



Grading Syllabus

For

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6th Kyu Red Belt

Theory

General questions on mat etiquette, behavior in the Dojo.

Questions may be put at any stage during the grading.

Japanese Terminology

Ju-Jitsu-Compliant Art

Obi-Belt

Tatami-Training mat

Gi-Uniform/Suit

Sensei-Instructor

Rei-Bow

Basic Breakfalling

Front rolling breakfall - left & right - back up into fighting stance

Side breakfall left & right back up into fighting stance

Front & rear breakfall

Every time showing awareness of your surroundings

Release Techniques

Release from a double collar grab, followed by set counter attack

Foot/Leg Techniques

Roundhouse kick using instep; target just above the ankle for a sweep

Roundhouse kick using shin; target thigh

Roundhouse kick using ball of foot; target solar plexus

Blocking Techniques

Upward rising block

'X' block

'S' block

Cross block

Outside forearm block

Inside/outside leg jam

Hand/Arm Techniques

Hook punch

Jab punch

Cross punch

Snapping punch

Upward, Downward and roundhouse elbow strike

Radius strike

Back fist strike

Throwing Techniques

A Hip throw, defending against two punches to the head, set finish.



5th Kyu Yellow Belt

Theory

Questions from red belt upward will be directed at determining the student's knowledge of techniques and the reasoning behind them.

Questions may be put at any stage during the grading.

Japanese Terminology

Tzuki-punch	Budo-Martial way
Tanto-Knife	Dan-black belt level/degree
Tonfa-wooden baton	Soke-founder/successor
Bo-wooden staff	Randori-mat play
Katana-Metal long sword	

Basic Breakfalling

Front rolling breakfall - left & right - back up into fighting stance

Side breakfall left & right back up into fighting stance

Front & rear breakfall

Every time showing awareness of your surroundings

Escapes from ground strangles (5)

- From between legs
- From astride the body
- Pinning the shoulders
- From behind the head
- Alongside the body

Foot/Leg Techniques Hand/Arm Techniques

Middle section sidekick.	Upward block
Shin kick	Outer forearm blocks
Middle section roundhouse kick	Lower blocks
Front snap kick (middle)	Inner forearm blocks
Side rising kick to groin	Cross block
Thrusting kick (middle)	Snapping back fist strike
Axe kick	Hammer fist strike
	Groin whip



Throwing Techniques

Hip throw and fig.4 wristlock on the ground
Half Shoulder throw with set finish
Reclining leg throw

Notes.

All striking techniques to be performed using impact equipment. Where appropriate all breakfalls should include kicks and rollouts

Students should be developing a basic knowledge of human anatomy in order to locate specific target areas



4th Kyu Orange Belt

Theory

Questions from red belt upward will be directed at determining the student's knowledge of techniques and the reasoning behind them.

Questions may be put at any stage during the grading.

Throwing Techniques

A body drop throw and strangle finish with strikes from a two-punch attack

A dropping full shoulder throw with from rear choke

Leg throw and spine/leg lock finish

A stamp throw with a figure 4 wrist lock finish

An inside hock throw finishing with a double leg pin

A corner throw

- A rice bale throw - with 2 variations of finish:
- Spine lock finish (alongside the body)
 - Neck lock/ choke (astride the body)

Defences against stamping to the head

- Front takedown
- Rear takedown

Foot/Leg Techniques Hand/Arm Techniques

Roundhouse kick (high)

Uppercut punch

Side kick (high)

Travelling back fist

Back kick front/rear (middle)

Ridge hand

Front snap kick (middle)

Reverse ridge hand

Side kick combo (middle / high)

Top fist strike

Crescent kick (middle)

Knife hand strike

Vertical kick

Notes.

All techniques must be performed at correct targets

Breaker board destruction

Any hand technique against 1 board

Any leg technique against 1 board



Anatomy

213 bones in the human body

Average brain weighs 1/50 of the overall body weight (approx. 3-kg)

28 bones in the head

33 bones in the spine

8 pints of blood in the average human body

Scapula- shoulder blade

Clavicle- collar bone

And any other commonly known bone names in legs and arms etc.



3rd Kyu Green Belt

Throwing Techniques

A crab claw scissors throw

An outside hock throw

A head throw

A front double leg throw

- Stomach throws
- Defending against two punches
 - Defending against a pushing/ rushing

Variations on shoulder throw (3)

- Half shoulder, with vertical arm lock and wrist lock combined
- Single arm full shoulder with stepping crossover lock (arms free)
- Collar throw and Gi strangle
- A knee level leg sweep, finishing with a single arm, arm & shoulder lock

Defences against kicks to the groin (2)

- Using a rear leg sweep
- Using an inside hock throw

Escapes from a full nelson

- Inside fig 4 arm bar & dropping throw

Locks and take downs

- Swan neck wrist lock and takedown
- A cupping wrist lock and takedown

Foot & leg techniques:

Where applicable kicking techniques learnt must now be able to attack a high level target when needed.

