

## JuJitsu Semester 4 / Jan thru April 2019

### Throws

Kosoto Gake - Small Outer Hook

Koshi Garuma - Hip Wheel

Tai Otoshi - Body Drop

### Advanced Ranks Add

Tai Otoshi - Using Elbow Fold In

Ude Gaeshi – Arm Reversal

### Chokes

Nami Juji Jime - Normal Cross Choke

Kata Jime - Shoulder Choke

Okuri Eri Jime – Sliding Lapel Choke (Rear and Clock)

### Advanced Ranks Add

Nami Juji Jime (Hip Swing/Wrinkle)

Katate Jime - 1 Arm Choke (Pocket)

San Kaku from Tate Shiho Gatame

### Joint Locks

JuJi Gatame – Cross Body Arm Lock (from full mount)

Ashi Ude Garami – Leg Entangled Arm Lock (aka Omaplata)

Ashi JuJi Gatame – Cross Body Leg Lock (from Knee on Belly)

### Advanced Ranks Add

JuJi Gatame Turnover (Vs Turtle)

Bicep Crush (vs Guard Pass to Side)

### Guard Passes

Stacks

Wrist Trap to Hip & Stand

Swinging Leg Guard Pass Vs Full Guard

Keylock Shoulder Pass Vs ½ Guard

### Advanced Ranks Add

Leg Encircle Pass vs Spider Guard

Sau Paulo Pass

Pocket Arm Trap Pass Vs ½ Guard

### Guard Sweeps & Misc Mat Work

Dble Ankle Sweep from High Open Guard

Misery Guard Sweep (on knees)

Sit Up/Leg Hug Sweep

### Advanced Ranks Add

Bump & Roll

Helicopter

Omaplata Sweep

### Self-Defense

**1. Punch/Block Series with opponent in your guard. Level 1, 2, & 3 plus upkicking.**

**Remember to Drill Basics during Warm Ups – Scissor Sweeps, Hip Bump, Ude Garami from Guard.**