

JU JITSU

(PUT DO CRNOG POJASA)

8.kyu – bijeli pojas žuta traka

Ukemi waza – padovi

1. mae mawari ukemi
2. ushiro ukemi
3. yoko ukemi

Kamae (dachi) – stavovi

1. musubi dachi
2. shitentai
3. zenkutsu dachi
4. fudo dachi

Zuki – uke (udarci – blokovi)

1. jun zuki – oi zuki
2. gedan barai
3. age uke

Tai sabaki – kretanja

1. juri ashi
2. cuki ashi
3. tsuri komi ashi
4. kretanja u zenkutsu dachi

7.kyu –bijeli pojas narandžasta traka

Ukemi waza – padovi

1. mae mawari ukemi
2. ushiro ukemi
3. yoko ukemi
4. mae ukemi

Kamae (dachi) stavovi

1. heiko dachi
2. shizentai
3. jigotai

Zuki – uke (udarci – blokovi)

1. hiza geri
2. gyaku zuki
3. kin geri
4. uchi soto uke
5. gedan barai – gyaku zuki

Nage waza (bacanja)

1. uki goshi
2. o goshi
3. koshi guruma

Ne waza (parterna tehnika)

1. kesa gatame
2. kuzure kesa gatame

6.kyu –bijeli pojas zelena traka

Ukemi waza (padovi)

1. mae mawari ukemi
2. ushiro ukemi
3. yoko ukemi
4. mae ukemi

Zuki (udarci)

1. jun zuki nidozuki
2. gyaku zuki nidozuki
3. mae geri chudan

Uke (blokovi)

1. gedan barai
2. age uke
3. uchi soto uke
4. ude soto uke
5. gedan juji uke
6. jodan juji uke

Nage waza (bacanja)

1. de ashi barai
2. ippon seoi nage
3. sasae tsuri komi ashi
4. kubi nage
5. o soto gari

Ne waza (parterna tehnika)

1. kesa gatame
2. kuzure kesa gatame
3. kata gatame
4. kami shiho gatame
5. ushiro kesa gatame
6. yoko shiho gatame
7. tate shiho gatame

5.kyu – žuti pojas

Ukemi waza (padovi)

1. mae mawari ukemi
2. ushiro ukemi
3. yoko ukemi
4. mae ukemi

Kihon zuki + geri

1. jun zuki nidozuki
2. gyakuzuki nidozuki
3. maegeri chudan

Renzoku waza

1. gedan barai – gyakuzuki chudan
2. ude uke – gyakuzuki chudan
3. soto uke – gyakuzuki chudan
4. age uke – gyakuzuki chudan
5. gedan juji uke – jodan juji uke – morotezuki (hasami zuki)

Nage waza (bacanja)

DAI IKKYO – 1 GRUPA

1. deashi barai
2. hiza guruma
3. sasaetsuri komi ashi
4. uki goshi
5. o soto gari
6. o goshi
7. o uchi gari
8. sei nage

Ne waza (parterna tehnika)

1. kesa gatame
2. kuzure kesa gatame
3. kata gatame
4. kami shiho gatame
5. ushiro kesa gatame
6. yoko shiho gatame
7. tate shiho gatame

Kansetsu waza (poluge)

1. waki gatame
2. gyaku waki gatame
3. kote gaeshi
4. kuzure kote gaeshi
5. kote mawashi
6. shiho nage
7. ude gatame
8. ude garame
9. soto kanuki gatame

4.kyu – narandžasti pojas

Ukemi waza (padovi)

1. mae mawari ukemi
2. ushiro ukemi
3. yoko ukemi
4. mae ukemi

Uke waza (blokovi)

1. shuto uke
2. morote uke

Kihon zuki + geri

1. kette jun zuki
2. kette gyakuzuki
3. tobikomi zuki
4. tsurikomi maegeri chudan
5. sokuto fumikomi
6. mawashigeri chudan

Uchi waza

1. shuto uchi waza

Renzoku waza

1. maegeri chudan – mawashigeri chudan – gyakuzuki chudan
2. tsurikomi maegeri chudan – mawashigeri chudan gyakuzuki chudan
3. maegeri chudan – gyakuzuki chudan – mawashigeri chudan
4. tsurikomi maegeri chudan – gyakuzuki chudan – mawashigeri chudan

