

www.jiukidojiujitsu.com

The Jiukido JiuJitsu Association

What is Jiukido JiuJitsu?

Jiukido JiuJitsu is based on the combative techniques taught by the U.S. Army Special Forces.

Philosophy

1. Cheat
2. If in doubt, break the knee joint.
3. If your opponent has a weapon, get a bigger or better weapon.

Uniform

The uniform consists of a black sweatshirt and sweatpants. Sweatshirt sleeves should be cut to two-thirds length.

Class Divisions

The class is divided into two groups. All beginning individuals are considered Phase I students. A Chief Instructor and Red Emblem Assistants instruct these students. Those individuals who have been promoted to Yellow Emblem are Phase II students. Those individuals who have attained the rank of Green Emblem or above are advanced students. The Master Instructor and a Chief Instructor instruct these individuals. At some point there may be more than one Chief Instructor.

Promotions and Rankings

Belts are not awarded in Jiukido JiuJitsu. Emblems signify the individual's rank, which are equivalent to belt degrees. The ranks in ascending order are: Yellow, Green, Red, Black with White Border, Black with Yellow Border, Black with Green Border. Individuals are promoted when they have met the requirements set forth by the association.

Instruction

General instruction consists of throws, locks, kicks, submission holds using various locks, blindfold techniques, simulated attacks, and controlled competition. Those individuals who continue with their training will learn advanced combative techniques, nerve point defenses, and striking methods and techniques.

Testing Requirements for Rank

Yellow:

- 20 hours of training
- Demonstrate five (5) kicks
- Demonstrate five (5) throws

Green:

- 40 hours of training
- Demonstrate five (5) kicks
- Demonstrate ten (10) throws
- Demonstrate three (3) locks or chokes
- Extinguish candle at six (6) inches

Red:

- 60 hours of training
- Demonstrate five (5) kicks
- Demonstrate ten (10) throws
- Demonstrate five (5) locks or chokes
- Demonstrate three (3) blindfolded techniques
- Extinguish candle at nine (9) inches

Black:

- 100 hours of training
- Teach at least one semester of Phase I class
- Demonstrate ten (10) kicks against an attacker
- Demonstrate fifteen (15) throws against an attacker
- Demonstrate ten (10) locks, chokes, or holds against an attacker
- Demonstrate five (5) blindfolded techniques
- Demonstrate a combined palm and elbow board breaking technique
- Break one (1) cinder slab with hammer fist
- Break one (1) 1/2 x 1/2 x 48" board between two (2) newspaper strips with knife hand strike
- Demonstrate five (5) pressure point techniques
- Demonstrate a fighting technique against two (2) attackers
- Demonstrate a grappling technique
- Demonstrate five (5) techniques against an attacker with a weapon
- Identify ten (10) striking areas that will maim or kill
- Extinguish candle at twelve (12) inches

Phase I Training

Throws & Takedowns:

1. Single Leg Takedown
2. Swinging Single Leg Takedown
3. Single Knee Takedown
4. Ankle Block Throw
5. Body Drop Throw
6. Cross Chest Hip Throw
7. Left Arm Hook throw
8. Left Shoulder Throw
9. Left Shoulder Head Throw
10. Floating Hip Throw
11. Armpit Hip Throw
12. Head Throw
13. Reverse Head Throw
14. Single Right Arm Shoulder Throw
15. Stomach Throw, Modified Stomach Throw
16. Corner Throw
17. Single Arm Throw (position one, also called Knife Throw)
18. Single Arm Throw (position two, also called Knife Throw)
19. Knee Drop Throw (headlock defense)
20. Step Behind Throw (headlock defense)
21. Neck and Wrist Grab Throw (headlock defense)
22. Bear Hug Hip Throw (with hands, with no hands)
23. Ankle Grab Throw (bear hug defense)
24. Sentry Throw
25. Circular Right Arm Throw
26. Flying Scissors Throw
27. Reverse Arm Lock Takedown, with Single Leg Takedown, with Swinging Leg Takedown
28. Left Arm Bar Throw
29. Front Snap Lifting Throw
30. Roundhouse Single Leg Takedown
31. Roundhouse Rolling Throw

