

Shintoyoshin-Kai Jiu-Jitsu

	Yellow	Blue	Green	Purple	Sankyu	Nikyu	Ikyu	Shodan
Ukemi	Front Fall Back Fall Side Fall-L&R Front/Back Roll - L&R	Side Aerial (L&R)	All	All	All	All	All	All
Atemi	<i>(Strikes)</i> Corkscrew Vertical Uppercut Elbow 1-5 <i>(Kicks)</i> Front Back, Shin	<i>(Strikes)</i> Hook Round Back Fist Forearm Elbow 1-10 Knee 1-5 <i>(Kicks)</i> Side Round	<i>(Strikes)</i> All Previous <i>(Kicks)</i> Crescent Hook Ax	<i>(Strikes)</i> All Previous <i>(Kicks)</i> Dbl Round	All	All	All	All
Waza (Te)	Intercepting Hand	1-4	5-6	7-8	9-10	11-12	13-14	15
Nage	<i>(Tachi waza)</i> Osoto gari Tani otoshi <i>Leg Checking</i> Kosoto/ Kouchi	<i>(Tachi waza)</i> Kaitenage Ouchi gari Kouchi / Kosoto gari <i>(Sutemi waza)</i> Uki otoshi Yoko otoshi	<i>(Tachi waza)</i> Kubinage Ogoshi Seionage	<i>(Tachi waza)</i> Harai ogoshi Shionage <i>(Sutemi waza)</i> Sumi gaeshi	<i>(Tachi waza)</i> Sukuinage Koshi garuma Hizanage Tai otoshi <i>(Sutemi waza)</i> Hikkomi	<i>(Tachi waza)</i> Hikkinage Sumi otoshi Seio otoshi	<i>(Sutemi waza)</i> Osoto Uchi Kouchi <i>(Makikomi)</i>	<i>(Tachi waza)</i> Yama Arshi Uchi Mata Osoto Garuma <i>(Sutemi waza)</i> Kani Basami
Kimeno Kata	1-5	6-12	13-18	19-24	25-30	31-36	37-40	41-44
Katame Waza	<i>(Moving)</i> Shrimp Out Bridging Sit Outs <i>(Kensetsu)</i> Ude gatame Juji Gatame 1-3 Achilles 1-2 <i>(Shime)</i> Ushiro 1-3 Morote Sleeper	<i>(Osae komi)</i> Kesa Series 1-3 Rear Guard 1-3 Cross Body 1-5 Guard 1-3 <i>(Kensetsu)</i> Achilles 1-5 Juji Gatame 1-5 Juji Counters 1-3 Armbars 1-3 <i>(Shime)</i> Hasami, Juji	<i>(Osae komi)</i> Kesa Series 1-5 Rear Guard 1-5 Guard 1-5 <i>(Kensetsu)</i> Juji Gatame 1-8 Juji Counters 1-6 Armbars 1-5 Prone Leg 1-5 Press Position 1-5 <i>(Shime)</i> Hadaka Kataha Okuri iri	<i>(Osae komi)</i> Guard 1-8 Rear Guard 1-8 Waki Gatame 1-5 <i>(Kensetsu)</i> Juji Gatame 1-10 Juji Counters 1-9 Armbars 1-8 Standing Leg Locks 1-3 Prone Leg 1-8 Press Position 1-8 <i>(Shime)</i> Ground Chokes-2	<i>(Osae komi)</i> Guard 1-10 Rear Guard 1-10 Waki Gatame 1-10 <i>(Kensetsu)</i> Juji Gatame 1-12 Juji Counters 1-12 Armbars 1-12 Standing Leg Locks 1-5 Prone Leg 1-12 Press Position 1-10	Finishes / Escapes Guard (3+) Mount (3+) Kesa Gatame (3+) Cross Body (3+) All 4's (3+)	Finishes / Escapes Guard (3+) Mount (3+) Kesa Gatame (3+) Cross Body (3+) All 4's (3+)	Finishes / Escapes Guard (3+) Mount (3+) Kesa Gatame (3+) Cross Body (3+) All 4's (3+)



Shintoyoshin-Kai (Kimenokata)

1. **Double lapel** ▶ Elbow strike / O soto gari / Armbar
2. **Front Hair Grab** ▶ Ni Kyo Takedown / Shoulder Pin
3. **Side Headlock** ▶ Strike groin / Hook nose / Armbar
4. **Straight Shoulder Grab** ▶ Osoto Gari / Ude Garami
5. **Cross Shoulder Grab** ▶ Osoto Gari / Ude Garami
6. **Bear Hug** ▶ Hit groin / Tani Otoshi / Cross mount
7. **Clench** ▶ Kaitenage, / Juji Gatame
8. **Rear Forearm** ▶ Pivot / O soto gari / Juji Gatami
9. **Full Nelson** ▶ Tani Otoshi / Kesa Gatame
10. **Straight Punch** ▶ Cradle / Prone -Turkey Wing
11. **Hook Punch** ▶ Osoto Gari / Ude Garami
12. **Uke / Yoko Otoshi** ▶ Mount
13. **Rear Forearm Choke** ▶ Seio Nage / Juji Gatame
14. **Clench** ▶ Kubi nage / Choke (Ushiro / Morote)
15. **Hook Punch** ▶ Ogoshi / Kesa Gatame / Face Lock
16. **Straight Punch** ▶ Split entry / Tegatana (Juji gatame)
17. **Straight Punch** ▶ Easy Chair / Choke
18. **Side Kick** ▶ Pat Down / Osoto Gari / Juji Gatame
19. **Rear Hair Grab** ▶ Shio Nage / Wrist Twist
20. **Rear Hair Grab** ▶ Sankyo Takedown / Chicken Wing
21. **Hook Punch** ▶ Seio Nage / Ude Garami
22. **Front Kick** ▶ Smear / Leg Lock
23. **Side Kick** ▶ Pat Down / Grapevine / Leg Lock
24. **High Round Kick** ▶ Tegatana
25. **Reverse Head Lock** ▶ Sukui Nage / Turn Over
26. **Reverse Head Lock** ▶ Chin Lock / Hikkomi or Sumigaeshi / Mount
27. **Straight Punch** ▶ Spinal Tap / Posted Wrist Break
28. **Straight / Hook Punch** ▶ Hiza Nage / Kesa Gatame
29. **Round House Kick** ▶ Return Low Round Kick / Ouchi Gari
30. **High Round Kick** ▶ Ouchi Gari / Heel Lock
31. **Clench** ▶ Hiza Nage / Kataha
32. **Low Charge / Sprawl** ▶ Shimewaza
33. **Hook Punch** ▶ Irimi Nage / Seio Otoshi / Wrist Bend
34. **Straight Punch** ▶ Sumi Otoshi / Wrist Bend
35. **Straight Punch** ▶ Hikki Nage / Shoulder Lock
36. **Rear Forearm Choke** ▶ Seio Otoshi / Kesa Gatame
37. **Bear Hug (Under Arms)** ▶ Soto Makikomi / Cross Mount
38. **Straight Punch** ▶ Whiplash / Standing Armbar
39. **Hook Punch** ▶ Shuto / Palm to Ear / Uchi Makikomi / Kesa Gatame
40. **Hook Punch** ▶ Wedge / Hiza / Kouchi Makikomi / Juji Gatame
41. **Low Charge** ▶ Kaitenage / Prone—Shoulder Pin
42. **Hook Punch** ▶ Osoto Garuma / Ude Garami
43. **Straight Punch** ▶ Yama Arashi / Boat Tail Choke
44. **Front Kick** ▶ Uchi Mata / Leg Lock

