, Standing chokes/Strangulation)

Part Three: Grappling (Ne Waza) (Mat Techniques, Joint Locks, Chokes/Strangulation)

BASIC RULES

1. Block, grab or be out of reach of potential weapons at all times.
2. **HELP** your partner down.
3. Always apply locks **SLOWLY**.
4. Work techniques slowly and at least 50 times before speeding up.
5. Three speeds of practice are: ***Static - Flowing -Dynamic***
6. Keep your base wide.
7. Say “**BREAK!!**” “**TAP, TAP!!**” or Tap Out twice ***on your partner’s body BEFORE*** it starts hurting.
8. Control of Power is ***Paramount*** - do not hurt your partner!
9. ***Cultivating Sportsmanship and Friendship are your reasons for being here.***
10. No freestyle is allowed until basic techniques are mastered.

SPARRING (KUMITE) RULES

KARATE "POINT SPARRING" RULES

1. **SAFETY EQUIPMENT:** Headgear, Mouthpiece, Sport Jujitsu Gloves (covering thumb), Feet, & Shins. Gloves must be free of tape, tears, and repairs, which may cause injury. For males, groin protection is mandatory. For Females, groin and chest protection are highly recommended. Forearm guards may be used. Shin & Forearm guards should be worn under the uniform.
2. **JEWELRY:** None is allowed.
3. **TARGETS:**
 - ADULT** targets are:
Side and Top of Head (no closer than 3 inches away), front of torso. The face is not a target! An unblocked strike past the head is a point.
 - JUNIOR** targets are:
Side and Top of Head (no closer than 6 inches away), front of torso. The face is not a target! An unblocked strike past the head is a point.
3. **SCORING:** The first fighter to get three points wins. Points are scored only if the judge calls them. With two judges, only one judge needs to call a point for the point to count. With three judges, two must call a point for it to count. The Referee (Head Judge) runs the match. Judges will use proper hand signals and verbal commands for starting the match, calling points, contact and ending the match.
4. **CONTACT:** No contact is allowed. It takes only one judge to "call for contact".
 - 1st contact: Warning. No point.
 - 2nd contact: Point for the fighter who was hit.
 - 3rd contact: Disqualification of the fighter who made contact.
5. **GRABBING:** No grabbing or holding is allowed, unless a full Sport Jujitsu match is occurring.
6. **SWEEPS OR THROWS:** No sweeps or throws are allowed, unless a full Sport Jujitsu match is occurring.
7. **STOPPING THE CLOCK:** Only the Referee may stop the clock. A fighter may request a stop for adjusting gear.
8. **REGISTERING A COMPLAINT:** Complaints must be registered verbally and respectfully with the Instructor of the class.
9. **SCORING IN THE AIR:** Scoring while in the air is not allowed.
10. **BLIND TECHNIQUES:** Blind techniques are not allowed. They will be scored as contact.
11. **JUDGES DISCRETION:** Scoring will be at the judges' discretion. See #8

Throwing (Nage Waza) Rules

1. When learning techniques, **HELP** your partner down.
2. Work techniques slowly and at least 50 times before speeding up.
3. When learning techniques, using resistance to stop your partner from completing a technique is prohibited.
4. Apply locks and chokes in a controlled fashion.
5. Neck Cranks are prohibited.
6. See Jujutsu America - Sport Jujitsu Rules for Tournament “Legal and Illegal” Throws and Holds.
7. No freestyle is allowed until basic techniques are mastered.

Grappling (Ne Waza) Rules

1. Work techniques slowly and at least 50 times before speeding up.
2. When learning techniques, using resistance to stop your partner from completing a technique is prohibited.
3. Apply locks and chokes in a controlled fashion.
4. Neck Cranks are prohibited.
5. See Jujutsu America Sport - Jujitsu Rules for Tournament “legal and Illegal” Pins, and Holds.
6. Say “**BREAK!!**” “**TAP, TAP!!**” or Tap Out twice ***on your partner’s body*** **BEFORE** it starts hurting.
7. No freestyle is allowed until basic techniques are mastered.

Techniques For Promotion

Juniors (8 through 14 years)

&

Adults (15 years and older)

ADULTS: All of the Junior Orange Belt Techniques are required for your first Belt Promotion which will be to Yellow Belt (Orange Belts and stripes on belts are for Juniors only) Adults begin earning stripes at Brown Belt). Promotions requirements are listed based on Junior Belts and Stripes.

