

Grading Syllabus

2011

Jitsu



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includes changes to The Jitsu Foundation syllabus
from January 2005 version to updated 2011 version

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Yellow

Pegleg breakfall moved to orange.
 Koshi guruma back at yellow.
 Dangerous parts kata – see end of document.
 All 3 kicks introduced at yellow belt (drop ushiro geri).
 Hold-downs added for yellow: kesa gatame, mune gatame.

Orange

Pegleg breakfall moved to orange.
 Forward roll over someone on all fours on the floor and backwards off: moved from green to orange.
 Koshi guruma back at yellow.
 Uki goshi from green to orange.
 Added: Randori application for osoto gari
 Hold-downs: Yoko shiho gatame, kami shiho gatame, tate shiho gatame.

Green

Forward roll over someone on all fours on the floor and backwards off: moved from green to orange.
 Uki goshi from green to orange.
 Tsuru komi goshi from green to purple.
 Sode tsuri komi goshi from light blue to green.
 Deleted: An understanding of uchi komi for ippon seoinage and osotogari
 Added: Next stage randori application for osoto gari
 Hold-downs: Kata gatame moved to green.

Purple

Empi kata now twelve moves, to be tested much more on an uke.
 Tsuru komi goshi from green to purple.
 Kuki nage from purple to dark blue (chain defence to be seoi otoshi or ippon seoi nage).
 Nage no kata phase one moved from light blue to purple, clarified just uki otoshi, ippon seoinage, uki waza.
 All armlock and wristlock counters moved to light blue.
 Deleted gatame waza comment 'Working with and/or taking the base'.

Light Blue

Falling added: kibatadachi-kibatadachi.
 Sode tsuri komi goshi from light blue to green.
 NNK – clarified as 'all phase one'.
 Added: Randori application for ippon seoi nage
 Tidied gatame waza comments: Maintaining and countering tate shiho gatame (use of base)
 See comments and name updates for shime waza

Dark Blue

Kuki nage from purple to dark blue.
 Added ude juji nage to dark blue.
 Added: Randori application for seoi otoshi
 Clarified gatame waza comment 'Getting into the guard' by adding 'Countering side holds'
 Hiza hishigi: deleted variation using fist

Brown

Clarified gatame waza comment 'Use of the guard' by adding 'getting juji gatame / getting kimura'
 Added: Randori application from resisting opponent.

This syllabus represents the examined aspects of the Gokyo of Shorinji Kan system of Jiu Jitsu as practised by the Jitsu Foundation. The Gokyo contains many more techniques and variations than can be expressed here, and the techniques required are to be considered the backbone of Jitsu – the building blocks from which all else grows.

There are many more elements to Jiu Jitsu than purely the physical performance of techniques. There are many aspects, such as spirit, determination, feel and purpose of technique, which can only be assessed by those with a vast experience of the art (though people at any level can enjoy good technique purely for its aesthetic value).

The syllabus should be viewed as a framework for developing people's skills in The Art. The development of techniques as described in the syllabus provides a pathway for the individual's development both within The Art and externally.

Examiners may be called upon from time to time to assess people with disabilities either acquired or naturally occurring. In these cases an individual's performance may be rewarded on merit at the discretion of the grading panel and in consultation with the individual's instructor, thus reflecting the individual's personal achievement.

Grading conditions

The student must have trained for at least 30 hours between grades up to 4th kyu, with at least three months between gradings. For 3rd, 2nd and 1st kyu, students must have at least six months between gradings.

For 3rd and 2nd kyu the student must have taught at least twice a month in this period under the supervision of the Club Instructor.

For 1st kyu the student must have full knowledge of club running and teaching.

Any student without a gi and Foundation badge will not be eligible.

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

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

Failure to rei to the grading panel at the commencement of the student's first routine will result in instant failure.

If a student loses his/her temper, this too will result in instant failure.

A student must attend at least one course between each grading in order to be eligible.

A student must produce a valid license or evidence of license on demand.

A student must be nominated for a grading by his/her Club Instructor.

