

## JUJUTSU WHITE BELT REQUIREMENTS:

TECHNIQUE	ENGLISH	EFFECT
UDE DORI	ARM CATCH	SHOULDER UP, FORWARD/BACKWARD, THEN DOWN
UDE GATAME	ARM BAR	BAR THE ARM, DRIVE SHOULDER INTO NECK
UDE GARAMI	ARM BIND	ELBOW FORWARD, WRIST BACK TO SHOULDER
UDE OSAE	ARM PRESS	ELBOW DOWN AND FORWARD/BACKWARD
HIJI AGE	ELBOW LIFT	ELBOW UP, FINGERS TO TAILBONE
IRIMI NAGE	ENTER THROW	BACK OF THE HEAD TO TAILBONE
KOTE GAESHI	FOREARM RETURN	PALM TO BICEP, FINGERS TO OUTSIDE OF ELBOW
KOTE HINERI	FOREARM TWIST	PALM TO ELBOW, FINGERS TO NOSE
KOTE MAWASHI	FOREARM TURN	BACK OF THE HAND TO BICEP, THUMB AROUND THE WRIST TO NAVEL

OTHER
BREAKFALLS
WRIST ESCAPES
PALM STRIKE
PUSH KICK
ARM BAR SUBMISSIONS
“SPINE TO SPINE”
“NARRATING” ASSIGNMENT

### Dojo Etiquette (*Rei*):

- Please remove your shoes, and make sure your feet are clean and dry before entering the dojo.
- Bow towards the *kamidana* (shrine) as you step on the mat. (Treat the *kamidana* as though the pictures are living people at all times)
- Line up with *sempai* (senior students) on the right and *kohai* (junior students) on the left. (Refer to all senior students as *sempai* until given permission not to personally)
- “*Shinzen ni rei*” (greeting to the ancestors Katori and Kashima).
- Clap twice, bow, clap again.
- Most senior student addresses the class “*Sensei ni rei*” (respect/manners to the instructor)
- Bow, “*Onegaishimasu*” (let’s help each-other)
- Student Creed:  
*I believe in myself. I am confident. I can accomplish my goals.*  
*I believe in what I study. I am disciplined. I am ready to learn and advance.*  
*I believe in my teachers. I show respect for all who help me progress.*
- Bow, *Onegaishimasu* (Now we’re ready to get started!)
- As you leave class, turn and bow to the *kamidana*.