



BRITISH FUDOSHIN ASSOCIATION

Founded in 1968 by Soke Bob Lawrence Judan

Ju-jitsu Syllabus



Guidance Note's

Note:-

All student grades have two levels:- pass or merit pass To Gain a merit pass you will need to achieve 10% more than the required pass mark. (The Black belt and above is pass or fail only)

8th Kyu/Mon

Red Belt

Pass mark 50%

The emphasis on this grade is safe break falling, forming correct fist position and guard position along with a basic understanding of Dojo etiquette.

7th Kyu/Mon

Mauve Belt

Pass mark 50%

The emphasis on this grade is safe break falling development and a basic knowledge of all round jujitsu showing a basic standard of motor skills.

6th Kyu/Mon

Yellow Belt

Pass mark 55%

The emphasis on this grade is basic defence and understanding the principles of combination defences along with a basic understanding of redirecting an attacker's force.

6th Kyu/Mon Level 2

Orange Stripe

Pass mark 60%

The emphasis on this grade is an intermediate standard of defence, a good level of fitness and an intermediate knowledge level of ground fighting techniques.

5th Kyu/Mon

Orange Belt

Pass mark 60%

The emphasis on this grade is a high standard of all round defence including blocking and striking, also a good level of fitness.

5th Kyu/Mon Level 1

Green Stripe

Pass mark 65%

The emphasis on this grade is speed, balance, control, co-ordination, stamina and Knowledge of counters and combinations in Atemi and Nage Waza.

4th Kyu/Mon

Green Belt

Pass mark 65%

The emphasis on this grade is Triple Contesting (speed, balance, control, co-ordination, stamina, fighting spirit) Knowledge of counters and combinations in a contesting situation.

4th Kyu/Mon

Blue Stripe

Pass mark 65%

The emphasis on this grade is on style and fluidity (Aiki-jutsu)

3rd Kyu/Mon

Blue Belt

Pass mark 70%

The emphasis on this grade is on ground defence and a basic understanding of knife defence's
This exam will be conducted in Japanese only for all adults where possible

2nd Kyu/Mon

Brown belt

Pass mark 75%

The belt of knowledge, a vast understanding of ju-jitsu techniques, translations and ability to teach others.

1st Kyu/Mon

Apprentice Black belt

Pass mark 75%

The belt of knowledge, a vast understanding of ju-jitsu techniques, translations and ability to teach others.
Test of previous grades.
Reflexes & Reactions, outstanding knowledge and understanding of all aspects of Bushido.



BRITISH FUDOSHIN ASSOCIATION

Founded in 1968 by Soke Bob Lawrence Judan

Ju-jitsu Syllabus



Guidance Note's

Continued

1st Dan (Shodan)

Must hold 1st Kyu for the minimum of 6 months and be in continual training and must be over the age of 17 years.

Students must hold a current Fudoshin Fitness certificate which is only valid for two Years.

All adult students at this level must hold a current First Aid Certificate.

The senior instructor will inform the apprentice when they are ready for advanced studies as listed in the Syllabus. The exam is conducted as a continual assessment until the required standard has been reached for this qualification.

At this level the student will be awarded a coat of arms.

Colour which may be reflected by their character.

Symbol (animal) which will represent the temperament and the way that the Yudansha fights.

2nd Dan (Nidan)

Must hold the rank of 1st Dan for minimum of 2 years and be in continual training / teaching.

Must hold a Fudoshin Fitness certificate and a current recognised First Aid certificate.

The senior instructor will inform the Yudansha when they are ready for advanced studies as listed in the Syllabus. the exam is conducted as a continual assessment until the required standard has been reached for this qualification.

3rd Dan (Sandan)

Must hold the rank of 2nd Dan for minimum of 3 years and be in continual training / teaching.

Must hold a Fudoshin Fitness certificate and a current recognised First Aid certificate.

The senior instructor will inform the Yudansha when they are ready for advanced studies as listed in the Syllabus. the exam is conducted as a continual assessment until the required standard and knowledge have been reached for this qualification.



Ju-jitsu

8TH Mon/Kyu Red Belt



Students Name _____

1. **Ukemi Waza** (Break falling techniques)

- **Hidari Yoko Ukemi** Left side fall
- **Miggi Yoko Ukemi** Right side fall
- **Mae Korobi** Forward roll
- **Ushiro Korobi** Backward roll

/40

2. **Ne Waza** (Ground techniques)

- **Hon Kesa Gatame** Scarf hold
- **Hadaka Jime** Naked arm choke

/20

3. **Nage Waza** (Throwing Techniques) to be performed from a grappling situation

- **OsotoGari** Rear leg sweep

/10

4. **RenRoku Fusegi** (Combination Defences)

One defence is required of your own choice against each of the following attacks

- **ShoMen Uchi** Descending attack
- **Mawashi Tsuki** Circular punch

/20

5. **Atemi Waza** (Striking techniques)

- **KinGeri** Ankle kick
- **Kazama Tsuki** Jabbing punch

/30

6. **Uke Waza** (Blocking techniques)

