

AJJF Freestyle Attacks and Defenses updated and BOP Approved August 2011

<p>Pee-Wee Beginner and Intermediate age 1-6</p> <p>ATTACKS: Grabs (front and rear) Front chokes SIMULATED PUNCHES BELOW THE NECKLINE. SIMULATED KICKS AT WAIST LEVEL OR BELOW.</p> <p>DEFENSES: SIMULATED PUNCHES BELOW THE NECKLINE SIMULATED KICKS AT WAIST LEVEL OR BELOW. Basic hand arts Takedowns will be allowed. Throws will be defined as when both of uke's feet leave the mat. Takedowns are simple throws whereby uke can fall slowly and safely given their level. One foot remains on the mat. Examples of takedowns are heel to heel trip, Osoto Gari, single leg pickups and takedowns where uke is taken down by breaking the frame only. Simple hold downs No combination holds. No throws</p>		<p>Pee-Wee Advanced age 1-6</p> <p>ATTACKS: Grabs (front and rear) Front chokes SIMULATED PUNCHES BELOW THE NECKLINE SIMULATED KICKS AT WAIST LEVEL OR BELOW.</p> <p>DEFENSES: SIMULATED PUNCHES BELOW THE NECKLINE SIMULATED KICKS AT WAIST LEVEL OR BELOW. Basic hand arts Takedowns Basic hip throws but no one leg throws. Simple hold downs</p>
<p>Children Beginner age 7-12</p> <p>ATTACKS: Grabs (front and rear) Front Chokes SIMULATED PUNCHES BELOW THE NECKLINE SIMULATED KICKS AT WAIST LEVEL OR BELOW.</p> <p>DEFENSES: SIMULATED PUNCHES BELOW THE NECKLINE SIMULATED KICKS DIRECTED AT WAIST LEVEL OR BELOW Yawara Takedowns Basic hip throws but no one leg throws. Simple hold downs</p>		<p>Children Intermediate level age 7-12 and Teen 6th and 5th kyu (beginning and intermediate)</p> <p>ATTACKS: Grabs (front and rear) Front and Rear Chokes SIMULATED PUNCHES BELOW THE NECKLINE SIMULATED KICKS AT WAIST LEVEL OR BELOW.</p> <p>DEFENSES: SIMULATED PUNCHES BELOW THE NECKLINE SIMULATED KICKS DIRECTED AT WAIST LEVEL OR BELOW Yawara Takedowns Nage but no one legged throws. Simple hold downs</p>

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Children age 7-12 and Teen Advanced (4TH KYU)

ATTACKS:

Grabs (front and rear)
Front Chokes
Rear chokes
SIMULATED punches
SIMULATED KICKS AT CHEST LEVEL OR BELOW

DEFENSES:

SIMULATED punches
SIMULATED KICKS AT CHEST LEVEL OR BELOW
Variations from Yawara
Nage Te
Goshin Jitsu
Hold downs
Basic carotid chokes
Basic submissions

Senior 6th and 5th Kyu ranks

ATTACKS:

Grabs (front and rear)
Front chokes
Rear chokes
SIMULATED punches
SIMULATED KICKS AT CHEST LEVEL OR BELOW
Variations from Yawara

DEFENSES:

SIMULATED punches
SIMULATED KICKS AT CHEST LEVEL OR BELOW
Variations from Yawara
Nage Te
Goshin Jitsu
Basic hold downs
Basic carotid chokes

Senior 4th Kyu

ATTACKS:

Grabs (front and rear)
Front chokes
Rear chokes
SIMULATED punches
SIMULATED KICKS AT CHEST LEVEL OR BELOW
Variations from Yawara

DEFENSES:

SIMULATED punches
SIMULATED KICKS AT CHEST LEVEL OR BELOW
Variations from Yawara
Nage Te
Shime Te
Goshin Jitsu

3rd, and 2nd kyu Division

ATTACKS:

Grabs (front and rear)
Front Chokes
Rear Chokes
SIMULATED punches
SIMULATED KICKS AT CHEST LEVEL OR BELOW
Variations from Yawara

DEFENSES:

SIMULATED punches
SIMULATED KICKS AT CHEST LEVEL OR BELOW
Variations from Yawara
Nage Te
Shime Te
Oku Te
Goshin Jitsu

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1st Kyu Division

ATTACKS:

Grabs (front and rear)
Front Chokes
Rear Chokes
SIMULATED punches
SIMULATED KICKS AT CHEST LEVEL
OR BELOW
Variations from Yawara

**WEAPONS MAY BE USED AT THE
DISCRETION OF THE CONTEST
DIRECTOR.**

DEFENSES:

SIMULATED punches
SIMULATED KICKS AT CHEST LEVEL OR
BELOW
Variations from Yawara
Nage Te
Shime Te
Oku Te
Shinnin 1-10

The Black Belt Division

May be attacked by any techniques or variation of techniques through the list of Shinnin including weapons. NO SHINYO OR KAPPO ARE ALLOWED. Defenses are the same as the attacks.