Kicks

1. Front
2. Side
3. Stepping Side
4. Hopping Side
5. Roundhouse
6. Crescent
7. Reverse Crescent
8. Back
9. Axe

Locks & Chokes

1. Elbow Lock, with Single Leg Throw, with Swinging Single Leg Takedown
2. Push Down Elbow Joint (standing position and push to floor)
3. Push Down Elbow Joint with Wrist Lock
4. Left Arm-Bar
5. Right Arm-Bar, with Single Leg Takedown, with Swinging Leg Takedown
6. Right Wrist Lock to the inside
7. Right Wrist Lock throw to outside, Thigh Throw, Knee Drop Throw
8. Choke from behind
9. Neck break

Phase II Training

Throws & Takedowns:

1. Fast Ankle Block Throw
2. Sweeping Hip Throw
3. Springing Hip Throw
4. Sweeping Inner Thigh Throw
5. Military Right Arm Shoulder Throw, Military Left Arm Shoulder Throw
6. Right Arm Hook Throw
7. Lifting Sleeve Hip Throw
8. Double Wrist Grab Hip Throw
9. Military Head Throw
10. Middle Finger Throw
11. Double Handed Club Throw
12. Double Handed Choke Throw
13. Power Throw
14. Arm Torque
15. Arm Crank
16. Chiba Throw
17. Half-Nelson Throw
18. Right Arm Outside Twisting Throw, Left Arm Outside Twisting Throw
19. Lasso Throw
20. Left Arm Twist Step Back Throw, Right Arm Twist Step Back Throw
21. Step Back Right Wrist Lock Throw
22. Right Wrist Lock with Single Leg Takedown, Swinging Leg Takedown, Hip Throw
23. Elbow Lock and Hip Throw
24. Reverse Arm Lock with Hip Throw
25. Left Elbow Joint Lock and Wrist Throw, Wall Pin with Left Wrist Throw
26. Wrist Pin To Chest Step Through Throw
27. Knife To Stomach Throw
28. Figure Four Gun Single Leg Takedown, Swinging Leg Throw, Hip Throw
29. Two Handed Reverse Gun Hip Throw, Back Throw, Double Leg Takedown
30. Double Handed Gun Throw
31. Roundhouse Swinging Single Leg Takedown
32. Reverse Waist Throw
33. Reverse Shoulder and Head Throw
34. Full-Nelson Escape
35. Left Wrist Military Reverse Grab Throw, with Knee Drop, Step Through Throw, Step and Hop Through Throw

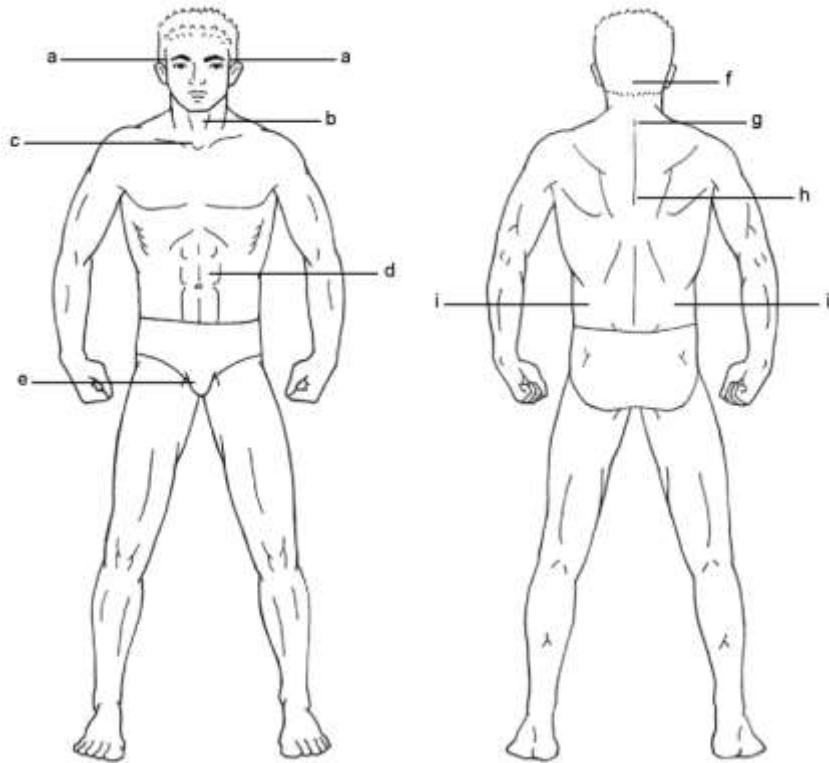
Locks & Chokes:

