**High Sierra Jujitsu Rank Requirements**

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| **Qualifications for Rank Promotion**  Technical Ability  Cognitive Understanding  Technique Name Recognition  Service to Others and the School  Humble and Helpful Attitude  Teaching Ability  Good Sportsmanship  Safety Awareness  Conscious Personal Growth | **Notebook Requirements**  Notebook must include all known techniques.  For each technique, include:  Japanese Name  English Translation  Description  Safety considerations for tori and/or uke  Variations (required for Yawara, optional for Nage through Shinnin) |

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| **Blue III**  **Sutemi**  Mae Kaiten from Han Tachi  Mae Kaiten from Standing  Ushiro Kaiten  Ushiro Sutemi (from roll back)  Yoko Sutemi (rolling side fall)  Mae Sutemi (from kneeling)  Fall from Ogoshi  **Yawara**  Yawara 1-10  **Nage**  Osoto Gari  Deashi Harai  Read the Esoteric Principles of Dan Zan Ryu Jujitsu  Become a member of the AJJF | **Blue II**  Improvement on previous requirements  **Sutemi**  Yoko Kaiten  “Jujitsu Roll”  Ushiro Sutemi (from squatting)  Mae Sutemi (from squatting)  Yoko Sutemi (elbow stand)  Assisted Sutemi (straight-over)  **Yawara**  All Yawara  **Nage**  Okuri Harai  Soto Gama  Uchi Gama  Ogoshi  Yama Arashi | **Blue I**  Improvement on previous requirements  **Sutemi**  Ushiro Sutemi (one leg up)  Mae Sutemi (from jumping)  Sutemi (straight-over)  **Nage**  Sasae Ashi  Seoi Nage  Ushiro Goshi  Seoi Goshi  Tsurikomi Goshi  Uki Otoshi  Makikomi  Kane Sute  Tomoe Nage | **Green II**  Improvement on previous requirements  **Nage**  All Nage  **Shime**  Eri Gatame  Kata Gatame  Juji Gatame  Shiho Gatame  Sankaku Gatame  Ushiro Gatame  **Goshin Jitsu**  Goshin Jitsu 1-10 |

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| **Green I**  Improvement on previous requirements  **Shime**  Namijuji Jime  Gyakujuji Jime  Ichimonji Jime  Tsukkomi Jime  Hadaka Jime Ichi, Ni, San  Kote Jime  Tenada Jime  Do Hime  Ashigarami Jime  Ashinada Jime  Ashiyubi Jime  Momo Jime  **Goshin Jitsu**  Goshin Jitsu 11-21  **Kappo**  Se Katsu | **Brown III (Sankyu)**  Improvement on previous requirements  **Yawara**  Variations (at least 1 per art)  **Shime**  All Shime  **Oku**  Oku 1-5  **Goshin Jitsu**  All Goshin Jitsu  **Uke Te** (Blocks)  **Kappo**  Hanaji Tome  Nuki Katsu  Ashi Katsu  **Mat Massage**  **One AJJF Contest at any previous rank** | **Brown II (Nikyu)**  Improvement on previous requirements  **Oku**  Oku 6-18  **Tanto**  **Atemi** (strikes)  **Keri Te** (Kicks)  **Kappo**  Eri Katsu  Hon Katsu  Tanden Katsu | **Brown I (Ikkyu)**  Improvement on previous requirements  **Oku**  All Oku  **Tanju**  **Kappo**  Kin Katsu I, II, III |
| **Shodan**  First Aid and CPR current  Letter of Recommendation from Sensei  AJJF Ethics Statement  At least 3 AJJF sanctioned mat activities in the previous year (must include at least one contest at Brown Belt)  Back Ground Screen from AJJF  All Yawara, Goshin Jitsu, Nage, Shime, Oku  Shinnin No Maki 1-10  Se Katsu, Ashi Katsu, Nuki Katsu, Kin Katsu I, II, III, Hanaji Tome, Hon Katsu, Tanden Katsu, Eri Katsu  Uke Te, Keri Te, Atemi  Tanto, Tanju  Exam with the AJJF Board of Professors | | | |