Regarding Your First Belt Promotion

(ORANGE BELTS ARE FOR JUNIORS ONLY)

Adults: You will wear a White Belt until all Orange Belt (same as Junior) Requirements are completed to the satisfaction of both Founders - **THEN** you get your Yellow Belt)

Rank Requirements For Promotion

Techniques for Promotion

ORANGE BELT

Terminology: Defender is “Tori” - Attacker is “Uke”

Sparring

Hand Strikes: Jab - Cross - Hook - Uppercut - Backfist -
Ridgehand

Boxer Stance

Front Snap Kick

Basic Sparring Ability & Understanding

Throwing

All Breakfalls: Back - Side - Front - Front Roll (with getting up and
staying down) Back Roll (with getting up and staying down)

“Grabbing Up”

Getting into the “Clinch”

Basic Hip Throw - Arm to Back (O Goshi)

Grappling

Grabbing Up

Kneeling (Dead Foot VS Live Foot)

Basic “one foot up” Takedown to Mount

Showing Understanding of Basic Rules on Page Two.

Basic Exercises & Positions:

- 1. Mount, Inside the Guard, Bottom Mount, Bottom Guard, Half Mount, Side Mount, Top Mount, Posting**
- 2. Shrimp Crawl, Knees In**
- 3. Spinning on Opponent’s Back**
- 4. Opponent rolls sideways underneath your mount**
- 5. Spread Base**
- 6. Leg Switch**

ORANGE BELT - One Stripe

Sparring

Kicks: Front Snap - Front Thrust - Side - Roundhouse - Back
Slipping the Punch & Combinations
Improvement of Sparring Ability & Understanding

Throwing

Shoulder Throw (Seoi Nage)
A) Elbow Crook (Ippon)
B) Grab Lapel (Morote)

Basic Grapevine Trip & Schoolyard Trip from Clinch

Grappling

Scarf Hold (Headlock - Kesa Gatame)

Mount to Guard - basic back and forth drill
Blocking from Bottom Mount to Guard
Elbow to inner thigh from Top Guard to Mount

Showing Improved Internalization of Basic Rules

ORANGE BELT - Two Stripes

Sparring

Blocks: Parry - Upward - Inward - Short Outward - Long Outward
- Downward

Combinations

Closing the Distance

Improvement of Sparring Ability & Understanding

Throwing

Knee Wheel (Hiza Garuma)

Hands to Back From Clinch

Biceps Takedown

Grappling

Knees In - Bridge & Roll Escape

Leg Over Escape from Headlock - (LH push partner's shoulder while you turn your face toward your partner)

Basic Blocks from the Mount

1. Snake Through for Hands to Chest
2. Inward Blocks for hands to stomach
3. Pull hands toward you for opponent bracing to sit up (rest weight on chest)
4. Pull hands or Elbows off Knees & Hips

Showing Improved Internalization of Basic Rules

ORANGE BELT - Three Stripes

Sparring

Hand Strikes: Hammerfist - Chop - Palm Strike - Spinning Backfist

Blocks: Butterfly Block

Kicks: Spinning Back Kick - Hook Kick - Angled Front Kick - Crescent Kicks

More Combinations

Improvement of Sparring Ability & Understanding

Throwing

Single Leg Sweep (O Soto Gari) Major Outside Reaping Throw

Block Back Foot Throw from Clinch (Tani Otoshi)

Block Foot Throw to Hip Throw from Counter

Grappling

4 - Corners Hold (from side mount) (Yokoshiho Gatame)

Cross Armlock from Mount - Uke's attack: one hand lapel grab (Juji Gatame)

Framing Escape (from Headlock) to Choke with Legs

Showing Improved Internalization of Basic Rules

Test List For YELLOW BELT

You are required to own Grappling Gloves, a Mouthpiece and Groin Cup.

You will be “Pre-Tested” first!

This is to make sure that you’re ready to test!

