

# Jitsu Canada

# Shorinji Kan Jiu Jitsu

# Adult Kyu Syllabus

#### **GRADING CONDITIONS**

The student must have trained at least 30 hours over a three-month period between grades up to 5th Kyu. For  $4^{th}$  Kyu, the student must have trained at least 60 hours over a minimum three-month period.

For 3rd, 2nd and 1st *Kyu* students must have a minimum 90 hours over a minimum six-month period between grades and must have attended at least one course during this period.

Any student without a white gi with association badge will not be eligible.

Any student with long nails, dirty gi, incorrectly tied belt or wearing jewellery will not be eligible.

Once the *dojo* becomes a grading room there will be no talking, whispering or joking.

Lack of discipline or failure to adhere to *dojo* etiquette may result in failure.

Loss of temper or swearing will result in instant failure.

#### 7th Kyu (Yellow)

#### Waza

*Ukemi: Ukemi-no-kata* (kneeling)

Standing sideways rolls (into *kamae*)

Peg-leg break-fall

Atemi: Lunge punch, Reverse punch, Hook punch, Palm heel, Knife hand, Back fist

Elbow (horizontal)

Mae-geri

*Kansetsu*: Wrist-lock #1 (*Kote-gaeshi*)

Wrist-lock #2 (*Ura-kote*)
Arm-lock #1 (*Ude-kujiki*)
Arm-lock #2 (*Karada-gatame*)
Restraint #1 (*Yoko-hiza-gatame*)
Restraint #2 (*Yoko-kote-dori*)
Restraint #3 (*Ura-kote*)

*Ne-waza*: Top control, side control, supine control (and escapes from)

Tate-shiho-gatame, Mune-gatame, Kesa-gatame (and counters) Ude-hishigi-ude-gatame, Ude-hishigi-juji-gatame (and counters)

Tsukomi-jime, Okuri-eri-jime (and counters)

Nage-waza: Osoto-gari, Kosoto-gari, De-ashi-harai.

Demonstrate Kuzushi

Randori utilising Osoto-gari and De-ashi-harai only

#### Henka-waza

Arm-lock 2 into wrist-lock 1 Arm-lock 1 into wrist-lock 1 Mune-gatame into Ude-hishigi-ude-gatame Tate-shiho-gatame into Ude-hishigi-juji-gatame Kosoto-gari into Osoto-gari

#### Bunkai

Defence against strangles (front and rear)
Defence against hair grabs (front and rear)
Defence against lapel grab & punch
Defence against punch
Defence against bottle

The student should have good style and control and a basic knowledge of terminology and etiquette.

#### 6th Kyu (Orange)

#### Waza

All previous syllabus.

*Ukemi*: Standing forwards and backwards rolls (into *kamae*)

Over the belt, side drop

Atemi: Hammer fist, Elbow (vertical), Knee

Mawashi-geri

Kansetsu: Wrist-lock #3 (Kote-gatame)

Arm-lock #3 (*Ude-garami*)

Arm-lock #4 (*Gyaku-ude-garami*) Restraint #4 (*Ashi-gatame*) Restraint #5 (*Gyaku-kote-hineri*)

Ne-waza: Kuzure-kesa-gatame, Gyaku-kesa-gatame, Kata-gatame, (and counters)

*Ude-garami*, *Gyaku-ude-garami* (and counters)

Hadaka-jime, Ryote-jime (and counters)

Nage-waza: Koshi-guruma, O-goshi, Kouchi-gari, Kosoto-gake, Osoto-gaeshi, Ushiro-goshi

Randori

#### Henka-waza

Kesa-gatame into Kata-gatame Mune-gatame into Gyaku-ude-garami Tate-shiho-gatame into Ude-garami De-ashi-harai into Kosoto-gake

#### Kaeshi-waza

Osoto-gari with Osoto-gaeshi Osoto-gari with Kosoto-gake Kosoto-gari with O-goshi Koshi-guruma with Ushiro-goshi

#### Bunkai

Defence against body grabs (front and rear) Defence against kick Defence against cosh

#### 5th Kyu (Green)

#### Waza

All previous syllabus.

*Ukemi*: Off the back, diving over one person.

