



Stanford Jujitsu Club

Ukemi (*Falling*) Charts

Home

Class Info

Curriculum

By chart

Aiki Jujitsu

Kempo

Karate

Nage

Katame Waza

Brazilian

Jujitsu

Ukemi

Miscellaneous

By belt rank

By attack
(incomplete)

Japanese glossary

Other documents

Video

Zen Budokai

Links

Ukemi		
No.	Technique	Ukemi
1.	Demonstrate	Back Breakfall
2.	Demonstrate	Side Breakfall
3.	Osoto Gari	Side Breakfall
4.	Demonstrate	Forward Roll
5.	Demonstrate	Forward Breakfall
6.	Sukui Nage	Side Breakfall
7.	Ogoshi	Side Breakfall
8.	Tani Otoshi	Side Breakfall
9.	Demonstrate	Front Breakfall
10.	Inside Lift	Side Breakfall
11.	Inside Armtwist	Front Flip
12.	Demonstrate	Back Roll
13.	Uki Otoshi	Side Breakfall
14.	Lightning Throw	Side Breakfall
15.	Tackle Ouchi	Back Breakfall
16.	Tomoe Nage	Forward Breakfall
17.	Wrist Twist	Front Flip
18.	Barflex-Otoshi	Front Flip
19.	Demonstrate	Front Flip
20.	Scissors Rollup	Front Breakfall
21.	Kane Sute	Back Breakfall
22.	Yoko Guruma	Forward Roll
23.	Maki Geashi	Forward Breakfall
24.	Osoto Gari	Side Breakfall
25.	Kata Guruma	Forward Breakfall

26.	Club Yawara	Front Breakfall
27.	Cross-twist Sutemi	Front Flip
28.	Shiho Nage	Front Flip
29.	Right Blow, Tensho Aiki	Front Flip
30.	Cross-twist, Tensho Aiki	Front Flip

Proposed Requirements

Rank	Ukemi
Yellow Belt	1-3
Green Belt	4-8
Sankyu	9-11
Nikyu	12-18
Ikkyu	19-23
Shodan	24-30

Sutemi Waza	
No.	Technique
1.	Simple sit down (back) fall
2.	One leg squat
3.	Reverse squat
4.	Forward sutemi (roll)
5.	Forward roll turnabout
6.	Barrier sutemi
7.	Handstand sutemi
8.	Bayonet sutemi
9.	Lapel okuri
10.	Front kip
11.	Side kip
12.	Back roll