

Aiuchi Jiu Jitsu Grading Syllabus



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Introduction

This syllabus is a guide to the individual techniques, skills and fundamental principles at each grade; each section describes this for a single grade level. To achieve a grade one needs to demonstrate appropriate understanding and performance of the content up to and including that point and not just the techniques indicated in that particular section. The quantity of knowledge is of far less importance than the quality of the knowledge and the ability to perform it. The syllabus should not be used merely as a tick-list of techniques or as a fixed definition of a grade. Rather, it should help instructors provide their students with a framework for understanding and put the techniques into context. By supporting a developing understanding of, and ability to perform individual techniques it should facilitate a deeper understanding of the fundamental principles and the acquisition of expertise. The key fundamental principles at each grade and the progression and integration of these are more important in developing expertise than simply learning and performing the individual techniques indicated at each grade level. The syllabus is in an order that is intended to encourage safe progression and development of skill, but expertise is more than simply just performing techniques. Thus, while the syllabus should guide teaching and grading assessments it will not dictate these.

Instructors need not necessarily adhere strictly to the syllabus, but rather should teach what they know well and what they perceive to be important for the learning and development of individual students and for the club as a whole. There is no need to just teach skills in syllabus order, rather techniques should be introduced and integrated over time so that students are practised and prepared and develop at their own pace. However, whether or not an instructor sticks strictly to the syllabus they must always be mindful of student safety and never require a student to perform a technique beyond what is safe for them to try.

Similarly, while the syllabus will form the basis of any grading, the grading panel is not bound by the content of the syllabus, although they will take it into consideration in arriving at an appropriate award for a student. Gradings may also involve discussion with the club instructor with regard to the level of knowledge of a particular student or club. In general terms, grading panels will take into account and make judgements on the: knowledge and ability in falling, throwing and technical performance using this to judge overall ability and understanding of the key principles characteristic of each grade and how these are reflected in attitude, confidence and practical self-defence.

For 1st kyu and dan grades other factors, such as first aid skills and teaching ability, are important and may also be considered in a grading. In addition, at this level, the areas of attitude, confidence and application together with self-defence ability may be tested outside of the usual expectations and training patterns.

The syllabus is not fixed and may change with time as the Association and style develops; it is not an attempt to prescribe learning or define style, but rather it attempts to inform the path to develop both.

N.B.

- Students should practice the syllabus both right and left sided and may be assessed on either or both.
- Where students are required to dive over heights or distances the measurements in this syllabus are a guide only – adjustments should be made to allow for the different sizes and levels of athleticism of those training/grading.
- Unless there are special reasons why, and explicit permission gained, instructors should not grade their own club beyond 8th Kyu although they support grading up to 4th Kyu.
- Terminology is important but not as important as the students' ability to apply techniques and the principles of Aiuchi Jiu Jitsu.
- This syllabus is primarily to aid instructors and graders who have the experience to interpret it within our overall style. Aiuchi Jiu Jitsu has no issue with students having a copy of this syllabus. However, we would ask instructors to ensure that students fully understand the points made above, particularly about this document being a guide and that it should not be used as a tick box nor create expectations of pass or fail based simply on knowledge of each technique as stated at each level.

8th Kyu – White Belt – The student can wear this grade immediately on joining Aiuchi Jiu Jitsu. There will be no grading for this grade, the club instructor will assess and award mons

From the outset of their training the student will be expected to learn the following principles:

- Appreciate the fundamental principles of Aiuchi philosophy and train with commitment and control and without ego and anger.
- Respect your ukes and yourself, training with focus and appropriate realism whilst maintaining control and safety.
- Understand and agree with the expectations of Aiuchi around safety:
 - 1) being properly mentally and physically prepared before training
 - 2) declaring injuries/illnesses or other factors that may affect training
 - 3) the correct procedure when starting and ending a session
 - 4) the correct procedure for entering or leaving the training area
 - 5) the immediate response to and the meaning of the word “yame”
 - 6) the signals to indicate pain and the appropriate response to these signals
 - 7) letting the instructor / training partners know immediately if you experience unacceptable pain
 - 8) not using excessive force
 - 9) not purposefully harming training partners
- Appreciate and abide by expectations of mat etiquette and understand how important they are to safety
- Understand that as a martial art with a Japanese origin Japanese names and terminology are important and endeavour to understand them.
- Appreciate that Aiuchi Jiu Jitsu is a martial art and training is physical but risks should be controlled
- Understand and abide by the expectations around the appropriate use of skills taught to them

