

## 7th Kyu (Yellow)

## *Waza (techniques)*

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

Standing forwards, backwards and sideways rolls (into *kamae* [ready stance])

## Peg-leg break-fall

***Atemi (striking):*** *Atemi-no-kata* (dangerous parts) to the head, and application

*Yoko-geri (side kick), Mae-geri (front kick)*

***Kansetsu (locks):*** Wrist-lock #1 (*Kote-gaeshi*, wrist twist)

### Wrist-lock #2 (*Ura-kote, Rear wrist*)

### Arm-lock #1 (*Ude-kujiki*, *Arm break*)

### Arm-lock #2 (*Karada-gatame*, *Body lock*)

### Restraint #1 (*Yoko-hiza-gatame*, *Side knee lock*)

Restraint #2 (*Yoko-kote-dori*, Side wrist trap [wristlock #5])

Restraint #3 (*Ura-kote, Rear wrist [wristlock #2]*)

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

*Tate-shiho-gatame (Straight four-corner hold), Mune-gatame (Chest hold), Kesa-gatame (Scarf hold)*  
(and counters)

*Ude-hishigi-ude-gatame* (Arm [crush] arm-lock), *Ude-hishigi-juji-gatame* (Cross [crush] arm-lock)  
(and counters)

*Tsukomi-jime (Thrust choke), Okuri-eri-jime (Sliding collar choke) (and counters)*

**Nage-waza (throwing):** *Osoto-gari (Major outer reap), Kosoto-gari (Minor outer reap), Koshi-guruma (Hip wheel), O-goshi (Major hip), De-ashi-harai (Forward foot sweep).*

Demonstrate *Kuzushi* (*points of unbalance*)

*Randori utilising Osoto-gari, Koshi-guruma and De-ashi-harai only*

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### *Henka-waza (transition techniques)*

### 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*

*Osoto-gari* into *Koshi-guruma*

### *Kosoto-gari into Osoto-gari*

### *Koshi-guruma into Osoto-gari*

### ***Bunkai (application)***

### Defence against stranglers (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 (techniques)**

All previous syllabus.

**Ukemi (breakfalling):** Over the belt, side drop, off the back, diving over one person

**Atemi (striking):** Atemi-no-kata (dangerous parts) to the body, and application

*Mawashi-geri (In-turning circular kick), Ushiro-geri (Rear kick)*

**Kansetsu (locks):** Wrist-lock #3 (*Kote-gatame, Wrist lock*)

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

Arm-lock #4 (*Gyaku-ude-garami, Reverse arm entanglement*)

Restraint #4 (*Ashi-gatame, Foot/leg lock*)

Restraint #5 (*Gyaku-kote-hineri, Reverse wrist twist [wristlock #6]*)

**Ne-waza (groundwork):** *Kuzure-kesa-gatame (Broken scarf hold), Gyaku-kesa-gatame (Reverse scarf hold), Kata-gatame (Shoulder hold), (and counters)*

*Ude-garami (Arm entanglement), Gyaku-ude-garami (Reverse arm entanglement) (and counters)*

*Hadaka-jime (Naked choke), Ryote-jime (Two hand choke) (and counters)*

**Nage-waza (throwing):** *Seoi-otoshi (Shoulder drop), Seoi-nage (Shoulder throw), Ouchi-gari (Major inner reap), Kouchi-gari (Minor inner reap), Kosoto-gake (Minor outer hook), Osoto-gaeshi (Major outer counter), Ushiro-goshi (Back hip)*

*Randori (free practice)*

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### **Henka-waza (transition techniques)**

*Kesa-gatame into Kata-gatame*

*Mune-gatame into Ude-garami*

*Tate-shiho-gatame into Gyaku-ude-garami*

*De-ashi-harai into Kosoto-gake*

*Seoi-nage into Seoi-otoshi*

*Kouchi-gari into Ouchi-gari*

### **Kaeshi-waza (counter techniques)**

*Osoto-gari with Osoto-gaeshi*

*Osoto-gari with Kosoto-gake*

*Kosoto-gari with O-goshi*

*Koshi-guruma with Ushiro-goshi*

### **Bunkai (application)**

Defence against body grabs (front and rear)

Defence against kick

Defence against cosh

## 5th Kyu (Green)

## Waza (techniques)

All previous syllabus.

**Ukemi (breakfalling):** Judo rolls, aikido-rolls, wrong footed rolls/falls, rolls into alternative stances

***Atemi (striking):*** *Atemi-no-kata* (dangerous parts) to the back, and application

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

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

### Wrist-lock #6 (*Gyaku-kote-hineri*, *Reverse wrist twist*)

### Arm-lock #5 (*Waki-gatame*, *Armpit lock*)

### Arm-lock #6 (*Ude-gatame*, *Arm lock*)

**Ne-waza (groundwork):** *Kami-shiho-gatame (Top four-corner hold), Yoko-shiho-gatame (Side four-corner hold)*

*Ude-hishigi-sankaku-gatame (Arm [crushing] triangular lock), Sankaku-jime (Triangular choke)*

