

Jiu-Jitsu

“Gentle Art”

- List **5 types of attack**: Weapon, Kick, Punch, Trap, Grab
- List **5 Types of Attack** in the order of greatest to least likely:
- List the **6 Fears**:
- List the **5 Actions** that occur in life:
- List and explain **Tewaza 9**:
- List and explain **Tewaza 10**:
- Describe “Sukuinage”:
- Describe “Koshigaruma”:
- Describe “Taiotoshi”:
- Describe “Hikkomi”:
- Describe #25 “Reverse Head Lock-Sukuinage”:
- Describe #26 “Reverse Head Lock-Hikkomi/Sumigaeshi”:
- Describe #27 “Straight Punch-Spinal Tap”:

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- Describe #28 “Hook/Straight Punch-Hizanage”:
- Describe #29 “Middle Round Kick-Return Low Round Kick”:
- Describe #30 “High Round Kick-Ouchigari”:
- Describe #31 “Clench-Hizanage”:
- Describe Rear Guard (9-10):
- Describe Guard (9-10):
- Describe Juji gatame (11-12):
- Describe Juji gatame counters (10-12):
- Describe Arm bar Series (9-12):
- Describe Prone Leg Series (9-12):
- Describe Press Position (9-10):
- Describe Waki Gatame Series (6-10):
- Describe Standing Leg Locks (4-5):