- **Juji Uke** Cross block (high & low)

/20

7. **Disengagements** One defence from each of the following attacks:

- Front strangle
- Single lapel seizure
- Rear bear hug

/30

8. **Japanese Translations** (Translate from Japanese)

Gi \ Obi \ Dojo \ Hajime \ Yamatte \ Sensei

/6

9. **Renshiki** Dojo Etiquette

- Bow on entry and exit of dojo
- Correct procedure for bowing on and of the mat
- Refer to all teachers as Sensei

/10

Highest Possible Score 186

Pass Mark 50%

93

Result _____

Examiners Signature _____

Date _____



Ju-jitsu

7TH Mon/Kyu Mauve Belt



Students Name _____

1. Ukemi Waza (Break falling techniques)

- | | | |
|------------------------------------|---------------------------------|-----|
| • Hidari / Miggi MaeKorobi | Left / Right forward roll | |
| • Mae Uke | Knee's and forearms | |
| • Mae Ukemi | Forward fall | |
| • Hidari / Miggi Yoko Ukemi | Left / Right side fall | |
| • Ushiro Ashi Ukemi | Backward feet fall (hand stand) | |
| • Ushiro Korobi | Backward roll | |
| • Ushiro Ukemi | Backward fall | |
| • Te Korobi | Hand roll (cart wheel) | /80 |

2. Ne Waza (Ground techniques)

- | | | |
|-------------------------------|---------------------------|-----|
| • Yoko Ashi Ude Garame | Side stand on arm lock | |
| • Ura Ude Garame | Reverse figure 4 arm lock | |
| • Ashi Garame | Single leg lock | /30 |

3. Nage Waza (Throwing Techniques) to be performed from a grappling situation

- | | | |
|-------------------------|-------------------|-----|
| • Ogoshi | Major hip throw | |
| • KoshiGaruma | Neck throw | |
| • TsurikomiGoshi | Lifting hip throw | /30 |

4. RenRoku Fusegi (Combination Defences)

One defence is required of your own choice against each of the following attacks

- | | | |
|---------------------------------|------------------------------|-----|
| • Juji Uchi Cross strike | • Mae Geri Front kick | /20 |
|---------------------------------|------------------------------|-----|

5. Atemi Renroku Waza (Striking Combination)

- | | | |
|-------------------------------------|--|-----|
| • Kin Geri Ankle kick | • Yoko Tettsui Uchi Side bottom fist strike | |
| • Kazama Tsuki Jabbing punch | • Tettsui (Spinning) Bottom fist strike | /10 |

6. Uke Waza (Blocking techniques)

- | | |
|---|-----|
| • Sukui Uke Scooping blocks high & low | |
| • Ude Uke Extended forearm block | /20 |

7. Disengagements One defence from each of the following attacks:

- Rear strangle with arms straight
- Single lapel seizure arm bent
- Front hair grab

7. Japanese Translations

Gi \ Obi \ Dojo \ Hajime \ Yamatte \ Sensei /6

8. Renshiki Dojo Etiquette

/10

Highest Possible Score 206

Pass Mark 50%

103

Result _____

Examiners Signature _____

Date _____



Ju-jitsu

6TH Mon/Kyu Yellow Belt



Students Name _____

1. Ukemi Waza3 Methods **RenRoku Ukemi Waza** Combination break falling techniques /30**2. Ne Waza** To be performed by redirecting an attacker's force.

- **Ashi Ude Garame** Fold around arm lock (with leg)
- **Ura Empi Garame** Reverse elbow lock
- **Ura Ude Garame** Wrap over arm lock
- **Ashi Hishigi Garame** Single leg lock with stretch
- **Ura Eri Jime** Reverse Sliding choke
- **Eri Jime** Front sliding jacket choke /60

3. Nage Waza To be performed from a grappling situation.

- **HariGoshi** Sweeping hip throw
- **OsotoToshi** Outer drop /20

4. RenRoku Nage Waza (Throwing Combinations)

- **Ogoshi - TsurikomiGoshi**
- **KoshiGaruma - HariGoshi**
- **OsotoGari - OsotoToshi** /30

5. RenRoku Fusegi One defence is required of your own choice against each of the following attacks.

- **Oi Tsuki (Jodan)** Lunging punch to head
- **Oi Tsuki (Chudan)** Lunge punch mid section
- **Mae Geri Kekkomi (Chudan)** Front snap Kick
- **Tettsuri (Jodan)** Half spinning /40

6. Uke Waza

- **Haishu Uke** Hand block
- **Shuto Uke** Knife hand block
- **Age Uke** Rising block
- **Gedan Uke** Lowering block /40

7. Disengagements One defence from each of the following attacks

- Bar strangle
- Side head lock
- Double lapel seizure with arms bent /30

8. Atemi Waza

- **Mae Geri Kekkomi (Chudan)** Front snap kick
- **Hiraken** Thrusting knuckle strike
- **Uraken** Rising back fist strike
- **UshiroGeri** Half spinning back kick
- **Atemi Renroku Waza** (All above in combination form) /50