MONS (RED TAG) SYSTEM

Primarily for safety reasons it will be important from time to time for instructors and senior grades to be able to quickly make a rough assessment of the students' level of experience. As such the white belt will have a Red Tag system. This will be based on the number of sessions completed as follows:

- 1 mon (red tag) awarded when the above has been learned
- 2 mons (red tags) after 20 hours training
- 3 mons (red tags) after 30 hours training

The awarding of these tags will not be by grading or assessment, but all the same should carry with them certain recognition of achievement.

Club instructors and their students will be expected to strictly adhere to this system, and visiting senior instructors will monitor this.

KEY PRINCIPLES

From the start the key principle is a willingness to engage with Aiuchi Jiu Jitsu, its ideas and training this is simply demonstrated by a willingness to train and learn as expected in an Aiuchi dojo.

7th Kyu - Red Belt – Awarded by the club instructor together with any Aiuchi grader

Must have trained with Aiuchi for a minimum of 10 hours

FALLING - Ukemi

- Sideways and backwards breakfalls NOT the roll
- Correct position on the ground - hand protecting the face and to give Tori a target to practice a strike
- Safe falling from throws at this grade – controlled and supported as appropriate

THROWING – Nage Waza

- O soto waza (major outer technique) - defence from punch – FULLY SUPPORTED
- Ko soto waza (minor outer technique) - defence from backhand attack - FULLY SUPPORTED
- O uchi waza (major inner technique) - defence from kick - FULLY SUPPORTED
(if necessary allowing the kicking leg to return to the floor)

TECHNICAL KNOWLEDGE AND ABILITY

- A basic defensive stance.
- A 'diamond step' and a simple counter-strike from a straight punch and a straight kick.
- Move safely in response to a full bottle attack (down and backhand) and disarm.
- Keeping an attacker at a distance using body position and 'kicks' when on the ground.
- Identify 6 different vulnerable targets and demonstrate 3 different ways of striking with the hand/arm.

SELF-DEFENCE ABILITY

- Appropriate defensive stance.
- Simple wrist releases from wrist grabs.
- Basic defence from a front strangle/choke.
- Movement, parry/block and counter strike to an appropriate target from a basic punch and kick.
- Defence on the ground using body position and 'kicks' (No contact required).
- Basic defence and disarm from a full bottle attack, down and backhand (without throwing or locking).

ATTITUDE, CONFIDENCE AND APPLICATION

The student should apply techniques and train in a relaxed and controlled manner with compliance and safety taking precedence over realism; but show awareness that controlled realism is necessary for training.

KEY PRINCIPLES

The key principle at this grade is a respect for yourself, for others and for Aiuchi, and at this stage safety and control are of primary importance.

Typically this is examined by observing how you protect yourself with stance, basic movement and breakfalling. Your respect for others is demonstrated by attacking and defending appropriately with a realism that helps everybody learn, but with care to avoid injuries. Respect for Aiuchi is shown by appropriate mat etiquette and by your attitude and enthusiasm for training and broader engagement with the club and style.

6th Kyu - Yellow Belt – Awarded by the club instructor together with any Aiuchi grader

Able to confidently demonstrate knowledge and application of syllabus to this point, appropriate to grade, together with the following:

FALLING - Ukemi

- Forwards, backwards, sideways and drop from a standing position.
- Forwards into a sideways breakfall from a standing position (staying on the floor).
- Safe falling from throws to this grade – controlled and supported as appropriate.