Sanbon kumite

1. chudan maegeri uke ipponme – uchiharai/gyakuzuki chudan
2. chudan maegeri uke nihonme – uchiharai/gyakuzuki chudan

Okyo kumite

1. okyo kumite ipponme

Nage waza (bacanja)

DAI IKKYO – 1 GRUPA

DAI NIKYO – 2 GRUPA

1. kosoto gari
2. kouchi gari
3. koshi guruma
4. tsurikomigoshi
5. okuri ashi barai
6. tai otoshi
7. harai goshi
8. uchi mata

Ne waza (parterna tehnika)

1. kesa gatame (držanje i oslobađanje)
2. yoko shiho gatame (držanje i oslobađanje)

Kansetsu waza (poluge)

1. hiji gatame
2. osae ude gatame
3. waki gatame
4. udegarami
5. uchi kanuki gatame
6. mune gatame
7. kubi gatame

Shime waza

1. hadaka jime
2. ushiro jime
3. ura katate kubi shime
4. yoko katate kubi shime

DUO SISTEM (I i II serija)

RANDORI

1. kakari waza

3.kyu – zeleni pojas

Ukemi waza – padovi

1. mae mawari ukemi
2. ushiro ukemi
3. yoko ukemi
4. mae ukemi

Uke waza

1. kakiwake uke
2. shikake uke
3. sokutei mawashigeri uke

Uchi waza

1. empi uchi waza

Kihon zuki + geri

1. kette junzuki
2. kette gyakuzuki
3. tobikomi zuki
4. nagashizuki
5. tsurikomi mawashigeri chudan
6. tsurikomi sokuto chudan

Renzoku waza

1. maegeri chudan – sokuto fumikomi – gyakuzuki chudan
2. tsurikomi maegeri chudan – sokuto chudan – gyakuzuki chudan
3. maegeri chudan – junzuki chudan – sokuto chudan
4. maegeri chudan – junzuki chudan – tsurikomi sokuto chudan

Sanbon kumite

1. jodan uke ipponme
2. jodan uke nihonme
3. chudan maegeri uke sanbonme – sotoharai / gyakuzuki
4. chudan maegeri uke yonhonme – sotoharai / gyakuzuki

Okyo kumite

1. okyo kumite ipponme

Kihon kumite

1. kihon kumite ipponme

Nage waza

DAI IKKYO – 1 GRUPA
DAI NIKYO – 2 GRUPA
DAI SANKYO – 3 GRUPA

1. kosoto gake
2. tsuri goshi
3. yoko otoshi
4. ashi guruma
5. hane goshi
6. haraitsuri komi ashi
7. tomoe nage
8. kata guruma
 - dvije kombinacije bacanja

Kansetsu waza

1. kuzure kote gaeshi
2. ude osae gatame
3. kata gatame
4. atama ago gaeshi
5. juji gatame
6. kuzure juji gatame

Ne waza (parterna tehnika) – držanja i oslobađanja

1. kesa gatame
2. yoko shiho gatame
3. kami shiho gatame
4. tate shiho gatame

Shime waza

1. nami juji shime
2. gyaku juji shime
3. kata juji shime
4. kataha jime
5. okuri eri jime

Kaminoke tori (hvat rukom za kosu)

1. kaminoke tori
2. ushiro kaminoke tori
3. yoko kaminoke tori

Tanto tori (odbrana od noža)

1. tanto tori gedan tsuki
2. tanto tori chunan tsuki
3. tanto tori jodan tsuki

Hanbo tori (odbrana od štapa)

1. hanbo shomen uchi
2. hanbo yokomen uchi
3. hanbo yokomen harai uchi

Teppo tori (odbrana od prijetnje pištoljem)

1. shomen teppo
2. ushiro teppo
3. yoko teppo

DUO SISTEM (I , II , III i IV serija)

- tri tehnike iz svake serije po izboru

RANDORI

1. kakari waza
2. kyu – plavi pojas

Ukemi waza (padovi)

1. mae mawari ukemi
2. ushiro ukemi
3. yoko ukemi
4. mae ukemi

Uke waza

1. haishu uke
2. maki uke
3. sukui uke

Uchi waza

1. uraken uchi waza

Kihon zuki + geri

1. kette jun zuki
2. kette gyakuzuki
3. kette junzuki notsukomi
4. kette gyakuzuki notsukomi
5. nahashizuki
6. uraken
7. haishu zuki
8. mawashigeri chudan
9. ushirogeri chudan
10. sokuto (yokogeri) chudan