9. Japanese Translations

Ju-jitsu \ Zories \ Ryu \ Ashi \ Ude \ Men \ Hajime \ Yamatte \ Te \ Ukemi /10

10. Renshiki Dojo Etiquette /10

Highest Possible Score 320

Pass Mark 55%

176

Result _____

Examiners Signature _____

Date _____



Ju-jitsu

5TH Mon/Kyu Orange Stripe



Students Name _____

1. General

Complete loosening routine Complete leg stretching routine /20

Strengthening routine 50 sit-ups \ 20 Press Ups \ 20 Squat Jumps \ 20 Leg lifts /40

- **Tobi Ushiro Ashi Ukemi** Front flip over
- **Tobi Yoko Ukemi** Flying side /20

2. Ne Waza

- **Men Hasami Jime** Head pushing choke
- **Tai Hasami Jime** Hip pushing choke
- **Kani Uchi Jime** Claw hand choke
- **Ura KaniUchi Jime** Reverse claw hand choke
- **Hittsui Hasami Jime** Knee pushing choke
- **Morote Ashi Garame** Double leg lock
- **Ura Morote Garame** Reverse double leg lock
- **Ude Garame** Straight arm lock x 3 /100

3. RenRoku Fusegi

Two defences from each of the following attacks one of which must be finished using a restraining hold

- 2 x **Mawashi Tsuki**
- 2 x **ShoMen Uchi**
- 2 x **Juji Uchi**
- 2 x **Geri** (of own choice) /80

4. Atemi Waza

- **Yoko Geri (Chudan)** Side kick
- **Ushiro Geri (Jodan)** Back kick to head
- **Mea Geri Keagi (Jodan)** Front kick rising to head
- **Gyaku Tsuki** Punch off back leg
- **Kagi Tsuki** Hook punch /50

5. Disengagements (one defence from each of the following attacks)

- Double lapel seizure arms straight
- Claw hand attack
- Front bear hug (arms trapped)
- Rear bear hug (arms trapped)
- Reverse head lock
- Arm up behind back /60

6. Renshiki Dojo Etiquette

/10

Highest possible score 400

Pass mark 60%

240

Result _____

Examiners Signature _____

Date _____



Ju-jitsu

5TH Mon/Kyu Orange Belt



Students Name _____

1. **Nage Waza** (Throwing Techniques) To be performed from a grappling situation.
 - **UraToshi** Reverse drop
 - **IpponSeoiNage** One arm shoulder throw
 - **OsotoGake** Outer hook
 - **TaiOtoshi** Body drop /40
 2. **Ase Nage Waza** (Throwing Counters)
 - **Ogoshi - KoshiGaruma** • **KoshiGaruma - UraToshi** • **HariGoshi - AshiGake** /30
 3. **Atemi RenRoku Fusegi Waza**
One defence from each of the following attacks
 - **ShoMen Uchi** Downward Attack
 - **Mawashi Tsuki** Roundhouse Punch
 - **Juji Uchi** Cross Strike
 - **Mae Geri** Front Kick /40
 4. **Uke Waza**
 - **Teisho Uke** Palm blocks x 5
 - **Otoshi Uke** Descending block /20
 5. **Dachi No Kata** (Stance Kata) /10
 6. **Japanese Translations**

Jo \ Fudoshin \ Ura \ Uke \ Shuto \ Waza \ Tanto \ Judo \ Karate /10
 7. **Shiai** Triple Contests x 3 /10 /10 /10 /30
 8. **Renshiki** Dojo Etiquette /10
- Highest possible score 190 Pass mark 60% 114
- Result _____ Examiners Signature _____ Date _____





Ju-jitsu

4TH Mon/Kyu Green Stripe



Students Name _____

1. General

Stamina Test 1.5 min Squat Thrusts 1.5 min Skipping *Kata* /30
 Knowledge of vulnerable areas /10

2. Ne Waza

- | | | |
|-----------------------------------|----------------------------|------|
| • <i>Ude Hishi Gi Ashi Garame</i> | Step over arm lock | |
| • <i>UdeHishi Gi JuJu Garame</i> | Reverse step over arm lock | |
| • <i>Kote Garame</i> | Wrist in lock | |
| • <i>Ura Hasami Kubi Garame</i> | Reverse spine lock | |
| • <i>Ura Ashi Ashi Garame</i> | Reverse leg wrap leg lock | |
| • <i>Tsuri Hiza Garame</i> | Pushing knee lock | |
| • <i>Ashi Ude Garame</i> | Figure 4 ankle lock | |
| • <i>Gyaku JuJi Jime</i> | Cross arm choke | |
| • <i>Nami JuJi Jime</i> | Normal cross choke | |
| • <i>JuJi Jime</i> | Half cross choke | /100 |