THROWING – Nage Waza

- | | |
|------------------|-------------------|
| • O soto gari | Major outer reap |
| • Ko soto gake | Minor outer hook |
| • O tsuru goshi | Major lifting hip |
| • Ko tsuru goshi | Minor lifting hip |
| • Koshi guruma | Hip wheel |
| • O goshi | Major hip |

TECHNICAL KNOWLEDGE AND ABILITY

- Kuzushi kata.
- Atemi waza – methods for striking weak points of the body.
- Kicks – mae geri (front), yoko geri (side), ushiro geri (rear) and mawashi geri (roundhouse).
- Ude hishigi - Arm Locks 1-4 in kata form and in self-defence:
 1. Gyaku ude juji gatame (Reverse arm cross hold)
 2. Ude juji gatame (Arm cross hold)
 3. Ude mune gatame (Arm chest hold)
 4. Kata mune gatame (Shoulder chest hold)

SELF-DEFENCE ABILITY

- Grabs – wrist grabs, hair grab (front and back), body grab from front and back with arms free.
- Basic punch/backhand defences – using appropriate controlled counter-strikes, throws and locks.
- Basic kick defences – moving inside and outside with appropriately controlled (supported) throws.
- Basic cosh defences – forehand and backhand.

Finishing applied where appropriate. Attacks will be slow and controlled.

ATTITUDE, CONFIDENCE AND APPLICATION

The student should demonstrate willingness and the confidence to try their best and should be able to apply techniques in simple situations showing appropriate application of stance, posture and balance.

KEY PRINCIPLES

The key principle at this grade is a basic understanding of the fundamentals of stance, posture and balance. Typically this is examined by observing stance, posture and how you control both your own balance and that of others when static and when performing techniques as both uke and tori.

5th Kyu - Orange Belt – Awarded by any Aiuchi grader with the support of the club instructor

Able to confidently demonstrate knowledge and application of syllabus to this point, appropriate to grade, together with the following:

FALLING - Ukemi

- Full ukemi kata: forwards, backwards, and sideways from kneeling and standing.
- Safe falling from throws to this grade (controlled and supported as necessary).
- Sliding from someone's back from a height no greater than around 30cm (≈1 foot).
- Forward roll over an average sized person on all fours (falling, not diving).
- Over the belt and peg-leg showing relaxed posture.

THROWING – Nage Waza

- | | |
|------------------------------|---|
| • O uchi gari (from kick) | Major inner reap |
| • Ippon seoi nage | One point shoulder throw |
| • Seoi otoshi | Shoulder drop |
| • Tai otoshi | Body drop |
| • Ko uchi gari (from a kick) | Minor inner reap |
| • O soto otoshi | Major outer drop (rolling over hip – no reap) |

TECHNICAL KNOWLEDGE AND ABILITY

- Demonstrate a basic understanding of the principles of linear and circular movement.
- Atemi Waza kata – methods for striking weak points of the body – head and body, front and back.
- *Ude hishigi - Arm locks 1-8 in kata form AND in self-defence:*
 1. Gyaku ude juji gatame (Reverse arm cross hold)
 2. Ude juji gatame (Arm cross hold)
 3. Ude mune gatame (Arm chest hold)
 4. Kata mune gatame (Shoulder chest hold)
 5. Ude garame (Arm entanglement)
 6. Gyaku ude garame (reverse arm entanglement)
 7. Hara gatame (Stomach hold)
 8. Hiji osae (Elbow control)
- *Kote waza - Wrist lock techniques 1-4 in kata form AND in self-defence:*

1. Kote gaeshi (Wrist twist)	3. Kote shibori (Wrist wring)
2. Kote mawashi (Wrist outer turn)	4. Kote dori (Wrist crush)

SELF-DEFENCE ABILITY

- Grabs wrist, hair and body, front and back with and without arms pinned as appropriate.
- Basic strangle/choke defences from front and back.
- Roundhouse and straight punches using appropriate blocks, strikes and/or throws.
- Cosh defences using appropriate throws (to grade and context).
- Knife defence from straight stab, overhead stab down and stab up to stomach.
- Broken bottle defence from attack to face.
- Appropriate use of throws (to grade) in defence.
- Appropriate use of controlled locks (to grade) in defence.

The student should demonstrate control during application/defence showing correct 'finishing'. The pace of attacks in line-up and V will be slightly faster than yellow belt, but will remain controlled. At this grade level only 'safe', non-sharp or simulated weapons will be used.

ATTITUDE, CONFIDENCE AND APPLICATION

The student should apply techniques showing balance and stance, an appreciation of the basics of movement and distance and an awareness of their environment.

KEY PRINCIPLES

The key principle at this grade is a basic understanding of the fundamentals of movement and distance. There is also an expectation of building on the 6th kyu (yellow belt) understanding of stance, posture and balance towards a greater understanding.