A. Showing Improved Internalization of Basics

B. All Breakfalls: Back - Side - Front - Front Roll (with getting up and staying down)
Back Roll (with getting up and staying down)

C. Sparring Basics --

1. Hand Strikes: Jab - Cross - Hook - Uppercut - Backfist - Ridgehand - Hammerfist - Chop - Palm Strike - Spinning Backfist
2. Blocks: Parry - Upward - Inward - Short Outward - Long Outward - Downward - Butterfly Block
3. Kicks: Front Snap - Front Thrust - Side - Roundhouse - Back - Spinning Back Kick - Hook Kick - Angled Front Kick - Crescent Kicks

D. Throws --

1. Basic Hip Throw - Arm to Back (O Goshi)
2. Shoulder Throw (Seoi Nage)
 - C) Elbow Crook (Ippon)
 - D) Grab Lapel (Morote)
3. Basic Grapevine Trip & Schoolyard Trip from Clinch
4. Knee Wheel (Hiza Garuma)
5. Hands to Back From Clinch
6. Biceps Takedown
7. Single Leg Sweep (O Soto Gari) Major Outside Reaping Throw
8. Block Back Foot Throw from Clinch (Tani Otoshi)
9. Block Foot Throw to Hip Throw from Counter

E. Grappling --

1. Scarf Hold (Headlock - Kesa Gatame)
2. Mount to Guard - basic back and forth drill:
Blocking from Bottom Mount to Guard
Elbow to inner thigh from Top Guard to Mount
3. Knees In - Bridge & Roll Escape
4. Leg Over Escape from Headlock - (LH push partner’s shoulder while you turn your face toward your partner)
5. Four - Corners Hold (from side mount) (Yokoshiho Gatame)
6. Cross Armlock (Tenada Shime) from Mount - Uke’s attack: one hand lapel grab (Juji Gatame)
7. Framing Escape (from Headlock) to Choke with Legs

F. Freestyle --

One to Two Minutes of freestyle with partner to demonstrate your ability to flow from one technique to another.

***Uke MUST NOT Resist
AND
YOU WILL NOT HURT YOUR UKE!***

Techniques for Promotion

YELLOW BELT - One Stripe

Sparring

Kicks: Front Snap - Front Thrust - Side - Roundhouse - Back
Slipping the Punch & Combinations
Improvement of Sparring Ability & Understanding

Throwing

Shoulder Throw (Seoi Nage)
 E) Elbow Crook (Ippon)
 F) Grab Lapel (Morote)

Basic Grapevine Trip & Schoolyard Trip from Clinch

Grappling

Scarf Hold (Headlock - Kesa Gatame)

Mount to Guard - basic back and forth drill
 Blocking from Bottom Mount to Guard
 Elbow to inner thigh from Top Guard to Mount

Showing Improved Internalization of Basic Rules

YELLOW BELT - Two Stripes

Sparring

Blocks: Parry - Upward - Inward - Short Outward - Long Outward
- Downward

Combinations

Closing the Distance

Improvement of Sparring Ability & Understanding

Throwing

Knee Wheel (Hiza Garuma)

Hands to Back From Clinch

Biceps Takedown

Grappling

Knees In - Bridge & Roll Escape

Leg Over Escape from Headlock - (LH push partner's shoulder while you turn your face toward your partner)

Basic Blocks from the Mount

10. Snake Through for Hands to Chest
11. Inward Blocks for hands to stomach
12. Pull hands toward you for opponent bracing to sit up
(rest weight on chest)
13. Pull hands or Elbows off Knees & Hips

Showing Improved Internalization of Basic Rules

YELLOW BELT - Three Stripes

Sparring

Hand Strikes: Hammerfist - Chop - Palm Strike - Spinning Backfist

Blocks: Butterfly Block

Kicks: Spinning Back Kick - Hook Kick - Angled Front Kick - Crescent Kicks

More Combinations

Improvement of Sparring Ability & Understanding

Throwing

Single Leg Sweep (O Soto Gari) Major Outside Reaping Throw

Block Back Foot Throw from Clinch (Tani Otoshi)

Block Foot Throw to Hip Throw from Counter

Grappling

4 - Corners Hold (from side mount) (Yokoshiho Gatame)

Cross Armlock from Mount - Uke's attack: one hand lapel grab (Juji Gatame)

Framing Escape (from Headlock) to Choke with Legs

Showing Improved Internalization of Basic Rules

BASIC TARGETS

(MAIN SERIOUS SELF-DEFENSE TARGETS: EYES - THROAT - GROIN – KNEES)