3. Renroku Fusegi

- | | | |
|------------------------------------|-------------------------------------|-----|
| • <i>OiTsuki Jodan x 2</i> | Lunging punch to the head | |
| • <i>OiTsuki Chudan x 2</i> | Lunging punch to the mid-section | |
| • <i>Ushiro Geri Jodan</i> | Back kick to the head | |
| • <i>Yoko Geri Jodan</i> | Side kick to the head | |
| • <i>Mawashi Geri Jodan</i> | Roundhouse kick to the head | |
| • <i>Ushiro Mawashi Geri Jodan</i> | Reverse roundhouse kick to the head | /80 |

4. *Dachi No Kata* Stance *Kata* /10

5. Atemi Waza

- | | | |
|-----------------------------|-----------------------------|-----|
| • <i>Yoko Geri Jodan</i> | Side kick to the head | |
| • <i>Mawashi Geri Jodan</i> | Roundhouse kick to the head | |
| • <i>Shuto Uchi x 5</i> | Knife hand strike | |
| • <i>Nukite x 5</i> | Finger strikes | /40 |

6. Renroku Atemi Waza

- | | | | | | |
|--------------------|---|-------------------|---|-------------------|-----|
| • <i>Mae Geri</i> | - | <i>OiTsuki</i> | - | <i>GyakuTsuki</i> | |
| • <i>Yoko Geri</i> | - | <i>Tettsui</i> | - | <i>UshiroEmpi</i> | |
| • <i>KinGeri</i> | - | <i>MoroteUchi</i> | - | <i>EmpiUchi</i> | /30 |

7. Disengagements

From 24 different attacks plus 2 double holds staying clear of *Atemi* as much as possible. /260

8. Renshiki Dojo Etiquette /10

Highest Possible Score 570

Pass Mark 65% 371

Result _____

Examiners Signature _____

Date _____



Ju-jitsu

4TH Mon/Kyu Green Belt



Students Name _____

1. **Nage Waza** To be performed moving around in a guard position except for foot sweeps
- | | | |
|---|--|------|
| <ul style="list-style-type: none"> • YokoGaruma • YokoWakare • RyoAshiDori • KaniUchiNage • MenGaramaNage • MoroteSeoiNage • OUchiGari • Te Uchi Mata • HizaGaruma • Obi Garuma • SotoMakiKomi • KoSotoGari | <ul style="list-style-type: none"> Side wheel Lateral separation Double leg pull Claw hand throw Head throw Double shoulder throw Inner leg hook Inner Hand Reap Knee wheel Belt Wheel Outer winding throw Side foot sweep | /120 |
|---|--|------|
2. **Nage Waza Randori** To be performed in a grapple situation /10
3. **RenRoku Nage Waza**
- | | |
|--|-----|
| <ul style="list-style-type: none"> • KoSotoGari - OsotoGari • TaiOtooshi - Leg Pull • KoshiGaruma - SotoMakiKomi | /30 |
|--|-----|
4. **Ase Nage Waza**
- | | |
|--|-----|
| <ul style="list-style-type: none"> • OsotoGari - OsotoToshi • TaiOtooshi - YokoWakare • HizaGaruma - OUchiGari | /30 |
|--|-----|
5. **Going to assistance x 4 methods.** /40
6. **Kobudo** (one weapon of own choice) Either **Jo** or **Nunchaku**
- Kata**
- | | |
|--|-----|
| <ul style="list-style-type: none"> • Stance Kata • 1st Kata | /20 |
|--|-----|
- Blocks** Rising \ Bar high & low
- Strikes** Descending \ Rising \ Circular \ Cross
- Disengagements** x 3 /90
7. **Shiai**
- | | | |
|---------------------------|---------------------------------|-----|
| <p>4 Triple contests.</p> | <p>/10 /10 /10 /10</p> | /40 |
|---------------------------|---------------------------------|-----|
8. **Renshiki** Dojo Etiquette /10

Highest Possible Score 390 Pass Mark 65% 254

Result _____ Examiners Signature _____ Date _____



Ju-jitsu

3RD Mon/Kyu Blue Stripe



Students Name _____

1. **Nage Waza** (Aiki-Jutsu)

Display the following throws from all methods of assault where possible

- | | |
|---|---|
| <ul style="list-style-type: none"> • Sumo Toshi Corner Drop • Kote Gaeshi Wrist wheel • TenShin Nage Heaven and earth throw • Irimi Nage Entering throw | <ul style="list-style-type: none"> • Kiki Nage Air throw • Sankyo Wrist twist • Kaiten Nage Rotary throw • Shiho Nage Shoulder Drop |
|---|---|

/80

2. **Nage Waza Randori** **3 min Display** (Moving around in guard position) /10

3. **Disengage** from the following attacks

- | | |
|--|---|
| <ul style="list-style-type: none"> • Katate Dori • Gyaku Katate Dori • Katate Ryote Dori • Ryote Dori • Ushiro Ryote Tekubi Dori • Katate Ryote Dori (2 attackers) | <p>Wrist to wrist hold x 4</p> <p>Cross wrist hold x 4</p> <p>Two hands on one wrist x 2</p> <p>Both wrists held from the front x 4</p> <p>Both wrists held from the rear x 4</p> <p>Two wrists held by two attackers x 2</p> |
|--|---|

/200

4. **Renshiki** Dojo Etiquette /10

Highest possible score 300 Pass mark 70% 210

Result _____ Examiners Signature _____ Date _____



Ju-jitsu

3RD Mon/Kyu Blue Belt



Students Name _____

This examination will be conducted in Japanese only where possible.