Typically this is examined by observing stance, posture, balance and movement and distance in throwing and in application of blocks, strikes and locks in both kata and controlled self-defence format.

4th Kyu - Green Belt – Awarded by any Aiuchi grader with the support of the club instructor

Able to confidently demonstrate knowledge and application of syllabus to this point, appropriate to grade, together with the following:

FALLING – Ukemi

- Full standing ukemi kata with good style and posture - showing relaxed and confident falling.
- Kneeling ukemi kata – showing spatial awareness.
- Safe falling from throws to this grade.
- Sliding from someone's back from a height no greater than around 60cm (\approx 2 feet).
- Falling over two average sized people on all fours.
- Kick and drop.
- Peg legs over a person kneeling on the floor.
- Drop – static and dynamic (from a small jump into the air to a safe height they are comfortable with).
- Forward gymnastic roll into handstand breakfall position (preparation for handstand breakfall/fall from tawara gaeshi, can be supported as appropriate).

THROWING – Nage Waza

- | | |
|-------------------------|----------------------------|
| • Uki goshi | Floating hip |
| • Harai goshi | Sweeping hip |
| • Hane goshi | Springing hip |
| • Kitomo seoi nage | Jacket shoulder throw |
| • Tsuru komi goshi | Lifting pulling hip |
| • Sode tsuri komi goshi | Sleeve lifting pulling hip |
| • Ashi guruma | Leg/foot wheel |
| • O guruma | Major wheel |
| • O soto guruma | Major outer wheel |

TECHNICAL KNOWLEDGE AND ABILITY

- Arm lock (1-8) kata.
- Wrist lock (1-5) kata (as for 5th Kyu with the addition of number 5. Kote guruma – Wrist wheel).
- Lock kata should be performed with good posture, movement, timing distance and style and must demonstrate controlled potential for effective locks.
- Appropriate use of locks to control an attacker and influence space and timing of attacks by 'shielding'.
- Empi kata – demonstrate an understanding of balance, movement, timing and distance and how they relate to effective striking.
- Demonstrate an awareness of timing and distance to achieve effective strikes with head, hands, arms, knees and feet.
- Show an ability to control the power and effect of strikes and an appreciation of their likely effect on an attacker. Distinguish between effective 'weakeners' or distraction strikes and counter strikes and 'finishes'.
- Demonstrate an ability to control pace and space of attacks using appropriate strikes.

SELF-DEFENCE ABILITY

- Grabs and pins when on the ground – basic avoidance and escapes (with controlled contact).
- Two-man grabs.
- Knife defence from stab to kidneys, overhead downward stab and basic slash attacks.
- Chain defence using belt or plastic chain.
- Effective use strikes and 'weakeners' in defence
- Effective use of throws (to grade) in defence.
- Effective use of controlled locks (to grade) in defence.

The student should demonstrate control during application/defence showing correct use of 'weakeners' and 'finishing'. The pace of attacks in line-up and V will be slightly faster than before, but will remain controlled. At this grade level only 'safe', non-sharp or simulated weapons will be used.

ATTITUDE, CONFIDENCE AND APPLICATION

The student should apply techniques showing balance and stance, an appreciation of the basics of movement and distance and an awareness of their environment.

The student must have a good understanding of the technical aspects of jiu jitsu to their grade level, and display a greater level of balance and fluidity of movement. The student must be competent in defence against a variety of attacks, using techniques appropriate to the attacker and weapon. They should be aware of other attackers and show a degree of spatial awareness. From this grade onwards students should expect to experience an increase in the intensity of attacks.

KEY PRINCIPLES

The key principle at this grade is a basic understanding of controlling or managing distance, space and timing. This grade involves the integration of the fundamental principles demonstrated at previous grade levels (stance, posture, balance, movement and distance) to demonstrate a basic control of a managed self-defence situation.

Typically this is examined by observing the controlled and appropriate application of technical jiu jitsu (to grade) in a controlled, applied self-defence format.