1. Figure four back lock
2. Figure four front lock
3. Chicken wing using left arm, left arm and choke
4. Chicken wing using right arm, using right arm and choke
5. Armpit hold (3 Point Lock)
6. Arm chest pin
7. Step across lock, Step across and sit lock
8. Cross lapel choke hold from front, hold from back
9. Princeton bar lock, Princeton bar lock with scissor
10. Come along lock

Kicks:

1. Double Front
2. Flying Side
3. Spinning Back
4. Hook
5. Spinning Hook

TARGETS OF SERIOUS INJURY

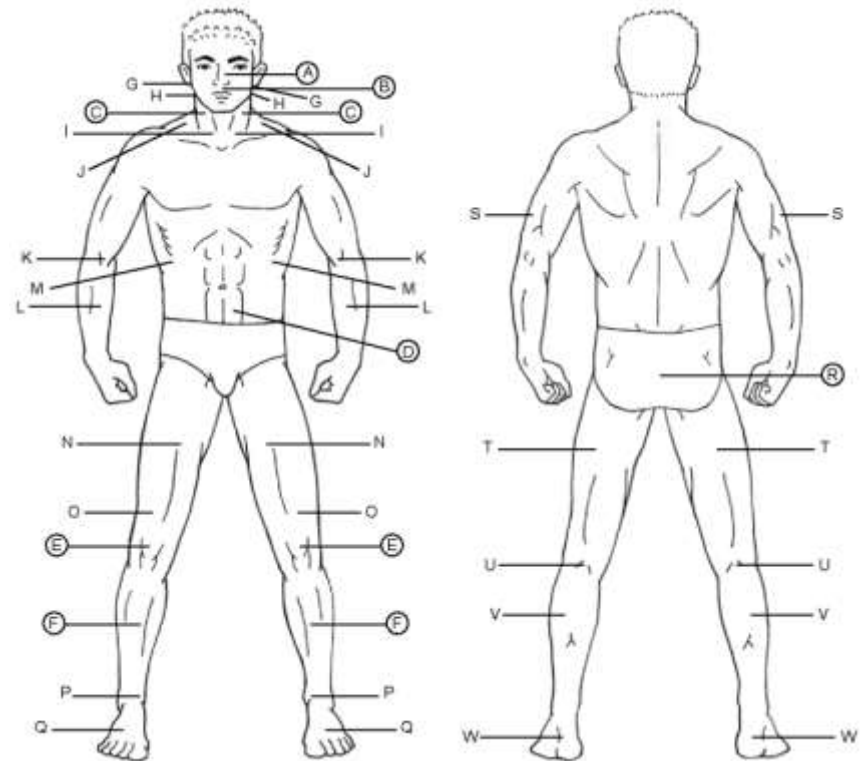


- a. Temple
- b. Adam's apple
- c. Hollow above breast bone
- d. Solar plexus
- e. Groin & genitals

- f. Base of skull
- g. Prominent vertebrae at base of neck
- h. Backbone between shoulder blades
- i. Kidneys

TARGETS OF PAIN AND SEVERE PAIN *

*(targets of severe pain are indicated by encircled letters)



- A. Bridge of nose
- B. Below nose on upper lip
- C. Both sides of neck
- D. Abdomen
- E. Knee Cap
- F. Shin
- G. Behind ear lobes at base of ear
- H. Under jaw
- I. Neck muscle at side of windpipe
- J. Shoulder muscle at base of neck
- K. Elbow at Inside bend of joint

- L. Forearm on top of muscle
- M. Under bottom rib
- N. Inside part of upper thigh above center of upper leg
- O. Lower thigh
- P. Knob of ankle bone
- Q. Instep
- R. Tailbone
- S. Back of upper arm
- T. Upper leg
- U. Behind knee
- V. Calf of lower leg
- W. Achilles heel