1. **RenRoku Ukemi Waza** x 6 To be fluid and of a high standard /10

2. **Escape Using Nerves** (10 Methods) /10

3. **Ne Fusegi Waza** (against attacker standing)

- 2 defences against *Mae Geri* whilst on knee's
- 2 defences against *Mawashi Geri* whilst on knee's
- 1 defence against *Mawashi Tsuki* whilst on knee's
- 1 defence against *ShoMen Uchi* whilst on knee's
- 2 defences against *Geri* to ribs or head whilst on back
- 1 defence against *Otoshi Tsuki* whilst on back
- 1 defence against bar strangle whilst on knee's
- 4 methods of throwing from an aggravated situation whilst on back /140

4. **Tanto**

- 1st *Kata* /10
- 3 *Iai* /30
- Unarmed against knife 3 Stationary /30
- *Tanto Fusegi* 5 knife against knife /50

5. **Shiai** (contest) 5 Triple Contests \10 \10 \10 \10 \10 /50

6. **Renshiki** Dojo Etiquette /10

Highest possible score 340 Pass mark 70% 238

Result _____ Examiners Signature _____ Date _____



Ju-jitsu

2ND Mon/Kyu Brown Belt



Brown Belt Page 1 of 3

Students Name _____

This section will be assessed before the examination.

Ju-Jitsu History _____ Association Rules _____ Translations _____
 Code of Honour _____ First Aid _____ Class Instruction _____

1. Morote Garame Waza (Double Locking Techniques)

- | | |
|---|--|
| <ul style="list-style-type: none"> • Ashi Ude Garame & Ippon Ude Garame • Ude Garame & Kani Uchi Jime • Te Hiza Ashi Garame & Eri Jime • Ura Ashi Garame & With Hair Pull | <p>Stand on arm lock & Fold around arm lock
 Straight arm lock & Claw hand choke
 Twisting knee lock & Sliding jacket choke
 Reverse single leg lock & Hair pull</p> <p style="text-align: right;">/40</p> |
|---|--|

2. Sternum Crushes

- | | | | | |
|-------------|-------------|--------------|-------------|-----|
| • From Top, | • From Side | • Underneath | • Standing. | /40 |
|-------------|-------------|--------------|-------------|-----|

3. Tsukami Garame Waza (Trapping, Locking, Striking)

- | | |
|---|---|
| <ul style="list-style-type: none"> • Ashi Ude Garame & Teisho Uchi • Ashi Garame & Tensho Geri • Ura Ude Garame & Empi Uchi • Ude Hishi Gi Ashi Garame & Tensho Geri • Gyaku JuJi Jime & Men Uchi • Yoko Shiho Gatame & Empi Uchi | <p>Stand on arm lock & Palm strike
 Single leg lock & Heal kick
 Wrap over arm lock & Elbow strike
 Step over arm lock & Heal kick
 Cross arm choke & Head butt
 Cross body figure four arm lock & Elbow strike</p> <p style="text-align: right;">/60</p> |
|---|---|

4. Spine Lock X 4

- | | | | | |
|-----------|---------------|-------------------------|-------------------------|-----|
| • Stretch | • Compression | • Twist whilst on front | • Twist whilst on back. | /40 |
|-----------|---------------|-------------------------|-------------------------|-----|

5. Dealing With Two Attackers

- Two hands holding one wrist from each side
 - One wrist & one elbow held from each side
 - Two hands holding wrists and stretching
 - Two wrists held from front & bar strangle
 - Two wrists held from behind & roundhouse punch from front
 - Bar strangle & round house punch
 - Double jacket hold & down ward attack from behind
 - Rear bear hug (arms trapped) & punch to body
- /80

6. Atemi Waza

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> • Full spinning Ushiro Geri Jodan • Seiken Tsuki • Ura Tsuki • Empi Uchi x 4 | <ul style="list-style-type: none"> • Ushiro Mawashi Geri Jodan • Ushiro Tensho Geri Tsurigane • FumiKommi x 4 • Hiza Uchi x 3 | <ul style="list-style-type: none"> • Yoko Uraken • Oi Tsuki • Atoshi Uraken <p style="text-align: right;">/190</p> |
|---|---|--|

7. Atemi Renroku

- **Ushiro Tensho Geri - Ura Empi - Ura Kage Tsuki**
 - **Mawashi Geri - Ushiro Geri - Mae Geri**
 - **Age Uraken - Age Tettsui - Gyaku Tsuki**
- /30