3rd Kyu - Purple Belt – this grade can be awarded by an Aiuchi grader 3rd dan or higher

Able to confidently demonstrate knowledge and application of syllabus to this point, appropriate to grade, together with the following:

FALLING - Ukemi

- Safe falling from throws to this grade.
- Sliding from someone's back from a height no greater than around 1M (≈ 3 feet).
- Diving over 1 person at a height no greater than around 1M (≈ 3 feet).
- Forward 'Judo roll', 'opposite shoulder roll', 'Aikido roll' & similar 'non-standard' ukemi
- Forms of forward, back, and side breakfall to any stance.
- Handstand breakfall and falling from Tawara gaeshi.
- Falling from sacrifice throws (applied by a senior grade).
- Diving out of a wrist lock (applied by a senior grade).
- Kneeling ukemi kata with good style, posture, timing and spatial awareness.

THROWING – Nage Waza

- | | |
|-----------------------------------|------------------------|
| • Ko soto gari | Minor outer reap |
| • Uki waza | Floating technique |
| • Yoko otoshi | Side drop |
| • O soto otoshi (reaping the leg) | Major outer drop |
| • Tani otoshi | Valley drop |
| • Morote seoi nage | Two arm shoulder throw |
| • Kuki nage | Air throw |
| • Tawara gaeshi | Rice bag reversal |
| • Yama arashi | Mountain storm |

TECHNICAL KNOWLEDGE AND ABILITY

- San dan kata
- Ashi hishigi – Demonstrate an understanding of Leg locks in kata form and in self-defence.
- Atame hishigi – Demonstrate an understanding of Head locks in kata form and in self-defence.
- Gatame waza. – Demonstrate an understanding of Judo hold-downs:
 - Kesa gatame Scarf hold
 - Kata gatame Shoulder hold
 - Kami shiho gatame Upper four quarters hold
 - Yoko shiho gatame Side four quarters hold
 - Tate shiho gatame Vertical four quarters hold

SELF-DEFENCE ABILITY

- Backhand stab and slash with knife.
- Long stick/baseball bat.
- Knuckle duster.
- Head butt.
- Chain defence using real chain.
- Defence from roundhouse, reverse roundhouse, side and rear kicks.
- 2-person attacks with kicks and punches showing understanding of theory (triangle and shield).
- Defence from the ground against more than one attacker.
- Effective use strikes, throws and locks (to grade) in defence against multiple attackers.

The student should demonstrate control during application/defence showing correct use of 'weakeners' and 'finishing'. The pace of attacks in line-up and V will be faster than before and will include multiple attacks at the same time, but will remain controlled. At this grade level only 'safe', non-sharp weapons will be used.

ATTITUDE, CONFIDENCE AND APPLICATION

The student must have a good understanding of the technical aspects of Aiuchi Jiu Jitsu (to grade) and exhibit spatial awareness, balance and fluidity of movement at all times. They should display a greater focus or concentration at all times in the dojo, and show awareness of the whole tatami.

The student must be confident in defence against a variety of attacks including multiple attackers, using techniques appropriate to both attacker and weapon. They should be fully aware of other attackers, show a high degree of spatial awareness, and make appropriate use of strikes to weak points of the body.

KEY PRINCIPLES

The key principle at this grade is integration of the previous fundamental principles together with a basic understanding of how to apply these to different people and multiple attackers. This grade involves the use of strategy to match techniques and responses to attacker and context. This may be in response to dealing with different size and strength attackers, less standardised self-defence scenarios and to multiple attackers.

Typically this is examined by observing the controlled and appropriate application of jiu jitsu (to grade) in a controlled, applied self-defence format with a variety of single and multiple attackers. The strategy of defence and choice of techniques and response is important as is the control of the broader context and environment.

2nd Kyu - Blue Belt – this grade can be awarded by an Aiuchi grader 3rd dan or higher

Practical experience of giving basic instruction and knowledge of the principles of warming up and warming down is required at this grade.

Able to confidently demonstrate knowledge and application of syllabus to this point, appropriate to grade, together with the following:

FALLING - Ukemi

- Safe falling from throws to this grade.
- Diving over a chair.
- Diving over 2-3 people at a height no greater than around 1M (≈ 3 feet).
- Falling backwards from a chair.
- Drop – legs pulled away.

The student should show good balance, posture, timing, control and spatial awareness in all falling and an ability to adjust and control ukemi to suit the environment and context.