**Nage-waza (throwing):** *Tai-otoshi (Body drop), Uki-goshi (Floating hip), Hane-goshi (Spring hip), Harai-goshi (Sweeping hip), Yoko-otoshi (Side drop), Morote-gari (Two-hand reap), Kuchiki-taoshi (Pushing over the dead tree, One-hand drop), Kibisu-gaeshi (Heel trip), Daki-age (High lift).*

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### *Henka-waza (transition techniques)*

## Wrist-lock 2 into wrist-lock 5

## Wrist-lock 6 into arm-lock 6

### Arm-lock 4 into *Harai-goshi*

*Uki-goshi* into *Yoko-otoshi*

*O-goshi* into *Kibisu-gaeshi*

### *Ouchi-gari into Kuchiki-taoshi*

### *Kami-shiho-gatame* into *Gyaku-kesa-gatame*

### *Kaeshi-waza (counter techniques)*

### *Uki-goshi with Kosoto-gari*

### *Sankaku-jime* with *Daki-age*

### *Koshi-guruma with Harai-goshi*

### ***Bunkai (application)***

## 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 (techniques)**

All previous syllabus.

**Ukemi (breakfalling):** Drop, hand-stand, hand-stand forward rolls

**Atemi (striking):** *Empi-no-kata*.

**Kansetsu (locks):** Arm-lock #7 (*Katsugi-gatame*, Shoulder carry lock)

Arm-lock #8 (*Kannuki-gatame*, Bolt lock).

**Ne-waza (groundwork):** *Ude-hishigi-te-gatame* (Hand arm-lock), *Ude-hishigi-hiza-gatame* (Knee arm-lock), *Ude-hishigi-waki-gatame* (Armpit arm-lock)

*Juji-jime* (Cross choke), *Kata-ha-jime* (Half wing choke), *Kata-te-jime* (One-hand choke), *Sode-guruma-jime* (Sleeve wheel choke)

*Kata-ashi-hishigi* (Single leg crush), *Ryo-ashi-hishigi* (Double leg crush), *Hiza-tori-garami* (Knee [??] entanglement), *Ashi-kannuki* (Leg bolt lock)

**Nage-waza (throwing):** *Yoko-guruma* (Side wheel), *Hikkomi-gaeshi* (Rolling throw), *Tani-otoshi* (Valley drop), *Sukui-nage* (Scooping throw), *Yama Arashi* (Mountain Storm), *Osoto-otoshi* (Major outer drop), *Tsuri-goshi* (Lifting hip), *Hane-goshi-gaeshi* (Spring hip counter), *Harai-goshi-gaeshi* (Sweeping hip counter)

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### **Henka-waza (transition techniques)**

*Sukui-nage* into *Tani-otoshi*

*Kosoto-gari* into *Yoko-guruma*

*Sukui-nage* into *Yoko-shiho-gatame*

Arm-lock #8 into *Tai-otoshi*

### **Kaeshi-waza (counter techniques)**

*Hane-goshi* with *Hane-goshi-gaeshi*

*Harai-goshi* with *Harai-goshi-gaeshi*

*Tsuri-goshi* with *Sukui-nage*

*Morote-gari* with *Hikkomi-gaeshi*

*Tai-otoshi* with *Yoko-guruma*

*Koshi-guruma* with *Tani-otoshi*

### **Bunkai (application)**

Defence against baseball bat

Defence against *bokken*

Defence against boxing style attacks

The student will have completed the Assistant Instructor course.

## 3rd Kyu (Light Blue)

### **Waza (techniques)**

All previous syllabus.

**Ukemi (breakfalling):** Full advanced *ukemi*

**Kansetsu (locks):** *Hiza-kujiki* (Knee break)

*Hiza-hishigi* (Knee crush)

### **Shime-waza (chokes):**

*Hadaka-jime* (Naked choke) – from standing, & counters

*Gyaku-hadaka-jime* (Reverse naked choke) – from standing, & counters

**Nage-waza (throwing):** *Tsurikomi-goshi* (Lift-pull hip), *Sode-tsurikomi-goshi* (Sleeve lift-pull hip), *Ganseki-otoshi* (Rock drop), *O-guruma* (Major wheel), *Osoto-guruma* (Major outer wheel), *Kokyū-nage* (Air / breath throw), *Uki-otoshi* (Floating drop), *Sumi-gaeshi* (Corner throw), *Ashi-guruma* (Foot wheel), *Ouchi-gaeshi* (Major inner counter), *Kouchi-gaeshi* (Minor inner counter)

### **Nage-no-kata:**

*Koshi-waza*

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### **Henka-waza (transition techniques)**

Five additional *henka-waza* techniques

### **Kaeshi-waza (counter techniques)**

*Ouchi-gari* with *Ouchi-gaeshi*

*Kouchi-gari* with *Kouchi-gaeshi*

*Osoto-guruma* with *Osoto-otoshi*

*O-guruma* with *Kouchi-gari*

### **Bunkai (application)**

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 chain

Defence against knuckle-duster

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

## 2nd Kyu (Dark Blue)

## *Waza (techniques)*

All previous syllabus.

