**High Sierra Jujitsu Rank Requirements**

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| **Qualifications for Rank Promotion**Technical AbilityCognitive UnderstandingTechnique Name RecognitionService to Others and the SchoolHumble and Helpful AttitudeTeaching AbilityGood SportsmanshipSafety AwarenessConscious Personal Growth | **Notebook Requirements**Notebook must include all known techniques.For each technique, include:Japanese NameEnglish TranslationDescriptionSafety considerations for tori and/or ukeVariations (required for Yawara, optional for Nage through Shinnin) |

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| **Blue III****Sutemi** Mae Kaiten from Han TachiMae Kaiten from StandingUshiro KaitenUshiro Sutemi (from roll back)Yoko Sutemi (rolling side fall)Mae Sutemi (from kneeling)Fall from Ogoshi**Yawara**Yawara 1-10**Nage**Osoto GariDeashi HaraiRead the Esoteric Principles of Dan Zan Ryu JujitsuBecome 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 HaraiSoto GamaUchi GamaOgoshiYama Arashi | **Blue I**Improvement on previous requirements**Sutemi**Ushiro Sutemi (one leg up)Mae Sutemi (from jumping)Sutemi (straight-over)**Nage**Sasae AshiSeoi NageUshiro GoshiSeoi GoshiTsurikomi GoshiUki OtoshiMakikomiKane SuteTomoe Nage | **Green II**Improvement on previous requirements**Nage**All Nage**Shime**Eri GatameKata GatameJuji GatameShiho GatameSankaku GatameUshiro Gatame**Goshin Jitsu**Goshin Jitsu 1-10 |

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| **Green I**Improvement on previous requirements**Shime**Namijuji JimeGyakujuji JimeIchimonji JimeTsukkomi JimeHadaka Jime Ichi, Ni, SanKote JimeTenada JimeDo HimeAshigarami JimeAshinada JimeAshiyubi JimeMomo 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 TomeNuki KatsuAshi 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 KatsuHon KatsuTanden Katsu | **Brown I (Ikkyu)**Improvement on previous requirements**Oku**All Oku**Tanju****Kappo**Kin Katsu I, II, III |
| **Shodan**First Aid and CPR currentLetter of Recommendation from SenseiAJJF Ethics StatementAt least 3 AJJF sanctioned mat activities in the previous year (must include at least one contest at Brown Belt)Back Ground Screen from AJJFAll Yawara, Goshin Jitsu, Nage, Shime, OkuShinnin No Maki 1-10Se Katsu, Ashi Katsu, Nuki Katsu, Kin Katsu I, II, III, Hanaji Tome, Hon Katsu, Tanden Katsu, Eri KatsuUke Te, Keri Te, AtemiTanto, TanjuExam with the AJJF Board of Professors |