THROWING – Nage Waza

- | | |
|-------------------------------|------------------|
| • Ko uchi gari (from a punch) | Minor inner reap |
| • O uchi gari (from a punch) | Major inner reap |
| • Ushiro goshi | Rear hip |
| • Uchi mata | Inner thigh |
| • Uki otoshi | Floating drop |
| • Yoko guruma | Side wheel |
| • Te guruma | Hand wheel |
| • Kata guruma | Shoulder wheel |
| • Yoko wakare | Side separation |
| • Tenshin nage | Angel throw |

‘Controlled Randori’ – demonstrating kuzushi and the use of movement and leverage to break balance.

At this level it essential that the student shows good style and posture and demonstrates an understanding of movement, leverage and balance in throwing.

TECHNICAL KNOWLEDGE AND ABILITY

- Gatame waza. – Demonstrate an understanding of Judo hold-downs including ‘kuzure’ (broken or modified) versions of kesa gatama and kami shiho gatame and the use of locks (hishigi) in this context. At this level the principles of using posture and balance effectively in gatame waza and the ability to move between individual techniques while maintaining control should be demonstrated.
- Shimewaza – Chokes and Strangles. Demonstrating an understanding of chokes and strangles AND how these may be countered.
- Hishigi gaeshi – lock reversal/counters. Demonstrating the principles and techniques for countering locking techniques (including wrist, arm, leg and head locks).
- Nage no kata – Demonstrate an understanding of throwing in kata format, showing appropriate attitude, control, collaboration and an appreciation of the progression of technique and the transition between them. Throwing in kata format should demonstrate the underlying principles of throwing and not just the individual throws that comprise the kata.

SELF-DEFENCE ABILITY

- Defence from 2-person attacks armed with 'blunt' weapons (cosh, bottle, chain etc.) and 'sharp' weapons (knife, broken bottle etc.).
- Advanced ground defences.
- Defence while seated – grabs and punches.
- Counters to locks, chokes and strangles.
- Defence from roundhouse, reverse roundhouse, side and rear kicks.
- Defence from a swinging chair.
- Defence from cut-throat razor slash.

The student should demonstrate control during application/defence showing correct use of weakeners, strikes and 'finishing'. The student should demonstrate a variety of disarming, throwing, and immobilisation techniques and that show that these have been appropriately applied to attack, attacker and broader context.

The pace of attacks in line-up and V will be faster than before and will include multiple attacks at the same time and evidence of strategy and controlling the wider situation is important. At this stage attacks will include greater levels of realism, but will remain controlled. At this grade level only 'safe', non-sharp weapons will be used.

TEACHING ABILITY

The student may be tested on their ability to provide teaching support to club instructors. This may include being asked to demonstrate teaching basic techniques and warm ups/warm downs and/or questions about teaching.

ATTITUDE, CONFIDENCE AND APPLICATION

There is a big step from 3rd kyu to 2nd kyu and this must be reflected in the student's attitude, confidence and application. The student should be beginning to show a higher understanding of more advanced throws, locks and atemi, and a thorough understanding of all technical aspects of jiu jitsu. They should exhibit a wider knowledge of jiu jitsu techniques maintaining spatial awareness, balance and fluidity at all times. They should remain focussed at all times, and be aware of the whole tatami.

The student must be confident in defence against a variety of attacks including multiple attackers, using a variety of techniques appropriate to both attacker and weapon. They should be fully aware of all attackers, and employ suitable tactics to control the flow and direction of attackers. Style, skill and control should be clearly demonstrated when dealing with single or multiple attackers.

Students should by now have the confidence to take warm ups and warm downs, and teach basic techniques under the supervision of a senior grade.

KEY PRINCIPLES

The key principle at this grade is effective integration of all previous fundamental principles with a good understanding of the syllabus and a broad range of jiu jitsu techniques. This grade requires effective use of strategy to match techniques and responses to attacker and context. This may be in response to dealing with different size and strength attackers, less standardised self-defence scenarios and to multiple attackers.

Typically this is examined by observing the overall application of jiu jitsu in applied self-defence with a variety of attacks and attackers. The performance and choice of techniques and effective application is important as is the strategic control of the broader environment.

1st Kyu - Brown Belt – this grade will be awarded by a panel of *Aiuchi graders 3rd dan or higher.*
This grade can only be awarded with the unanimous agreement of this panel

Practical experience of teaching jiu jitsu to students at various skill levels is required at this grade.

