

## NISEIDO JU JITSU LESSON PLAN SHEET

#	<b>ROKYU – WHITE BELT</b>	<b>DATE PRESENTED IN CLASS</b>						
1	OSOTO GARI (Major Outer Reaping Throw)							
2	OGOSHI (Major Hip Throw)							
3	IPPON SEONAGE (One Arm Shoulder Throw)							
4	OUCHI GARI (Major Inner Reaping Throw)							
5	KOSHI GURUMA (Hip Wheel Throw)							
6	KUBI NAGE (Neck Throw)							
7	COME ALONG HOLDS (CAUTION - ELBOW HYPER EXTENSION)							
8	KOTE GAESHI 1 & 2 (Wrist Turn)							
9	HON KOTE HINERI (Wrist Twist)							
10	OSHI TAOSHI (Push Down)							
11	HIKI TAOSHI (Pull Down)							
12	KESA GATAME (Cross Chest Hold)							
13	KATA GATAME (Shoulder Hold)							
14	HADAKA JIME 1 & 2 (Naked or Bare Arm Strangle)							
15	OKURI ERI JIME (Sliding Lapel Strangle)							
16	SHOMEN OKURI ERI JIME (Frontal Sliding Lapel Strangle)							
17	HEAD HOLD CORRELATED (Cranial Pressure Points)							
18	WRIST ESCAPES							
19	DEFENSE AGAINST CHEST PUSHES							
20	DEFENSE AGAINST PUNCHES							
21	DEFENSE AGAINST GRIPS ON GARMENTS							

#	<b>GOKYU – YELLOW BELT</b>	<b>DATE PRESENTED IN CLASS</b>						
22	TSURIKOMI GOSHI (Lift & Pull Hip Throw)							
23	MOROTE SEONAGE (Reinforced Shoulder Throw)							
24	OSOTO OTOSHI (Major Outer Rear Drop)							
25	KUCHIKI TAOSHI (One Hand Drop)							
26	TSURI KOMI ASHI (Lift & Pull Propping Ankle Throw)							
27	JUJI GATAME (Cross Arm Lock - Caution, Hyper Extension)							
28	UDE GARAMI 1&2 (Arm Entwine or Coil Lock)							
29	UDE GATAME 1&2 (Straight Arm Lock)							
30	WAKI GATAME (Arm Pit Hold)							
31	YOKO SHIHO GATAME (Four Side Corner Hold)							
32	KAMI SHIHO GATAME (Upper Four Corner Hold)							
33	KATAHA JIME (One Side or Single Wing Strangle)							
34	NAMI JUJI JIME (Normal Cross Strangle)							
35	GYAKU JUJI JIME (Reverse Cross Strangle)							
36	KATA JUJI JIME (Half Cross Strangle)							
37	ESCAPE FROM BODY HOLDS							
38	DEFENSE AGAINST CHOKE HOLDS							
39	DEFENSE AGAINST KICKS							
40	DEFENSE AGAINST CLUB ATTACKS							

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#	YONKYU – GREEN BELT	DATE PRESENTED IN CLASS						
41	HARAI GOSHI (Sweeping Loin Throw)							
42	HANE GOSHI (Springing Hip Throw)							
43	UCHI MATA (Inner Thigh Throw)							
44	TAI OTOSHI 1 & 2 (Body Drop Throw)							
45	SEOI OTOSHI (Reinforced Shoulder Throw)							
46	KOUCHI GARI (Minor Inner Reap Throw)							
47	SODE-TSURI KOMI GOSHI (Lift & Pull Sleeve Throw)							
48	DEASHI HARAI (Advance Foot Sweep)							
49	UKI GOSHI (Floating Hip Throw)							
50	KIBISU GAESHI (Heel Trip Throw)							
51	SANKAKU JIME (Triangular or Three Corner Strangle)							
52	SODE JIME 1 & 2 (Sleeve Strangle)							
53	UDE GAESHI (Arm Turn)							
54	UDE HINERI (Arm Twist)							
55	USHIRO KESA GATAME (Backward Cross Chest Hold)							
56	DEFENSE AGAINST WRESTLING HOLDS							
57	CLUB AGAINST CLUB ATTACKS (CAUTION)							
58	DEFENSE AGAINST KNIFE ATTACKS (RUBBER KNIFE)							

