



PETER MORTON ACADEMY OF JUDO JUJITSU KARATE

モーター
トントン
流
自修館柔術

SENIOR YELLOW BELT COURSE

JUJITSU

1. Double Lapel Hold
2. Single Lapel Hold (No. 1 - Control)
3. Single Lapel Hold (No. 2 - Break)
4. Single Wrist Hold (No. 1 - Gooseneck wrist lock)
5. Single Wrist Hold (No. 2 - Side wrist lock)
6. Double Wrist Hold
7. Front Choke (No. 1)
8. Front Choke (No. 2)
9. Side Choke
10. Side Ground Choke
11. Straddle Ground Choke
12. Ground Choke Kneeling Between Legs (No. 1)
13. Hair Holding – Straight and Bent Arms
14. Collar Holding
15. Shoulder Grabbing from behind
16. Arms Around Body from Behind Feet Together (No. 1 - Pivot)
17. Arms Around Body from Behind Feet Together (No. 2 - Leg lift)
18. Arms Around Body from Behind Feet Apart
19. Ogoshi (Major Hip Throw) – Static attack
20. Koshi Guruma (Hip Wheel Throw) – Static attack
21. Rear Choke (No. 1)
22. Forearm Hold – Straight and Bent Arms

OTHER REQUIREMENTS

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



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SENIOR 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. Full Nelson (No. 2)
12. Counter to Upper-cut
13. Hip Throw from Walking Side by Side
14. Hamalock Counter
15. Rear Strangle (No. 1)
16. Rear Strangle (No. 2)
17. Rear Ground Choke
18. Side Bear Hug
19. Rear Bear Hug Arms Free

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



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SENIOR 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 – Follow through
7. Kempo 7 - Hip Throw (Ogoshi or Koshi Guruma) – Advancing attack
8. Kempo 8 - Kidney Karate
9. Kempo 9 - Ippon Seionage – Advancing attack

JUJITSU

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)
6. Kneeling Kick
7. 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



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SENIOR 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
5. Tomoenage Atemi Kubi - Stomach Throw and Neck Lock
6. Rear Choke (No. 3)
7. Ground Choke Kneeling Between Legs (No. 3)
8. Front Bear Hug Arms Free (No. 2)
9. Front Choke (No. 3)
10. Wrist Hold (No. 2)

JUDO

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

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.

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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モーター
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SENIOR 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
4. Kempo 18 (No. 2) - Sukui Nage - Scoop-up Throw

JUJITSU

1. Ju 1 - Advanced Counter to Single Straight Punch
2. Lapel Gaeshi - Advanced Double Lapel Counter
3. Tekubi Gaeshi (No. 1) - Advanced Double Wrist Counter - Silk Shouldering
4. Tekubi Gaeshi (No. 2) - Advanced Double Wrist Counter - Kata Guruma
5. San Ji Go Tai - Three Precautionary Stances
6. 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 Garame - 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

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.

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