Able to confidently demonstrate knowledge and application of syllabus to this point, appropriate to grade, together with the following:

FALLING - Ukemi

- The student should have good posture, timing, control, and spatial awareness in all falling and should be confident falling from any situation.
- Falling from all throws to this grade.
- Diving from a raised surface (no higher than around 50cm ≈18").
- Diving over a table.
- Diving over someone sitting in a chair.

THROWING – Nage Waza

- | | |
|----------------------------|-------------------------------|
| • Hiza guruma | Knee wheel |
| • Kani basami | Crab scissor |
| • De ashi barai (harai) | Advancing foot sweep |
| • Okuri ashi barai (harai) | Sliding foot sweep |
| • Tomoe nage | Circle throw |
| • Ura nage | Rear throw |
| • Sukui nage | Scooping throw |
| • Sasae tsuri komi ashi | Propping lifting pulling foot |
| • Harai tsuri komi ashi | Sweeping lifting pulling foot |
| • Sumi gaeshi | Corner reversal |
| • Soto makikomi | Outer winding throw |

TECHNICAL KNOWLEDGE AND ABILITY

- Kata:
 - Ukemi (breakfalling) kata
 - Kuzushi (balance) kata
 - Ate mi (striking) kata
 - Hishigi (locking) kata
 - Empi (elbow) kata
 - San dan (weapon defence) kata
 - Gatame (hold down) kata
 - Nage no (throwing) kata
- Bo and Bokken – Demonstrate an ability to perform simple movement and strikes showing good posture, balance, movement and mat presence.

Demonstrate competent performance of Aiuchi kata showing good balance, posture and movement together with an appreciation and display of appropriate intent, awareness, attitude and mat presence.

Demonstrate integrated knowledge of the underlying principles underpinning the kata and how these relate to practical performance of techniques AND their use and value in teaching and learning.

SELF-DEFENCE ABILITY

- Complex defence from the ground.
- Defence from 2-person attacks, unarmed and/or armed with any mix of weapons.
- Defence while seated – bottle and broken bottle.
- Defence against a bokken.
- Defence whilst being held / grabbed – punch and basic knife attacks.
- Response to knife to throat from front and rear.
- Tanto randori.
- Defence with a Bo.

Defence from all attacks up to and including this grade will be expected to be performed showing control and understanding against appropriately paced and controlled attacks from single and multiple attackers. In addition effective self-defence in faster paced and more 'realistic' or challenging scenarios showing appropriate strategy and control of the wider situation is also required. At this grade attacks will include greater levels of realism and more complicated and less predictable scenarios, but will remain controlled. At this grade level only 'safe', non-sharp weapons will be used.

TEACHING ABILITY

The student will be tested on their awareness of basic approaches to teaching technique, principles and the philosophy of Aiuchi Jiu Jitsu. The student may also be tested on first-aid and basic understandings of self-defence and the law.

ATTITUDE, CONFIDENCE AND APPLICATION

The student must exhibit a wider more complete and integrated knowledge and understanding of the Aiuchi Jiu Jitsu syllabus to this grade. The student should be confident in teaching techniques and whole sessions to a class, and their teaching should demonstrate an integrated knowledge of the techniques and principles of Aiuchi Jiu Jitsu and an awareness of their own strengths and abilities.

The student must be confident and effective in defence against a variety of attacks including multiple attackers, using a variety of techniques appropriate to both attacker and weapon demonstrating effective control of themselves, the attackers and their immediate environment. The student should be able to draw on the mental stamina to remain positive, focussed and active in defence and must demonstrate appropriate intent and a 'martial spirit' throughout.

The student should be aware of their environment at all times on the mat and have an appropriate 'mat presence'. This awareness and presence should be present when training, teaching and in self-defence and should reflect Aiuchi style and philosophy.

KEY PRINCIPLES

The key principle at this grade is an integrated knowledge of the Aiuchi Syllabus to this grade and of how this relates to the fundamental principles of jiu jitsu. They have to be able to apply this broad and integrated understanding of jiu jitsu in effective self-defence, in both controlled and less predictable situations. This is potentially an 'instructor grade' where people can have responsibility for teaching and developing a club. As such, they have to show they can effectively pass on their understanding to others.

