

BLACK BELT - 1ST DAN

1. 25 Throws (25 from 30)
2. The Open Hand and its Uses (9)
3. The Elbow and its Uses (9)
4. Counters to Throws (27)
5. Inside Leg Sweep (2)
6. The Bottom Fist / Back Fist and Their Uses (14)
7. Attacking the Eyes and Ears (12)
8. Combination Throws (10)
9. Lunge Punch, Reverse Punch to Body and Face and Body again
10. Kata
11. Inside Forearm Block followed by Back Fist and Throw (2)
12. Counters to Kicks (10)
13. Palm heel block with attack (3)
13. Palm heel strikes (8)
14. One handed Throat Throw
15. Use of X Block to Pull onto Knee (2)
16. Three Reverse Punches to Three Attackers
17. Using Upward Blocks with Throws (2)
18. Knife Defences (6)
19. Defences against a sparring partner who kicks
20. The Four most used Kicks in Ju Jitsu (5)
21. Defence Against Side Snap Kick (4)
22. Baton Defence (8)
23. Four Most Dangerous Throws (4)

Jikishin Ju-jitsu Association

Grading Syllabus



Name _____

Club _____

Sensei _____

DOJO RULES and ETIQUETTE

Always Rei (Bow) when . . .

1. Entering or leaving a Dojo
2. Beginning and end of Class
3. On and off the Mat
4. Talking to an Instructor
5. Beginning and end of training with a Partner
6. Beginning and end of a Grading

7. Ensure toe and fingernails are Short and Clean
8. Always wear a clean Gi
9. An up-to-date Licence must be held by the Student
10. Always respect your Training Partner at all times and thank them and your Sensei at the end of a Training Session
11. No swearing, loud talking, or boisterous actions in the Dojo
12. Badges of Club and Federation should be worn on Gi
13. Arguments between Students should be avoided at all times to maintain a happy family atmosphere
14. Maintain loyalty to Club and Federation. A loyal Student is a good Student
15. Never use your Ju-jitsu outside the Dojo *unless absolutely necessary*

BROWN BELT

1. Winding Throws - Inside & Outside
2. Leg Sweeps
3. Rolling Ankle Throw
4. Corner Throw
5. Rear Throw
6. Cross Ankle Throw
7. Leg Wheel
8. Outer Wheel
9. Action Taken Against Three Attackers
10. Outer Hook
11. Variations of Stomach Throws
12. Several Ways of Throwing an Opponent from behind
13. Shoulder Dislocation
14. Dropping version of Reverse Body Drop Throw
15. Shoulder Crash Throw
16. Palm Heel Knockout Blow to Chin
17. Upward Block with Knife Hand to Neck
18. Knife Hand to Neck with Kick to Solar Plexus
19. Knife Hand to Neck with Kick to Solar Plexus - Delivered by Two Opponents
20. Escape when held by both arms from behind
21. Side Kick to Knee Cap (Using Side of Foot)
22. Upward Kick to Knee Cap Using Heel
23. Different Blocks using Same Arm
24. Attacking Back of Legs
25. Arm and Shoulder Throw with Shoulder and Wrist Lock
26. Roundhouse Kicks from the Ground
27. Side Snap Kick followed by Roundhouse Kicks
28. Side Thrust Kick to Knee Cap followed by Roundhouse Kick to Ribs
29. All one Handed Throws
30. Kata of Basic Blocks

GREEN BELT

1. Body Drop Throw (2)
2. Variations on Shoulder Throws (3)
3. Leg Throw with Lock (2)
4. Dropping Full Shoulder Throw (2)
5. Back Hammer Lock (2)
6. Scissor Throws (2)
7. Attacking and Defending Sweeping Loin Throws (3)
8. Cross Hock Throw (2)
9. Drawing Ankle Throw
10. Inside Hock Throw (2)
11. Stamp Throw
12. Escapes from Grabs Over & Under Arms, Front & Back (8)
13. Knee Wheel Throw
14. Variations of Strangles and Holds
15. Hold Down with Double Arm Lock
16. Rice Bale Throw (3)
17. Escapes from Full Nelson Holds (2)
18. Kata of Eight Blocks + Two Additional Sets
19. Side Snap Kicks
20. Random Attacks
21. Basic Anatomy

BLUE BELT

1. Loin or Hip Wheel
2. Three Ways of Escape from a Head Chancery
3. Counter-measures against Garrotting
4. Variations on Holding Down
5. Breaking Strangles and Chokes on the Ground
6. Dropping version of Body Drop
7. Scissors and Naked Choke Hold
8. Spring Hip Throw
9. Scooping Throw Back and Front
10. Indian Death Lock
11. Downward Inside Forearm Block
12. Roundhouse Kick to Solar Plexus whilst Walking
13. Sleeper Hold from Head Chancery
14. Outside Forearm Block Elbow to Ribs
15. Knife Attacks
16. Counters Using Various Techniques
17. Kata of Basic Blocks

PURPLE BELT

1. Valley Drop Throw
2. Counter to Straight Arm Lock
3. Counter to Back Arm and Collar Hold
4. Counter to Bar Choke
5. Roundhouse Kick to Kidneys
6. Upward and Rising Block
7. Upward Inside Forearm Block (both hands)
8. Downward Inside Forearm Block
- Attacking with Punch
9. Front kick followed by Side Kick
10. Full Shoulder
11. Head, Hip and Knee Moves
12. Side Thrust Kick
13. Front Snap Kick
14. Wedge Block
15. Shoulder Wheel
16. Pressure Points (Includes Application)
17. Holding and Locking
18. Kata of Basic Blocks

YELLOW BELT

1. Mat Etiquette
2. Basic Exercises
3. Break Falls & Break Fall Kata
4. Breaking a Back Strangle (2)
5. Breaking a Front Strangle (2)
6. Straight Arm Lock from Knife Attack (2)
7. Hip Throw
8. Recumbent Ankle Throw
9. Shoulder Lock
10. Kata of 8 Blocks
11. Left & Right Punches and Elbow Strikes
12. Demonstrate Left & Right Front Snap Kicks
13. Random Attacks

ORANGE BELT

1. Breakfalls & Breakfall Kata 2
2. Hip Throw with Shoulder Arm Lock
3. Hip Throw with Cross Over Lock
4. Four Defences Against Kicks to Head Whilst on Ground (4)
5. Three Arm Locks in Standing Position - Left & Right Sides (3)
6. Shoulder Arm Lock (2)
7. Three Wrist Locks
8. Wrist Throw with Lock - Performed Against A Knife Attack
9. Reclining Leg Throw With Strikes
10. Ground Defences Against Strangles and Punches (7) [2011]
11. Breaking Hair Grabs (2)
12. Left & Right Punches and Elbow Strikes
13. Left & Right Kicks
14. Novice Kata
15. Kata of 8 Blocks + 2
16. Random Attacks