**Nage-waza (throwing):** *Kata-guruma* (Shoulder wheel), *Irimi-nage* (Entering throw), *Ushiro-guruma* (Back wheel), *Hiza-guruma* (Knee wheel), *Uchi-mata* (Inner thigh), *Yoko-wakare* (Side separation), *Tomoe-nage* (Circular throw), *Sasae-tsurikomi-ashi* (Supporting foot lift-pull), *Harai-tsuru-komi-ashi* (Lift-pull foot sweep), *Kiri-kaeshi-nage* (Under twist throw)

*Nage-no-kata:*

*Te-waza.*

**Weapons:** Basic use of sword, *bo* or *jo*

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## *Henka-waza (transition techniques)*

### Three additional *henka-waza* techniques

### ***Kaeshi-waza (counter techniques)***

### *Osoto-gari with Yoko-wakare*

### *Kosoto-gari with Uchi-mata*

### *Tani-otoshi with Kouchi-gari*

### ***Bunkai (application)***

Defence against all weapons including gun

## Defence against two armed attackers

## Defence using baton

The student will have completed the Instructor Course.

## 1st Kyu (Brown)

## Waza (techniques)

All previous syllabus.

**Nage-waza (throwing):** *Yoko-gake* (Side hook), *Ura-nage* (Rear throw), *Uki-waza* (Floating throw), *Hane-makikomi* (Spring winding), *Soto-makikomi* (Outer winding), *Sumi-otoshi* (Corner drop), *Utsuri-goshi* (Shifting hip), *Okuri-ashi-harai* (Sliding foot sweep), *Shiho-nage* (Four corner throw), *Uchi-mata-sukashi* (Inner thigh side-step), *Uchi-mata-gaeshi* (Inner thigh counter)

*Nage-no-kata:*

## Ashi-waza

**Weapons:** Demonstrate one sword, *bo* or *jo kata*

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### *Henka-waza (transition techniques)*

### Three additional *henka-waza* techniques

### ***Kaeshi-waza (counter techniques)***

*Uchi-mata* with *Uchi-mata-sukashi*

### *Uchi-mata with Uchi-mata-gaeshi*

### Three additional *kaeshi-waza* techniques

### ***Bunkai (application)***

Anything required by the grading panel

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

## Dan

### **Shodan**

A minimum period of two years is required for progression from 1<sup>st</sup> *kyu* to *Shodan*.

The candidate is expected to demonstrate increased proficiency and understanding of all previous syllabus. The candidate will have taught jiu jitsu on a regular basis; either as a club instructor, or, as a senior instructor under the direction of a club instructor. The candidate will have attended courses on a regular basis. The candidate will have completed the Club Instructor Course, and have current first aid & CPR qualifications.

**Nage-waza (throwing):** *Juji-nage* (Cross throw), *Tenchi-nage* (Heaven and earth throw), *Te-guruma* (Hand wheel), *Ude-guruma* (Arm wheel), *Hiki-otoshi* (Pull drop), *Waki-otoshi* (Armpit-drop), *Kusabi-dome* (Wedge stop), *Kawazu-gake* (Frog hook), *Tawara-gaeshi* (Rice-bale throw), *Kani-basami* (Pincer throw), *Osoto-makikomi* (Major outer winding), *Harai-makikomi* (Sweeping winding throw)

**Nage-no-kata:** The candidate is expected perform *nage-no-kata*, as both *tori* and *uke*.

### **Nidan**

A minimum period of four years is required for progression from *Shodan* to *Nidan*.

The candidate is expected to demonstrate increased proficiency and understanding of all previous syllabus.

The candidate will have taught jiu jitsu on a regular basis; either as a club instructor, or, as a senior instructor under the direction of a club instructor. The candidate will demonstrate excellence in teaching. The candidate will have attended courses on a regular basis.

The candidate is expected to fully understand, perform and be able to teach *nage-no-kata*

### **OR**

The candidate is expected to perform **one** of the following *kata*:

*Goshin-jutsu-no-kata; Katame-no-kata; Kime-no-kata; Ju-no-kata*

### **Sandan**

A minimum period of five years is required for progression from *Nidan* to *Sandan*.

The candidate will have taught jiu jitsu on a regular basis as a club instructor. The candidate will have attended, taught, and assisted with the teaching of courses on a regular basis. The candidate will have instructed an Assistant Instructor Course and an Instructor Course, and will have assisted with the instruction of a Club Instructor Course. The candidate will have assisted with performing grading examinations.

The candidate will have taught at least one student from novice to 1<sup>st</sup> *Kyu*. The candidate will have mentored a 1<sup>st</sup> *Kyu* or *Shodan* student.

The candidate will have undertaken an area of personal study, following discussion with his mentor. This may include, but is not limited to: use of *katana*; use of *bo*; use of *hanbo*; *kata* (or a selection of techniques) from another style of martial art; *atemi-waza*; *ne-waza*; or *nage-waza randori*.

The candidate is expected to perform **one** of the following *kata*:

*Nage-no-kata; Goshin-jutsu-no-kata; Katame-no-kata; Kime-no-kata; Ju-no-kata*