Ju-jitsu

2ND Mon/Kyu Brown Belt



Brown Belt Continued Page 2 of 3

8. Uke Waza

- | | |
|------------------------|-----------------------|
| • Soto Ude Uke | Outside forearm block |
| • Uchi Ude Uke | Inside forearm block |
| • Hiza Uke | Knee block |
| • Age Empi Uke | Rising elbow block |
| • Nami Ashi Uke | Foot Block |
| • Kakiwake Uke | Wedge block |

/60

9. Ase Nage Waza x 10

Attack:

- | | |
|---------------------------|------------------------|
| • Ogoshi | Hip Throw |
| • Koshi Garuma | Loin Wheel/neck Throw |
| • Osoto Gari | Major Rear Leg Sweep |
| • Tsuri Komi Goshi | Lifting Hip Throw |
| • Harai Goshi | Sweeping Hip Throw |
| • Ippon Seoi Nage | One Arm Shoulder Throw |
| • Osoto Gake | Major Outer Hook |
| • Tai Otoshi | Body Drop |
| • OUchi Gari | Major Inner Leg Hook |
| • Ko Soto Gari | Minor Side Foot Sweep |

Defence:

- | | |
|-----------------------|-----------------------|
| • Koshi Garuma | Loin Wheel/neck Throw |
| • Ura Toshi | Reverse Drop |
| • Osoto Toshi | Outer Drop |
| • Suki Nage | Scooping Throw |
| • Ashi Gake | Leg Hook |
| • Osoto Toshi | Outer Drop |
| • Uchi Mata | Inner Reap |
| • Sumo Geashi | Corner Reap |
| • Yoko Toshi | Side Drop |
| • Osoto Gari | Rear Leg Sweep |

/100

10. Renroku Nage Waza x 10

Primary Attack

- | | |
|---------------------------|------------------------|
| • Ogoshi | Hip Throw |
| • Koshi Garuma | Loin Wheel/neck Throw |
| • Osoto Gari | Major Rear Leg Sweep |
| • Tsuri Komi Goshi | Lifting Hip Throw |
| • Harai Goshi | Sweeping Hip Throw |
| • Ippon Seoi Nage | One Arm Shoulder Throw |
| • Osoto Gake | Major Outer Hook |
| • Tai Otoshi | Body Drop |
| • OUchi Gari | Major Inner Leg Hook |
| • Ko Soto Gari | Minor Side Foot Sweep |

Secondary Attack

- | | |
|----------------------------|--------------------|
| • Tsuri Komi Goshi | Lifting Hip |
| • Harai Goshi | Sweeping Hip Throw |
| • Osoto Toshi | Outer Drop |
| • Osoto Gake | Outer Leg Hook |
| • Harai Makki Kiomi | Sweeping Wind |
| • Seoi Toshi | Shoulder Drop |
| • Uchi Mata | Inner Reap |
| • Ashi Dori | Leg Pull |
| • Ko Uchi Gari | Minor Inner Sweep |
| • Osoto Gari | Rear Leg Sweep |

/100

11. Nage Waza (Throwing Techniques) Moving around in a guard position

- | | | | |
|----------------------------|-------------------------|-----------------------------|----------------------|
| • Hani Goshi | Spring Hip | • Ashi Garuma | Leg Wheel |
| • Osoto Garuma | Outer Wheel | • SodeTsuriKomiGoshi | Sleeve Lifting Throw |
| • Ura Ryo Ashi Dori | Reverse Double Leg Pull | • UchiMata | Inner reap |
| • Yoko Toshi | Side Drop | • KaniBasane | Lobster claws |
| • Sukui Nage | Scooping Throw | • TomoeNage | Stomach throw |
| • Korobi Sutemi | Rice Bale | • SumoGaeshi | Corner reap |
| • Men Seoi Nage | Neck \ Shoulder | • TaiGaruma | Body wheel |

/140



Ju-jitsu

2ND Mon/Kyu Brown Belt



Brown Belt Continued Page 3 of 3

12. Foot Sweeps (From a grip)

- | | |
|---|---|
| <ul style="list-style-type: none"> • Tsasae Tsuru Komi Ashi Ankle Trip • Ko Uchi Gari Inner Leg Sweep | <ul style="list-style-type: none"> • De Ashi Harai Forward Ankle Sweep • Okuri Ashi Harai Double Foot Sweep |
|---|---|
- /40

13. Nage Waza Randori (3 minute display)

Moving around in a guard position showing throws from the complete syllabus /10

14. Shiai

Triple Contest x 6 \10 \10 \10 \10 \10 \10 /60

15. Renshiki Dojo Etiquette /10

Highest possible score 1000 Pass Mark 75% 750

Result _____ Examiners Signature _____ Date _____



Ju-jitsu

1ST Mon/Kyu Black Belt



Black Belt Page 1 of 2

Students name _____

- Before attempting this examination a thorough test of all previous belts will take place.
- Candidates must attain a high level of fitness before completing the exam.
- The examination will be examined in blocks of four sections at a time these blocks will be determined by the examinee, but the *Shiai* must be the last section of the examination.
- Students progressing to this level must assist in teaching lower grades. By doing so students will gain a greater understanding of technique rather than just following instructions.

