



# PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

モーター  
トントン  
流  
自修館柔術

## **JUNIOR YELLOW BELT COURSE**

### **JUJITSU**

1. Double Lapel Hold
2. Single Lapel Hold (No. 1 - Control)
3. Single Wrist Hold (No. 1 - Gooseneck wrist lock)
4. Double Wrist Hold
5. Front Choke (No. 1)
6. Side Choke
7. Side Ground Choke
8. Straddle Ground Choke
9. Hair Holding
10. Collar Holding
11. Shoulder Grabbing from behind
12. Arms Around Body from Behind Feet Together (#1 Pivot)
13. Arms Around Body from Behind Feet Apart
14. Ogoshi (Major Hip Throw) – Static attack
15. Koshi Guruma (Hip Wheel Throw) – Static attack

### **OTHER REQUIREMENTS**

1. Basic Elements: Basic Steps - First Half, Tsuki, Geri & Breakfalls
2. Defence Against a Two Man Attack

## **JUNIOR ORANGE BELT COURSE**

### **JUJITSU**

1. Front Kick
2. Round Kick
3. Hair Holding (Hand Nerve)
4. Equaliser
5. Ippon Seionage (Shoulder Throw) – Static attack
6. Arms Around Body from Front
7. Hand Grabbing
8. Counter to Hand Shake (No. 1)
9. Counter to Hand Shake (No. 2)
10. Full Nelson (No. 1)
11. Counter to Upper-cut
12. Hip Throw from Walking Side by Side
13. Hamalock Counter
14. Rear Strangle (No. 1)
15. Rear Strangle (No. 2)

### **JUDO**

1. Kuzushi - Nine Ways of Breaking Balance
2. Osoto Gari - Major Outer Reaping Throw
3. Randori - Hip and Shoulder Throw from Moving Around

### **OTHER REQUIREMENTS**

1. All Techniques of the Previous Course
2. Basic Elements: Basic Steps, Tsuki, Geri & Breakfalls
3. Defence Against a Two Man Attack

## **JUNIOR GREEN BELT COURSE**

### **KEMPO**

1. Kempo 1 - Counter Round to Head, Cross to Stomach
2. Kempo 2 - Counter to Single Straight Punch to Head
3. Kempo 3 - Counter to Single Straight Punch to Head
4. Kempo 4 - Counter to Single Straight Punch to Head
5. Kempo 5 - Counter to Single Straight Punch to Head

### **Recapitulation and Modification to**

6. Kempo 6 - Equaliser
7. Kempo 7 - Hip Throw (Ogoshi or Koshi Guruma)
8. Kempo 8 - Kidney Karate
9. Kempo 9 - Ippon Seionage

### **JUJITSU**

1. Kneeling Kick
2. Laying Kick

### **JUDO**

1. Randori

### **OTHER REQUIREMENTS**

1. All Techniques of the Previous Courses
2. Basic Elements: Basic Steps, Tsuki, Geri & Breakfalls
3. Defence Against a Two Man Attack

## **JUNIOR BLUE BELT COURSE**

### **KEMPO**

1. Kempo 10 - Twilight
2. Kempo 11 - Sayonara
3. Kempo 12 - Atemi Wrist
4. Kempo 13 - Tama Getsu
5. Kempo 14 - Double Indemnity
6. Kempo 15 - Ushi Geri

### **JUJITSU**

1. Garcoons
  1. Front Lapel Hold
  2. Front Belt Hold - Overhand and Underhand grips
  3. Rear Belt Hold- Overhand and Underhand grips
  4. Ankle
2. Rear Bear Hug Arms Tied
3. Rear Natural Choke
4. Hiza Tomoenage - Knee Stomach Throw and Choke

### **JUDO**

1. Morote Seionage - Both Arm Shoulder Throw
2. Tomoenage - Stomach Throw
3. Randori

### **OTHER REQUIREMENTS**

1. All Techniques of the Previous Courses
2. Basic Elements: Basic Steps, Tsuki, Geri & Breakfalls
3. Defence Against a Two Man Attack



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## JUNIOR BROWN BELT COURSE

### KEMPO

1. Kempo 16 - Atemi Te - Wrist Lock and Throw
2. Kempo 17 - Hantai Gaeshi - Reverse Counter
3. Kempo 18 (No. 1) - Osoto Gari - Major Outer Reaping Throw