Judo rolls, aikido-rolls, wrong footed rolls/falls, rolls into alternative stances

Atemi: Upper-cut, Elbow (rear)

Yoko-geri, Ushiro-geri

*Kansetsu*: Wrist-lock #4 (*Kote-hineri*)

Wrist-lock #5 (*Kote-dori*)

Wrist-lock #6 (*Gyaku-kote-hineri*) Arm-lock #5 (*Waki-gatame*) Arm-lock #6 (*Ude-gatame*)

Ne-waza: Kami-shiho-gatame, Yoko-shiho-gatame

Ude-hishigi-sankaku-gatame, Sankaku-jime

Nage-waza: Seoi-otoshi, Seoi-nage, Ouchi-gari, Morote-gari, Kuchiki-taoshi, Kibisu-gaeshi,

Daki-age.

#### Henka-waza

Wrist-lock 2 into wrist-lock 5
Wrist-lock 6 into arm-lock 6
O-goshi into Kibisu-gaeshi
Ouchi-gari into Kuchiki-taoshi
Kami-shiho-gatame into Gyaku-kesa-gatame

#### Kaeshi-waza

Sankaku-jime with Daki-age

#### <u>Bunkai</u>

Defence against wrist grabs & arm-locks Defence against knife Defence against broken bottle Defence on the ground

The student will have full knowledge of terminology and style history.

## 4th Kyu (Purple)

# Waza

All previous syllabus.

*Ukemi*: Drop

*Kansetsu*: Arm-lock #7 (*Katsugi-gatame*)

Arm-lock #8 (Kannuki-gatame).

Ne-waza: Ude-hishigi-te-gatame, Ude-hishigi-hiza-gatame, Ude-hishigi-waki-gatame

Juji-jime, Kata-ha-jime, Katate-jime, Sode-guruma-jime

Kata-ashi-hishigi, Ryo-ashi-hishigi, Hiza-tori-garami, Ashi-kannuki

Nage-waza: Uki-goshi, Hane-goshi, Harai-goshi, Yoko-otoshi, Tani-otoshi

#### Henka-waza

Uki-goshi into Yoko-otoshi

# Kaeshi-waza

Koshi-guruma with Tani-otoshi Uki-goshi with Kosoto-gari Koshi-guruma with Harai-goshi

#### Bunkai

Defence against boxing style attacks

The student will have completed the Assistant Instructor course.

#### 3rd Kyu (Light Blue)

# **Waza**

All previous syllabus.

Ukemi: Hand-stand break-fall

Kansetsu: Hiza-kujiki

Hiza-hishigi

Shime-waza:

Hadaka-jime – from standing, & counters

Gyaku-hadaka-jime – from standing, & counters

Nage-waza: Tsurikomi-goshi, Ganseki-otoshi, Osoto-guruma, Sukui-nage, Hikkomi-gaeshi,

Ouchi-gaeshi, Kouchi-gaeshi

Nage-no-kata:

Koshi-waza

# Henka-waza

Five additional *henka-waza* techniques

#### Kaeshi-waza

Ouchi-gari with Ouchi-gaeshi Kouchi-gari with Kouchi-gaeshi

#### Bunkai

Defence against side head-lock & punch Defence against 'clinch', 'full-nelson' & 'half-nelson' holds Defence against various forms of kicks and strikes Defence against two unarmed attackers Defence against knuckle-duster

The student will have experience of teaching under the supervision of the club instructor.

## 2nd Kyu (Dark Blue)

#### *Waza*

All previous syllabus

Ukemi: Full advanced ukemi

Nage-waza: Kata-guruma, Uki-otoshi, Irimi-nage, Yama Arashi, Sumi-gaeshi, Yoko-wakare,

Kokyu-nage Nage-no-kata: Te-waza.

Weapons: Basic use of sword, bo or jo

# Henka-waza

Three additional *henka-waza* techniques

#### Kaeshi-waza

Osoto-gari with Yoko-wakare Tani-otoshi with Kouchi-gari

#### <u>Bunkai</u>

Defence against all weapons including gun, chain, baseball bat and *bokken* Defence against two armed attackers Defence using baton

The student will have completed the Instructor Course.

#### 1st Kyu (Brown)

# Waza

All previous syllabus.

Nage-waza: Uki-waza, Yoko-guruma, Sasae-tsurikomi-ashi, Uchi-mata, Okuri-ashi-harai

Nage-no-kata: Ashi-waza

Weapons: Demonstrate one sword, bo or jo kata

# Henka-waza

Three additional henka-waza techniques

# Kaeshi-waza

Three additional *kaeshi-waza* techniques

#### **Bunkai**

Anything required by the grading panel

The student will have experience teaching whole classes unsupervised and will have current first aid & CPR qualifications.