Renzoku waza

1. mawashigeri chudan – ushirogeri chudan – gyakuzuki chudan
2. tsurikomi sokutofumikomi – ushirogeri chudan – uraken jodan
3. nagashizuki jodan – mawashigeri chudan – ushirogeri chudan – hizageri – uchi soto / nekoashidachi – gyakuzuki
4. tobikomi jodan – maegeri chudan – uchi ude uke – gyakuzuki chudan

Sanbon kumite

1. jodan uke – sanbonme
2. jodan uke – yonhonme
3. chudan uchi ude uke – maki uke ipponme
4. jodan uke – haishu uke – teisho agezuki

Okyo kumite

1. okyo kumite ipponme
2. okyo kumite nihonme
3. okyo kumite sanbonme

Kihon kumite

1. kihon kumite ipponme
2. kihon kumite nihonme

Nage waza

- DAI IKKYO – 1 GRUPA
DAI NIKYO – 2 GRUPA
DAI SANKYO – 3 GRUPA
DAI YONKYO – 4 GRUPA
1. sumi gaeshi
 2. tani otoshi
 3. hane makikomi
 4. sukui nage
 5. utsuri goshi / tsurikomi goshi
 6. o guruma
 7. soto makikomi
 8. uki otoshi

Kansetsu waza

1. kuzure kote gaeshi
2. shiho nage
3. yubi kansetsu
4. ashi ude garami
5. hiza gatame

Ne waza (parterna tehnika) – držanja i oslobađanja

1. kesa gatame
2. kata gatame
3. kami shiho gatame
4. yoko shiho gatame
5. tate shiho gatame

Shime waza (gušenja)

1. okuri eri jime
2. kataha jime

Tanto tori (odbrana od noža)

1. tanto tori gedan tsuki (dvije različite odbrane)
2. tanto tori chudan tsuki (dvije različite odbrane)
3. tanto tori jodan tsuki (dvije različite odbrane)

Hanbo tori (odbrana od štapa / palice)

1. hanbo shomen uchi (dvije različite odbrane)
2. hanbo yokomen uchi (dvije različite odbrane)
3. hanbo yokomen harai uchi (dvije različite odbrane)

Teppo tori (odbrana od prijetnje pištoljem)

1. shomen teppo (dvije različite odbrane)
2. ushiro teppo (dvije različite odbrane)
3. yoko teppo (dvije različite odbrane)

DUO SISTEM (I , II , III i IV serija)

BORBENA AKCIJA (odbrana od četiri nenaoružana napadača)

RANDORI

1.kyu – braon pojas

Ukemi waza

1. mae mawari ukemi
2. ushiro ukemi
3. yoko ukemi
4. mae ukemi

Uke waza

1. shuto nagashi uke
2. chinto uke
3. otoshi uke
4. hiji uke

Kihon zuki + geri

1. kette junzuki
2. kette gyakuzuki
3. kette junzuki notsukomi
4. kette gyakuzuki notsukomi
5. tobikomizuki
6. nagashizuki
7. mawashigeri jodan
8. ushirogeri chudan
9. sokuto chudan
10. ushiro mawashigeri
11. maetobigeri

Uchi waza

1. haito uchi waza
2. tettsui uchi waza

Renzoku waza

1. maegeri chudan – sokuto chudan – mawashigeri chudan – ushirogeri chudan – uraken jodan – gyakuzuki chudan
2. tsurikomi maegeri jodan – tsurikomi mawashigeri – maetobigeri jodan – tettsui uchi waza

Okyo kumite

1. okyo kumite ipponme
2. okyo kumite nihonme
3. okyo kumite sanbonme
4. okyo kumite yonhonme

Kihon kumite

1. kihon kumite ipponme
2. kihon kumite nihonme
3. kihon kumite sanbonme

Nage waza

- DAI IKKYO – 1. GRUPA
- DAI NIKYO – 2. GRUPA
- DAI SANKYO – 3. GRUPA
- DAI YONKYO – 4. GRUPA
- DAI GOKYO – 5. GRUPA

1. o soto guruma
2. uki waza
3. yoko wakare
4. yoko guruma
5. ushiro goshi
6. ura nage
7. sumi otoshi
8. yoko gake