#	SANKYU – PURPLE BELT	DATE PRESENTED IN CLASS						
59	TOMOE NAGE (Circle Throw)							
60	SUMI GAESHI (Corner Throw)							
61	SUTEMI KOUCHI GARI (Sacrifice Minor Inner Reap)							
62	SOTO MAKIKOMI (Outer Winding Throw)							
63	OSOTO MAKIKOMI (Major Outer Winding Throw)							
64	KUBI NAGE MAKIKOMI (Winding Neck Throw)							
65	OKURI DEASHI HARAI (Following Foot Throw)							
66	HARAI MAKIKOMI (Winding Sweeping Loin Throw)							
67	HANE MAKIKOMI (Winding Spring Hip Throw)							
68	SHIHO NAGE (Corner Throw)							
69	MOROTE ERI OTOSHI (Reinforced Lapel Drop)							
70	RYOTE JIME (Double Hand Strangle)							
71	NAME RYOTE JIME (Normal Double Hand Strangle)							
72	KATA RYOTE JIME (Reverse Double Hand Strangle)							
73	WRIST HOLDS THROWS AND COUNTERS							
74	CLUB AGAINST KNIFE ATTACKS (EXTREME CAUTION)							
75	DEFENSE AGAINST KNIFE ATTACKS (DULL BLADE CAUTION)							
76	DEFENSE AGAINST PISTOLS							

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#	NIKYU – BROWN BELT	DATE PRESENTED IN CLASS						
77	MOROTE GARI (Two-Hand Reap)							
78	URA NAGE (Inside-Out Throw)							
79	SUKUI NAGE (Scoop Throw)							
80	UTSURI GOSHI (Changing Hip Throw)							
81	USHIRO GOSHI (Rear Hip Throw)							
82	OSOTO GURUMA (Major Outer Whirl Throw)							
83	OUCHI GARI - KOUCHI GARI							
84	UCHI MATA - OUCHI GARI							
85	OUCHI GARI - TAI OTOSHI							
86	TSURI KOMI ASHI - HARAI GOSHI							
87	KOSHI HIZA GATAME (Hip Knee Hold)							
88	WAKI ASHI GATAME (Arm Pit Ankle Hold)							
89	WAKI ASHI GAESHI (Arm Pit Ankle Turn)							
90	DEFENSE AGAINST KNIFE ATTACKS (EXTREME CAUTION)							
91	CANE AGAINST KNIFE ATTACKS (EXTREME CAUTION)							
92	KNIFE AGAINST KNIFE ATTACKS (EXTREME CAUTION)							

#	IKYU – BROWN BELT	DATE PRESENTED IN CLASS						
93	HIZA OTOSHI IPPON SEONAGE (Knee Drop Shoulder Throw)							
94	TSURI GOSHI 1 & 2 (Lifting Hip Throw)							
95	YAMA ARASHI (Mountain Storm)							
96	YAMA OTOSHI (Mountain Drop)							
97	TANI OTOSHI (Valley Drop)							
98	IRIMI NAGE (Direct Entry Throw)							
99	TSUYOI KATA GATAME (Strong Shoulder Hold)							
100	HIZA ASHI KUBI GATAME (Knee & Ankle Hold)							
101	KOSHI ASHI KUBI GATAME (Hip & Ankle Hold)							
102	DEFENSE AGAINST KNIFE ATTACKS (EXTREME CAUTION)							
103	KNIFE AGAINST KNIFE ATTACKS (EXTREME CAUTION)							
104	DEFENSE AGAINST BASEBALL BAT ATTACKS							
105	CLUB AGAINST BASEBALL BAT ATTACKS							