Typically this is examined by observing the performance, teaching and effective application of the syllabus to this grade. This may involve some element of continual assessment in addition to a formal grading.

1st Dan - Black Belt – this grade will be awarded by a panel of *Aiuchi graders 3rd dan or higher.*
This grade can only be awarded with the unanimous agreement of this panel

Practical experience of teaching jiu jitsu and developing a range of students is required at this grade.

Able to confidently demonstrate knowledge and application of syllabus to this point, appropriate to grade, together with the following:

FALLING - Ukemi

- Falling on a hard surface - diving over people or objects.
- Diving from a table.

Students should have a clear understanding of the principles of ukemi and demonstrate this in their personal ukemi and in their teaching of ukemi in a variety of contexts. The demonstrated understanding of ukemi is more important than the ability to perform individual rolls.

THROWING – Nage waza

- | | |
|-----------------|----------------|
| • Utsuri goshi | Changing hip |
| • Yoko gake | Side hook |
| • Sumi otoshi | Corner drop |
| • Hane Makikomi | Spring winding |
| • Uchi Makikomi | Inner winding |

Students should have a clear understanding of the principles of throwing and demonstrate this in their throwing, choice of throw to match the situation, use of throws in self-defence and in teaching throws to others. The demonstrated understanding of throwing is more important than the ability to perform individual throws.

TECHNICAL KNOWLEDGE AND ABILITY

- Katana no kata (sword kata). – Demonstrate an understanding of movement, balance, power and an appreciation of style and mat presence with a traditional weapon. The sword techniques should be understood in relation to the fundamental principles of Aiuchi Jiu Jitsu.

Students should show a clear understanding of the full range of technical knowledge in the syllabus and the fundamental principles that underpin the techniques. They should be able to use this knowledge in effective self-defence and teaching and have the confidence and range of understanding to adapt and improvise whilst remaining true to Aiuchi principles and style.

SELF-DEFENCE ABILITY

- Defence from random attacks using a variety of weapons with full application and finish.
- Defence against multiple attackers and in non-standard and unexpected situations.
- Defence from baton choke to throat.
- Defence from classical weapons (Katana, Bo and Jo).
- Defence from (simulated) other martial arts/fighting styles
- Defence from controlled attack with sharp weapons.

Defence at this grade will be expected to be technically correct and effective when performed under both controlled and more 'realistic' or challenging situations. At this grade sharp weapons may be used. Knowledge of self-defence should also be linked with key principles and taught effectively.

TEACHING ABILITY

The knowledge required to successfully achieve this grade can normally only be acquired by teaching jiu jitsu to a variety of people as this gives clear insight into the technique and principles of jiu jitsu beyond the limitations of personal physique and abilities. The grade also represents an externally recognised embodiment of prowess and therefore dan-grades represent the style.

Therefore students will be tested on their ability to teach technique, principles and the philosophy of Aiuchi Jiu Jitsu.

ATTITUDE, CONFIDENCE AND APPLICATION

This grade is awarded when the student has not only achieved proficiency in the techniques of jiu jitsu, but has also begun to make them their own. This grade indicates a separation from other grades in that the student begins to marry the physical and mental skills. This grade is considered the 'first step', and will only be awarded when the student demonstrates an understanding of what that actually means.

The student must be sufficiently confident in defence and attack that they can themselves judge the correct application of force and technique as well as demonstrate the appropriate attitude. Students at this level should have good teaching skills and be able to help identify weaknesses in the technique of others as well as help them to improve.

KEY PRINCIPLES

The key principle at this grade is an extensive and integrated knowledge of the Aiuchi Syllabus to this grade and of how this relates to the fundamental principles of jiu jitsu. They should have a comprehensive understanding of the complete Aiuchi syllabus and the fundamental principles and underlying philosophy that underpin it. They should have the skills and confidence to pass this understanding on to others and take account of the differences in individual students. They should have the confidence and skill to apply this knowledge in challenging self-defence situations and to adapt and extemporise appropriately while remaining true to the fundamental principles and style.

Typically this is examined by observing the performance, teaching and effective application of the complete syllabus in both controlled and in non-standard and unpredictable scenarios. This will involve continual assessment in addition to a formal grading.