

Red Dragon Jujitsu Club
Requirements For Shodan (1st Black Belt)

SHININ NO MAKI

1. **Isami Tasuki Nage**
2. **Obi Hane Goshi**
3. **Tsurikomi Taoshi**
4. **Momiji Nage**
5. **Gyaku Hayanada**
6. **Hiza Nage**
7. **Osaekomi Gyakute Dori**
8. **Kobushi Jime**
9. **Kesa Hazushi**
10. **Kubi Jime Tomoe Gyakute**



ATEMI WAZA (1)

1. **Atemi 1,2,3,4,(5)**
2. **Kasumi Dori**
3. **Hibara Uchi**
4. **Sei Getsu**
5. **Hon Getsu**
6. **Hiza Kin Geri**

WAZA (2)

1. **Momo Jime**
2. **Yubi Dori Jime 1,2,3**
3. **Kesuri Yubi**
4. **Kosi Katori**
5. **Tekubi 1,2**
6. **Ude Ori 1,2,3**
7. **Nuiode Tori**
8. **Ude Dori Jime**
9. **Keri Age**
10. **Sune Geri**
11. **Kesa Karoshi Jime**
12. **Do Mike**
13. **Mune**
14. **Kubi**
15. **Ni 1,2**
16. **Kata 1,2**
17. **Se**

KIAI NO MAKI

1. **Shiraha Watari**
2. **Hara Age Ishi Wari**
3. **Waribashi Ori**

4. **Bo No Maki**
 - a. **Mune Gatame**
 - b. **Shiho Gatame**
 - c. **Ninin Jime**
 - d. **Furo Jime**

NOTEBOOK

Write on the following:

1. What does a black belt mean to you?
2. What are the responsibilities of the rank?
3. What is Ki and Kiai, And how do they apply to Jujitsu, Ju-Do, and Kappo?
4. What are the responsibilities of a sensei?

Shinin No Maki

Scroll of the Superior Person

1. ISAMI TASUKI NAGE

2. OBI HANE GOSHI

3. TSURIKOMI TAOSHI

4. MOMIJI NAGE

5. GYAKU HAYANADA

6. HIZA NAGE

7. OSAEKOMI GYAKUTE TORI

8. KOBUSHI SHIME

9. KESA HAZUSHI

10. KUBI SHIME TOMOE GYAKUTE

11. NININ NAGE

12. GYAKUTE GAESHI

13. HIZAORI NAGE

14. GYAKU HAGAI

15. USHIRO KANNUKI

16. MAE KANNUKI

17. HIKITATE TORI SHIME

18. UDE GARAMI

神
人
ノ
巻

19. EBI SHIME

20. USHIRO EBI SHIME

21. USHIRO NAGE

22. GYAKU ERI SHIME

23. SHIGARAMI SHIME

24. ASHI KANNUKI

25. KESA KAROSHI

26. HANDO SHIME

27. ASHI GYAKU

29. KABE SHIME

30. NIDAN GAESHI

31. SATSUMA SHIME

32. TATAKI KOMI

33. USHIRO NAGE TORI

34. SARU SHIGARAMI

35. SANDAN GAESHI