Foot & leg techniques

Donkey kicks to kidneys / Spine

Hooking kick

Reverse roundhouse kick



Breaker board destruction

Elbow strike to 2 boards

Back kick to 1 board

Anatomy

Frontal bone - forehead

Nasal bone - nose

Sphenoid bone - above eye

Zygomatic bone- cheek bone

Maxilla - upper jaw bone

Mandible - lower jaw bone

Temporal bone - side of the head

Parietal bone - top of the skull

Occipital bone - Base of the skull



2nd Kyu Blue Belt

Throws

Variations on shoulder throws (3)

- A dislocation throw
- A double arm full shoulder
- A head and arm throw

A rotating head throw

A spring hip throw with a fig 4 wrist lock and pinning sleeper hold

A front scoop throw

A valley drop throw

- Against a punching attack
- Defending against a rear strangle

Loin or hip wheel

A transitional hip throw

A thrusting knee wheel with arm entrapment, Gi choke and arm lock finish

Strangles & Locks

A Japanese strangle

A scissors and naked choke hold

A double-crossed arm bar- defending against two punches

A tram line sleeper hold

A bar choke

A sliding collar strangle hold. From grappling position on the ground

A combined straight arm bar and choke hold

Escapes from grabs

Escapes from a half nelson (2)

Escapes from grabs, over and under the arms. From the front and rear

Defences against bear hugs - over the arms from each side of the body (2)

Counters to arm bar and collar hold (2)

- Head throw
- Shoulder - arm lock and an outside hock throw

Defences against a kick to the body (3)

- Inside hock throw against a roundhouse kick
- Outside hock throw against a side kick
- Standing spinning reap against a



front kick

Foot & leg techniques

Reverse Roundhouse kick

Twisting kick

Jumping: - back kick, Sidekick, Roundhouse kick

Flying Side kick

Breaker board destruction

Knee strike (2)

Cross punch (1)

1 step Randori hand and feet (same attack both sides)



1st Kyu Brown Belt

Throws

A head, hip and knee throw

An outside winding throw

A dropping half - shoulder throw

A rotating wrist throw and pin

An outer wheel throw

A standing shoulder wheel

A dropping shoulder wheel throw

A single arm fig 4 lock. Throw and finish

A wrist throw and lock. Followed by manipulation on the ground, then compliance hold to standing and come along technique

A reverse hip throw with sleeper hold finish

Sweeps

A minor inside leg sweep

A major inside leg sweep

A loin sweep

A transitional leg sweep

Chokes and strangles

A vertical arm sleeper hold

A neck reinforced naked strangle and arm bar

A palm and forearm strangle (2) from both the front and rear

A sliding collar strangle and hip throw/ wheel combined

Defences

- Defences against ground strangles (4)
- (2) Two between the legs
 - (2) Two astride the body

Defences

Defence against a sidekick to the head - with a reverse outside hock throw

Defence against a front kick to the head - with a crescent throw

Defence against a roundhouse kick to the head - using a rear scoop



Escapes

- Escapes from head chancery (3)
- One from the front
 - One from either side of the body

Escapes when held by both wrists from behind (2)

Kicks

Jumping reverse roundhouse kick

Jumping axe kick

Jumping back kick

1 step Randori

Hand and feet (any attack)

Randori

Empty hand defences against unknown attacks from an unarmed opponent

Empty hand defences against unknown attacks from a knife-welding opponent

Breaker board destruction

2 boards choice of kick and leg

2 boards choice of hand strike

Anatomy

The brown belt candidate are required to know all major bone groups and pressure points of the human body



First aid skills

The brown belt candidate should be able to recognise and competently deal with the following: -

Nosebleeds

Concussion

Shock

Cuts (including presence of a foreign body)

Compression

Choking

Collar bone fractures

Jaw fracture

Penetrating chest and back wounds (including when a foreign body is present)

Controlling blood loss - through direct and in direct pressure

The students must have a though knowledge and understanding of the methods of mouth to mouth ventilation and of external chest compression.

In order to resuscitate an injured person - both adult and child.



Japanese Terminology

Here is a list of basic terminology used within Ju-Jitsu it is optional for students to use Japanese terminology.	
Numbers	
Ich = One	Roku = Six
Ni = Two	Sechi = Seven
San = Three	Hechi = Eight
Chi = Four	Kju = Nine
Go = Five	Ju = Ten
Tai = Body	
Ashi = Leg	Hiza = Knee
Goshi / Koshi = Hip	Kote = Wrist
Hiji / Empi = Elbow	Te = Hand
Hara = Abdomen	
Dojo = Training Hall	
Sensei = Teacher	Kata = Pre-set of Techniques
Tori = Person applying technique	Uki = Person who the technique is applied to
Tatami = Mat	Rei = Bow
Yame = Stop / Halt	Hajime = Begin
Ma-ai = Distance Evaluation	Shikka = Knee Walking
Seiza = Kneeling Position	Kiai = Loud Shout / Scream
Ki = Spirit, inner energy	Karsu = Resuscitation
Gi = Training Suit	Hakama = Traditional Divided, Skirt
Waza = Techniques	
Nage = Throws	Atemi = Strikes



Colney Heath Goshin-Ryu Ju-Jitsu



Keri = Kicks	Uke = Blocks
Osaekomi = Hold downs	Kansetsu = Locks
Shime / Jime = Strangles	Kuzushi = Balance breaking
Sen-no-sen = Pre-emptive strike	Go-no-sen = Counter Strike
Sutemi = Sacrifice Throws	Kumite = Sparring
Tai-sabaki = Body Movement	Randori = Free practise
Ukimi = Break fall	
Weapons	
Bo = Long Staff (6ft)	Jo = Short Staff (4'6")
Tonfa = Wooden Baton	Nunchaka = Rice Flail
Tanto = Knife	Tanjo = Stick (Short)
Kubaton = Steel Pin	Sai = Trident shaped knife
Kama = Small Sythe	Katana = Japanese Sword
Bokken = Practise Sword	
Positions	
Hidari = Left	Migi = Right
Chudan = Middle	Gedan = Lower