### JUJITSU

1. Lapel Gaeshi - Advanced Double Lapel Counter
2. Tekubi Gaeshi (No. 1) - Advanced Double Wrist Counter - Silk Shouldering
3. San Ji Go Tai - Three Precautionary Stances
4. Atemi Waza - Applications to Vulnerable Points

### JUDO

1. Kosoto Gari - Minor Outer Reaping Throw
2. Okuri Ashi Harai - Following Foot Sweep
3. Hadaka Jime - Naked Strangle
4. Okuri Eri Jime - Sliding Lapel Strangle - Front and Rear
5. Juji Gatame - Cross Arm Lock
6. Ude Garamme - Arm Coil Lock
7. Harai Goshi - Sweeping Loin Throw
8. Taiotoshi - Body Drop Throw
9. Sutemi Otoshi - Sacrifice Drop Throw
10. Osaekomi Waza - Hold Downs – Do in any order to maintain control
  - a. Yoko Shiho Gatame - Side Four-Corner Hold – with variations on arm & leg positions
  - b. Kesa Gatame - Scarf Hold – 4 variations on arm and head positions
  - c. Kata Gatame - Shoulder Hold – 3 variations on leg positions
  - d. Ushiro Kesa Gatame - Rear Scarf Hold – 2 variations in arm positions
  - e. Makure Kesa Gatame - Pillow Scarf Hold
  - f. Kami Shiho Gatame - Upper Four-Corner Hold – with variations on arm & leg positions
  - g. Ude Gatame - Arm Hold – 2 variations on leg position
  - h. Tate Shiho Gatame - Vertical Four Corner Hold – with variations on arm position

### BOXING – All skills to be shown into partner held sparring mitts.

1. Basic Foot Movement - Fwd, Bckwd, L & R
2. Basic Punches - Jab, Cross, Hook, Upper Cut, Belly Rip
3. Basic Evasion Manoeuvres - Block, Slip, Duck, Ride, Side Step
4. Punching Combinations - e.g. J-C, J-J-H-U, H-U/B, Extra combinations can be used.

### OTHER REQUIREMENTS

1. All Techniques of the Previous Courses
2. Basic Elements: Basic Steps, Tsuki, Geri & Breakfalls
3. Judo Randori
4. Defence Against a Two Man Attack

## BRIDGING COURSE FROM JUNIOR LEVEL TO SENIOR LEVEL

### BASIC COURSE

1. Single Lapel Hold (No. 2 - Break)
2. Single Wrist Hold (No. 2 - Side wrist lock)
3. Front Choke (No. 2)
4. Ground Choke Kneeling Between Legs (No. 1)
5. Arms Around Body from Behind Feet Together (No. 2 - Leg lift)
6. Rear Choke (No. 1)
7. Forearm Hold

### ORANGE BELT COURSE

1. Full Nelson (No. 2)
2. Rear Ground Choke
3. Side Bear Hug
4. Rear Bear Hug Arms Free

### GREEN BELT COURSE

1. Advancing Front Choke
2. Wrist Hold (No. 1)
3. Rear Choke (No. 2)
4. Ground Choke Kneeling Between Legs (No. 2)
5. Front Bear Hug Arms Free (No. 1)

### BLUE BELT COURSE

1. Tomoenage Atemi Kubi - Stomach Throw and Neck Lock
2. Rear Choke (No. 3)
3. Ground Choke Kneeling Between Legs (No. 3)
4. Front Bear Hug Arms free (No. 2)
5. Front Choke (No. 3)
6. Wrist Hold (No. 2)

### Boxing – All skills to be shown into partner held sparring mitts.

1. Basic Foot Movement - Forward, Backward, Left & Right
2. Basic Punches - Jab, Cross, Hook, Upper Cut, Belly Rip
3. Basic Evasion Manoeuvres - Block, Slip, Duck, Ride, Side Step
4. Punching Combinations - e.g. J-C, J-J-H-U, H-U/B, Extra combinations can be used.

### BROWN BELT COURSE

1. Kempo 18 (No. 2) - Sukui Nage - Scoop-up Throw
2. Ju 1 - Advanced Counter to Single Straight Punch
3. Tekubi Gaeshi (No. 2) - Advanced Double Wrist Counter - Kata Guruma

### Boxing

1. Integrating all the Basic Skills of the Senior Blue Course into free flowing combinations done with partner held sparring mitts.
2. Free Sparring with partner showing all boxing skills (Non Contact).
3. Defence against a Boxer.