Students must have good style and control and basic knowledge of terminology

Ukemi Waza

Students must exhibit good posture and timing

- Kneeling
 - Forwards
 - Backwards
 - Sideways
- Standing
 - Forwards
 - Backwards
 - Sideways

Atemi Waza

- Dangerous parts kata (see end of document)
- Mae geri Front kick
- Mae washu geri Front round kick
- Yoko geri Side kick

Kansetsu Waza

- Wrist locks without put-down
 - 1 Kote gaeshi Wrist twist/turn over
 - 2 Ura kote Reverse wrist
 - 3 Kote gatame Wrist lock
- Arm locks
 - 1 (Outside) Kujiki gatame Arm break
 - 1 (Inside) Kannuki gatame Bolt lock
 - 2 Karada gatame Body lock
 - 2 (Tall) Katsugi gatame Shoulder-carry lock
 - 3 Jodan ude garami Upper body arm entanglement

Nage Waza

- Kosoto gari Minor outer reap
- Osoto gari Major outer reap
- Kosoto gake Minor outer prop/hook (test from body grab)
- Koshi guruma Hip wheel

Osaekomi Waza

- Kesa gatame Scarf hold
- Mune gatame Chest hold

Defences

- Defence against strangles from front and rear
- Defence against hair and ear grabs from front and rear
- Defence against single-handed wrist grabs from the front with releases
- Defence against two hands grabbing single wrist from the front with release
- Defence against a punch using throws
- Bottle disarms from overhead and backhand attacks
- Introduction to defence in a 'V'.

Ukemi Waza

- Pegleg
- Drop
- Over-the-belt
- Side drop I kick-up and drop
- Diving forwards roll over someone on all fours
- Off-the-back from someone on all fours

Kansetsu Waza

- Wristlocks 1 to 3 with basic put-down and finish
No throw with kote gaeshi until light blue (tori must take care of uke)

• Armlocks

4 Gedan ude garami

5 Hiji gatame

6 Ude gatame

Lower level arm entanglement

Elbow lock

Arm lock

Nage Waza

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|-------------------------------|------------------------|
| • Ogoshi | Major hip |
| • Uki goshi | Floating hip |
| • Ippon seoi nage | One-arm shoulder throw |
| • Seoi otoshi | Shoulder drop |
| • Kouchi gari (from mae geri) | Minor inner reap |

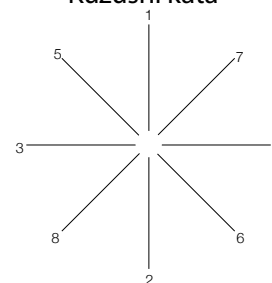
Randori application for osoto gari

- Uke pushes & steps forwards right, tori amplifies and re-directs to front corner to throw osoto gari front side direction

Kuzushi

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| • Use of mihi shizentai | Right natural posture |
| • Kuzushi kata | Balance breaking form |

Kuzushi kata



Osaekomi Waza

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| • Yoko shiho gatame | Side four-quarters hold |
| • Kami shiho gatame | Upper four-quarters hold |
| • Tate shiho gatame | Lower four-quarters hold |

Defences

- Defence against body grabs
 - Over-arm grab from the front using o goshi
 - Underarm grab from the front using kosoto gake
 - Over-arm grab from the rear using seoi otoshi
 - Underarm grab from the rear using wristlock number 2
- Defence against a cosh
 - Over-head attack (from 45 degrees) using koshi guruma with disarm and finish
 - Back-hand using kosoto gake or kosoto gari with disarm and finish

Other

- Knowledge of the importance of warm-up and cool-down techniques

Ukemi Waza

- Judo rolls

Kansetsu Waza

- Wristlocks 4 to 6 without putdowns

4 Kate dori	Wrist trap
5 Kate hineri	Wrist twist
6 Kate otoshi	Wrist drop
- 6 Ground immobilisations incorporating arm and wristlocks

1 Yoko hiza gatame	Side knee armlock
2 Yoko kate dori	Side wrist trap
3 Yoko ude garami	Side arm entanglement
4 Ura kate gaeshi	Rear hand twist
5 Ura hiza gatame	Rear knee armlock
6 Ashi sangaku garami	Leg triangle entanglement

Nage Waza

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|------------------------------|----------------------------|
| • Harai goshi | Sweeping hip |
| • Irimi nage | Entering body throw |
| • Tai otoshi | Body drop |
| • Ouchi gari (from mae geri) | Major inner reap |
| • Tani otoshi | Valley drop |
| • Sode tsuri komi goshi | Sleeve lifting pulling hip |