1. **Ukemi Renroku Waza** 10 Methods

2. **Escape From The Ground**

- | | |
|---|--|
| <ul style="list-style-type: none"> • Arms pinned with knees and hands • Cross arm choke from the top • Cross arm choke from underneath • Hair and claw hand strangle • Reverse pushing choke | <ul style="list-style-type: none"> • Cross leg choke from side • Scissors from front • Scissors from back • Scarf hold • Top hold |
|---|--|

3. **Gatame Waza** To be show in ***Kata*** form and as individual techniques restraining for 30 seconds.

- | | |
|--|---|
| <ul style="list-style-type: none"> • <i>Honkesa Gatame</i> • <i>Kata Gatame</i> • <i>Kurzuri Kesa Gatame</i> • <i>Ushiro Kesa Gatame</i> • <i>Kami Shiho Gatame</i> • <i>Kuzuri Kami Shiho Gatame</i> • <i>Yoko Shiho Gatame</i> • <i>Kuzuri Yoko Shiho Gatame</i> • <i>TeteShihoGatame</i> • <i>UdeMuneOsae</i> | <ul style="list-style-type: none"> Scarf hold Shoulder hold Broken scarf hold Reverse scarf hold Top hold Broken top hold Side hold Broken side hold Astride hold (also show double leg lock) Chest trap hold |
|--|---|

4. **Tachi Garame** (Standing Locks)

- 4 Arm locks
- 3 Wrist locks
- 3 Finger locks
- 1 Stretching Leg lock

5. **Hidari RenRoku Fusegi Waza** (6 Defences from each of the following attacks)

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> • <i>ShoMen Uchi</i> • <i>Mawashi Tsuki</i> | <ul style="list-style-type: none"> • <i>Juji Uchi</i> • <i>OiTsuki Jodan</i> | <ul style="list-style-type: none"> • <i>Oi Tsuki Chudan</i> • <i>Mae Geri (any area)</i> |
|--|--|--|

6. **RenRoku Atemi Fusegi Waza**

15 Methods of striking defences (No more than 3 from any one attack)

7. **Atemi RenRoku attacks** 15 Methods of striking attacks

All previous ***Atemi*** combinations plus the following:

1. ***Gyaku Tsuki – Mawashi Geri - Ushiro Geri***
2. ***Kin Geri - Ashi Geri – Shuto - Hiraken***
3. ***Morote – Hittsui - Kin Geri***
4. ***Tettsui – Tettsui - Ushiro Geri***
5. ***Tettsui – Tettsui - Gyaku Tsuki***
6. ***Kazama Tsuki – Mawashi Empi - Testtsui***



Ju-jitsu

1ST Mon/Kyu Black Belt



Continued Page 2 of 2

8. Nage Waza (Moving around in guard position)

- | | |
|---|---|
| <ul style="list-style-type: none"> • Hikikomi Gaeshi Pulling in throw • Ura Men Garame Reverse head throw • Te Tsuru Ashi Hand lifting leg throw • Kubi Nage Neck wrench throw • Kata Ashi Dori Shoulder leg throw • Kata Garuma Shoulder throw • Tani Otoshi Valley drop | <ul style="list-style-type: none"> • Ura Nage Reverse • Ude Otoshi Arm drop • Uki Goshi Floating hip • Uchi Maki komi Inside wind • Hani Maki Komi Spring hip wind • Harai Maki Komi Sweeping wind • Ko Uchi Maki Komi Minor inner wind |
|---|---|

9. RenRoku Nage Waza (20 methods of own choice moving around in grappling form)

10. Kobudo

Kata

- Tanto Ni
- Jo Ni
- Yawara Bo Sho

Unarmed Fusegi against

Tanto
Jo

Down, Round, Cross, lunge high & low.
Down, Round, Cross, Lunge high.

11) Fusegi Defend against 4 attackers attacking at random using all basic strikes and seizures.

12) Shiai 7 x Atemi 7 x Nage Waza 7 x Gatame Waza

3 x Full Contact full combat

Under this section you will be examined on

Balance Stamina Control Fighting Spirit

Comments

Note

Upon passing this examination the examinee will be awarded a Hakama and black belt with white stripe through the length of it and will be registered with the A.M.A.

Date Passed	Examiners signature



Ju-jitsu

Shodan 1ST Dan Black Belt



Students Name _____

This exam is examined by a continual assessment and will include an assessment of all previous belts.