Kansetsu waza

1. hara gatame
2. gyaku hara gatame
3. juji gatame
4. kuzure juji gatame
5. yoko juji gatame
6. tate juji gatame
7. ashi juji gatame
8. kote heneri
9. yubi heneri

Ne waza (parterna tehnika) držanja i oslobađanja

1. kesa gatame
2. kata gatame
3. yoko gatame
4. kami shiho gatame
5. tate shiho gatame

Shime waza

1. ashi kata jime
2. sankaku jime
3. jigoku jime

Kaminoke tori (odbrana od hvata za kosu)

1. kaminoki tori
2. ushiro kaminoki tori
3. yoko kaminoke tori

Tanto tori (odbrana od noža)

1. tanto tori gedan tsuki
2. tanto tori chudan tsuki
3. tanto tori jodan tsuki

Hanbo tori (odbrana od štapa / palice)

1. hanbo shomen uchi
2. hanbo yokomen uchi
3. hanbo yokomen harai

Teppo tori (odbrana od prijetnje pištoljem)

1. shomen teppo
2. ushiro teppo
3. yoko teppo

DUO SISTEM (I, II, III i IV serija)

BORBENA AKCIJA (odbrana od četiri naoružana napadača)

RANDORI

1.Dan – crni pojas

Ukemi waza

1. mae mawari ukemi
2. ushiro ukemi
3. yoko ukemi
4. mae ukemi

Kihon zuki waza

1. kette junzuki nidozuki
2. kette gyakuzuki nidozuki
3. kette junzuki notsukomi nidozuki
4. kette gyakuzuki notsukomi nidozuki
5. tobikomizuki
6. nagashizuki

Geru waza

1. mae geri
2. tsurikomi mae geri
3. ashi mae geri
4. maeyoko geri
5. mawashi geri
6. tsurikomi mawashi geri
7. ashi mawashi geri
8. koshi mawashi geri
9. kubi mawashi geri
10. sokuto fumikomi
11. sokuto
12. tsurikomi sokuto
13. ashi sokuto
14. hiza geri
15. hiza geri mae yoko
16. ushiro geri
17. ushiromawashi geri
18. uramawashi geri
19. maetobi geri
20. nidan geri

Uchi waza

1. shuto uchi waza
2. uraken uchi waza
3. tetsui uchi waza
4. haito uchi waza
5. teisho uchi waza
6. empi uchi waza

Okyo kumite

1. ipponme
2. nihonme
3. sanbonme
4. yonhonme
5. gohonme

Kihon kumite

1. ipponme
2. nihonme
3. sanbonme
4. yonhonme
5. gonhonme

Nage waza

- DAI IKKYO – 1.GRUPA
- DAI NIKYO – 2.GRUPA
- DAI SANKYO – 3.GRUPA
- DAI YONKYO – 4.GRUPA
- DAI GOKYO – 5.GRUPA

Shime waza

1. hadaka jime
2. ushiro jime
3. ura katate kubi shime
4. yoko katate kubi shime
5. nami juji shime
6. gyaku juji shime
7. kata juji shime
8. okuri jime
9. kataha jime
10. ashi kata jime
11. sankaku jime
12. jigoku jime

Ne waza – držanja i oslobađanja

1. kesa gatame
2. kuzure kesa gatame
3. kata gatame
4. kami shiho gatame
5. ushiro kesa gatame
6. yoko shiho gatame
7. tate shiho gatame

Kansetsu waza

1. kani ashi hishigi
2. kani ashi garami
3. kani basami
4. kubi basami
5. osae hiza garami
6. ashi garami
7. kanuki ashi hishigi
8. uchi kata ashi hishigi
9. soto kata ashi hishigi
10. hiza hishigi
11. ashi gatame
12. kubi hishigi
13. kubi kansetsu
14. tobi kani basami

TANTO JUTSU
HANBO JUTSU

Teppo tori

1. shomen teppo
2. ushiro teppo
3. yoko teppo

VITALNE TAČKE

DUO SISTEM (I, II, III i IV serija)

BORBENA AKCIJA

1. odbrana od pet nenaoružanih napadača
2. odbrana od pet naoružanih napadača

RANDORI