TARGETS & HANDLES

HEAD

HAIR
TEMPLE
EARS
NOSE
CHIN
LIPS
JAW

THROAT AREA

COLLAR BONE
SIDE OF NECK

TORSO AREA

STERNUM
SOLAR PLEXUS
FLOATING RIBS
BLADDER

ARMS

TRICEPS TENDON
BICEPS
RADIUS BONE
BACK OF HAND

LEGS

SIDE OF THIGH (INSIDE & OUTSIDE)
SHIN
TOP OF CALF
TOP OF FOOT
ACHILLES TENDON
SIDES OF LOWER LEG ABOVE ANKLE

SOME MAIN PRESSURE POINTS

UNDER CHEEKBONE
UNDER NOSE
UNDER BOTTOM TEETH
UNDER JAW
STERNOCLEIDOMASTOID (SIDE OF NECK)
COLLARBONE (INSIDE)
TRAPEZIUS
FRONT OF SHOULDER
TOP OF BICEP
INSIDE UPPER ARM BY ELBOW
OUTER FOREARM BY ELBOW
BETWEEN RADIUS & THUMB
STERNUM POINTS
FRONT OF PECTORALS
TOP OF PELVIS
SIDES OF LOWER LEG ABOVE ANKLE
ACHILLES TENDON

Test List For PURPLE BELT

You **MUST** be wearing your School Patch & own Grappling Gloves, a Mouthpiece and Groin Cup.

You will be “Pre-Tested” first! This is to make sure that you’re ready to test!

All Previous Material will be included in test and must show improvement.

A. Showing Improved Internalization of Basics & Flow from Sparring through Grappling

B. Falls: Drill (both sides): Front Roll to Back Roll – Side Fall - Back Fall – Front High Fall

C. Sparring --

1. Hand Strikes: Short Ridgehand, Chop, & Hammerfist
2. Blocks: Parry Lift Grab – Blocks with Legs
3. Kicks: S-Kick, Other Variations
4. Combinations of Hand and Foot Strikes & Speed of Entry and Exit

D. Throws --

1. Grips (Handles) for Balance Taking
2. 8-Direction Forms of Off Balance (Happo No Kuzushi)
3. Hip Throw Entry Drills
4. Sweep Drills (Forward & Backward & Circling)
5. Foot Sweeps (using instep)– Four Sides:
 - A) Front: Uke’s Front Foot (Sasae Tsuru Komi Ashi), Uke’s Back Foot (Barai Tsuru Komi Ashi), Inside of Uke’s foot (Kaouchi Gari)
 - B) Side (Deashi Harai & Okuri Ashi Harai)
 - C) Back - Unbalance Uke & Sweep (Ura Ashi Harai - Ura Hazushi)
6. Leg (Thigh) Reaps: Front and Sides: Big Outside Reap (O Soto Gari), Big Outside Wheel – Both of Uke’s legs (O Soto Guruma), Front Thigh Wheel (Soto Momo Harai), Back Inside Thigh Throw (Uchi Momo Harai)
7. Kick Takedowns from Front Kick & Roundhouse Kick: Sweep or not – & Turning Leg Over
8. Body Drop (Tai Otoshi)
9. Scissors Takedown (Kane Sute)
10. Foot to Hip Throw - to Mount (Tomoe Nage)
11. Front Tackle Two Legs (Morote Gari) & Reversals
12. Front Tackle One Leg (Kuchiki Taoshi) & Reversals
13. Hip Throw Reversals: Push Hips, Dead Weight, Back Throw (Ura Nage)

E. Grappling --

1. Blocking Hand Grabs Drill (from Uke in Bottom Mount)
2. Key Locks Drill: Armbar (Tenada Shime) to Gooseneck to Armbar to RF under neck & roll over to Dragon’s Tail (Tatsumaki Shime)
3. Grappling Drill #1: Scarf Hold (Kesa Gatame) to Push Elbow (Kata Gatame) to Side Kneel Head & Chest Pin to Four Corners Hold (Shiho Gatame)
4. Lapel Chokes (Variations)
5. Combinations of Two Locks at once
6. Leg Locks: Ankle Lock, Spread Legs, Gathering (rotational)
7. Basic Targets

F. Freestyle Match --

Two Minute Freestyle Match with partner to demonstrate your ability to flow.

***Uke MUST NOT Resist
AND
YOU WILL NOT HURT YOUR UKE!***