

TOA JIU-JITSU



TĀMĪTANGA - **CONTROLS**

TAUTAHI - **HALF GUARD**

TAUTUA - **BACK CONTROL**

TAU HIPA - **GUARD PASS**

TAUTAHA - **SIDE CONTROL**

TAUHURI - **SWEEPS**

PUTANGA - **ESCAPE**

TAUPIKI - **MOUNT**

TAUARO - **REVERSALS**

TAUTURI - **KNEE RIDE**

HIPA - **PASS**

TAUKATI - **CLOSED GUARD**

ARATAUA

media · communications · marketing

TOA JIU-JITSU



TOKIA - **TAKEDOWN**

RUKE - **HIP TOSS**

MAU TAHI - **SINGLE LEG**

MAU RUA - **DOUBLE LEG**

HEREPU - **HOLD FIRMLY**

KAUNONI - **TWIST**

TAKAWHETA - **SHRIMP**

TAKAORIORI - **ROLL OVER**

KĀRURE - **SPIN**

ARAU - **ENTANGLE**

KURUTĒTANGA - **COMPRESSION LOCKS**

HONU - **TURTLE**

TĀWHI - **HOLD BACK**

PŪKONI - **SPRAWL**

ARATAUA

media · communications · marketing

TOA JIU-JITSU



PUNITUA - **REAR NAKED CHOKE**

HERE RINGA - **ARM BAR**

PUNIMATE - **GUILLOTINE**

HERE PONA - **WRIST LOCK**

PUNI (TOTO) - **CHOKE**

HERE TURI- **KNEE BAR**

HERE PĀKAU - **OMO PLATA**

KĪMURA - **KIMURA**

HERETANGA - **LOCKS**

HERE RAPA - **ANKLE LOCK**

TAPATORU - **TRIANGLE**

WHAKARUHITANGA - **SUBMISSIONS**

ARATAUA

media • communications • marketing