1. **Ase Nage Waza** (Counter throwing techniques) 20 of own choice
2. **Hidari Nage Waza** (Left handed throwing techniques) All techniques
3. **Randori Nage Waza**
Display 50 throws in random form, Techniques are to be called by the examiner

4. **Nage Waza**

<ul style="list-style-type: none"> • Ogaruma • ObOtoshi • ObiGoshi • UkiWaza • TwaraGashi • UraNage • EriNage 	<ul style="list-style-type: none"> Major wheel Belt drop (Scooping) Belt half hip Floating sacrifice Rice bale Reverse throw Strangle throw 	<ul style="list-style-type: none"> • Omata • ObiGaruma • ObiNage • UkiOtoshi • KosotoGake • TeGaruma • JujiEriNage 	<ul style="list-style-type: none"> Major thigh Belt wheel (full hip) Belt sacrifice Floating drop Minor outer hook Hand wheel Cross arm throw
---	--	--	--

5. **Atemi Waza** (all forms of the following techniques)

Hiraken x 6 **Uraken x 7** **Shuto x 10** **Nukite x 16** **Yubi x 3** **Haito x 8**
Tettsui x 9 **Teisho x 4** **Haisho x 3** **IpponKen x 4**

6. **Disengagement's** Of own choice from 60 attacks at random to include left / right sides and double.

7. **Anatomy Theory test**

8. **Kobudo**

Choose two Weapons of own choice

Kata Display three **Katas** for each

RenRoku Waza (Combination Techniques)

Demonstrate 3 combinations with each weapon

Renroku Fusegi Waza (Combination Defence Techniques)

Demonstrate 3 combination Defences with each weapon

Date of Completion _____ Result _____ Examiners Signature _____



Ju-jitsu

Nidan 2ND Dan Black Belt



Students Name _____

Must have held the rank of 1st Dan for a minimum of 2 years

1. **Karate** Basic understanding for example 5 Kyu level
2. **Makiwara** understanding of training techniques and their advantages
3. **Refereeing** Triple contests, *Judo*, *Karate*, *Nunchaku*, *tanto* and *Jo*
4. **Taisabaki** Must show an outstanding ability of *Taisabaki* in all aspects of *JuJitsu*
5. **Nage No Kata** *Ju-jitsu* traditional throwing *Kata*
6. **Katame No Kata** *Ju-jitsu* traditional ground fighting *Kata*
7. **Tanto Jutsu**
Kata x 2
 - Cutting objects x 4
 - Thrusting showing focus x 6 (left and right handed)
 - Iai x 10
 - Defence *Tanto* against *Tanto* x 10,**Shiai**
 - Unarmed Defence contest form,
 - Contest *Tanto* against *Tanto*
8. **Jo Jutsu**
Kata x3
 - Striking x 10
 - Thrusting x 10 (Demonstrating good focus)
 - Combination attacks x 10
 - Defences combinations x10
 - Disengagements x 10
 - Unarmed defence against Jo attacker x 10
 - Armed with Jo against unarmed attacker x 10**Shiai**
 - Jo against Jo,
 - Jo against Tanto
9. **Ken Jutsu**
Kata x 3
 - *Tamishi Kiri* (Cutting) x 4
 - Thrusting x 6 (left and right handed)
 - Iai x 10
 - Defence Bokken against Bokken x10
 - Disengagements x 10
 - Unarmed Defence x 4**Shiai**
 - Katana against Katana
10. **Improved weapons** Book, Case, Belt, News paper, Chair

Date of Completion _____ Result _____ Examiners Signature _____



Ju-jitsu

Sandan 3RD Dan Black Belt



Students Name _____

Before progressing to this level the **Yudansha** must:-

- have held the rank of 2nd Dan for a minimum of 3 years
- have the ability to display the ju-jitsu syllabus from memory up to the level of 3rd Kyu
- produce 3000 word essay on Ju-jitsu including History, principles of the art, your training experiences and your own thoughts or feelings towards the art.
- be actively teaching and running a club of their own
- have assisted teaching on Association Seminars.
- have trained a minimum of two students to the rank of 1st Kyu
- been actively involved in grading students

1. Defences against downward attack x 20
2. Defences against round attack x 20
3. Defences against lunge high attack x 20
4. **Karate** Must hold minimum of 2nd Kyu
5. Kickboxing – A full understanding of the Kickboxing syllabus is required and the ability to teach a class.
6. **Ken-jutsu** Must hold minimum of 2nd Kyu
7. **Bo-Jutsu**
 - **Kata** x 2
 - Striking x 10
 - Thrusting x 10 (Demonstrating good focus)
 - Combination attacks x 10
 - Defences combinations x10
 - Disengagements x 10
 - Unarmed defence against **Bo** attacker x 10
 - Armed with **Bo** against unarmed attacker x 10
 - **Shiai – Bo** against **Bo**
8. **Tanjo-Jutsu**
 - **Kata** x1
 - Striking x 10
 - Thrusting x 10 (Demonstrating good focus)
 - Combination attacks x 10
 - Defences combinations x10
 - Disengagements x 10
 - Unarmed defence against **Tanjo** attacker x 10
 - Armed with **Tanjo** against unarmed attacker x 10
 - **Shiai – Tanjo** against **Tanjo**

Date of Completion _____ Result _____ Examiners Signature _____