Randori application for osoto gari

- Uke pushes & steps forwards right, then steps back right, tori mirrors these steps, tori attacks uke's back leg with osoto gari

Osaekomi Waza

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|----------------------------|---------------------------------|
| • Kata gatame | Shoulder hold |
| • Ushiro yoko shiho gatame | Reverse side four-quarters hold |
| • Ushiro keza gatame | Reverse scarf hold |

Defences

- Grabs with full application and finish
 - Two hand to two hand wrist grabs from front
 - Hair grab from front using osoto gari
 - Ear grab from front using uke goshi
 - Strangle from front using koshi guruma
 - Hair grab from rear using osoto gari
 - Ear grab from rear using uke goshi
 - Strangle from rear using wristlock number five, arm-lock number six
 - Hadaka jime (arm around neck from rear) using seoi otoshi
- Basic knife defences using armlocks and wristlocks from stab down and stab to groin
- Broken bottle defences
- 'Circle' defence against punches and kicks
- 'V' defence against punch, kick, knife, cosh, bottle and broken bottle using any technique from the syllabus to this grade

Ukemi Waza

- Forward rolls with extended height and distance
- Handstand breakfall

Atemi Waza

- Empi kata Elbow form (now 12 moves, must demo on uke as well as moving)

Kansetsu Waza

- Wristlocks four to six with full application and finish

Nage Waza

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|------------------------------|-----------------------------|
| • Ouchi gari (from a punch) | Major inner reap |
| • Kouchi gari (from a punch) | Minor inner reap |
| • Tsuru komi goshi | Lifting pulling hip |
| • Kotomoe seoi nage | Minor circle shoulder throw |
| • Hane goshi | Spring hip |
| • Ashi guruma | Ankle wheel |
| • Oguruma | Major wheel |
| • Osoto otoshi (from kick) | Major outer drop |
| • Yoko otoshi | Side drop |
| • Yama arashi | Mountain Storm |

Nage No Kata

- As taught at the phase one nage no kata course, just uki otoshi, seoinage, uki waza
- Know the names and order of all throws and sets

Osaekomi Waza

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| • Juji gatame | Cross hold |
| • Ude garami | Arm entanglement |
| • Ude gatame | Arm hold |

Defences

- Defence against a safety chain using seoi otoshi / seoinage
- Defence against a bokken from overhead attack (from 45 degrees) and straight down
- Defence against slash attacks to head with a knife or straight to head with broken bottle
- Defence against two attackers grabbing wrists
- Defence against two attackers attacking with straight punches
- Defence against two attackers armed with bottles

Other

- The student must have experience of teaching under the club instructor's supervision and must have completed the assistant instructor course
- The student must have full knowledge of terminology to the level of their grade

Ukemi Waza

- Kibadachi to kibadachi
- Drop from legs being pulled away
- Kick and drop unsupported
- Over-the-belt unsupported

Kansetsu Waza

- Counters to all armlocks and wristlocks
- Headlocks from punches

1 Waki kubi gatame	Armpit neck extension
2 Gyaku waki kubi garami	Reverse armpit neck entanglement
3 Ushiro kubi gatame	Reverse neck extension
4 Juji kubi garami	Cross neck entanglement
5 Kuzure juji kubi garami	Broken cross neck entanglement
6 Morote kubi hishigi	Double-handed neck crush

Nage Waza

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| <ul style="list-style-type: none"> • Ko tsuri komi goshi • Yoko guruma • Kata hiza seoi nage • Morote seoi nage • Uki otoshi • Kote gaeshi (with throw) • Uchi mata • De ashi barai | <ul style="list-style-type: none"> Minor lifting pulling hip Side wheel Single knee shoulder throw Two hands shoulder throw Floating drop Wrist twist Inner thigh Advancing foot sweep |
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Nage no Kata - all six throws of phase one (uki otoshi, seio nage, uke goshi, ura nage, yoko guruma, uki waza)

Randori application for seoi nage

- Uke pushes & steps forwards right, then steps back right, then left and finally right stopping to collect his balance, then pushes forwards to attack, tori amplifies this push, turning and dropping to throw seoi nage right side

Shime Waza and counters

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| <ul style="list-style-type: none"> • 1 Gyaku juji jime • 2 Nami juji jime • 3 Ryote jime • 4 Okuri Eri jime • 5 Kata Ha juji jime • 6 Hadaka jime | <ul style="list-style-type: none"> Half cross strangle (both hands turned out) Normal cross strangle (both hands turned in) Two hand strangle Sliding collar strangle (fully reclined for higher grades) Rear cross strangle (single wing) Naked strangle |
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Gatame Waza

- Getting into mune gatame
- Getting into tate shiho gatame
- Maintaining and countering tate shiho gatame (use of base)

Defences

- Wrist-lock throws from punch and knife attacks with full application and finish
- Cosh disarms from forehand and backhand attacks
- Defence against a metal chain
- Defence against a knife attack to the solar plexus
- Introduction to defences on the ground
- Two hand to two hand wrist grabs from rear
- Defence against two unarmed attackers with random attacks
- Defence against two attackers armed with rubber knives
- Defence against two attackers armed with coshes
- Defence against two attackers armed with plastic broken bottles

Other

- Students must have completed the instructor course

Atemi

- Use of baton against unarmed attackers using strikes, arm locks and strangles

Kansetsu Waza

- Head lock counters
- Leg locks and counters

1 Kata hiza hishigi	Single knee crush
2 Ryo ashi hishigi	Double leg crush
3 Hiza hishigi	Knee crush
4 Ryo hiza gaeshi	Double knee twist
5 Kata hiza gaeshi	Single knee twist

Nage Waza

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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Yoko gake • O tsuru komi goshi • Ude guruma • Tomoe nage • Okuri ashi harai • Kuki nage • Uki waza • Yoko wakare • Shiho nage • Tawara gaeshi • Ude juji nage | <ul style="list-style-type: none"> Side drop Major lifting pulling hip Arm wheel (aka 'Charlie's Angels') Circle throw (aka stomach throw) Accompanying foot sweep Air throw Floating technique Side separation Four direction throw Dropping twist (formally rice-bale throw) Cross arm throw |
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Nage no Kata - all six throws of phase one

Randori application for seoi otoshi

- As for light blue, but uke stays in back right posture not pushing forwards, tori recognise this and steps forwards across uke, for deep right sided seoi otoshi

Gatame Waza

- Ude garami from tate shiho gatame
- Juji gatame from tate shiho gatame
- Getting into the guard / countering side holds
- Countering the guard
- 4 legs locks from groundwork positions

Ashi gatame	Leg bar
Kata ashi hishigi	Single leg crush (calf and Achilles)
Ashi gaeshi	Foot/ankle twist
Ashi hiza gaeshi	Foot to knee rotation (heel hook)

Defences

- Defence against grab and punch
- Defence against a baseball bat
- Defence against a single controlled attack with a dull-edged knife excluding slashes
- Defence against two attackers armed with chains
- Defence against two attackers with any mixture of rubber knives, coshes, plastic bottles, plastic broken bottles

Other

- Knowledge of first aid

Ukemi Waza

- Assisted cut-away breakfall from tomoe nage
- Basic breakfalling on the boards

Nage Waza

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|-------------------------|--------------------------------|
| • Kata guruma | Shoulder wheel |
| • Osoto guruma | Major outer wheel |
| • Hiza guruma | Knee wheel |
| • Sasae tsuri komi ashi | Propping lifting pulling ankle |
| • Harai tsuri komi ashi | Sweeping lifting pulling ankle |
| • Sukui nage | Scooping throw |
| • Sumi gaeshi | Corner twist |

Nage no Kata - all six throws of phase one, including full ura nage

Randori application from resisting opponent.

Gatame Waza

- Use of the guard / getting juji gatame / getting kimura
- Getting behind, use of 'hooks' and shime waza
- Countering the 'turtle'

Demonstration of understanding of grappling concepts via kata and smooth movement

Defences

- Defence against kick-boxing and boxing style attacks
- Defence at close quarters
- Defence against a knuckleduster
- Defence against a chair
- Single striking defences against sharp weapons
- Defence against a short and long dull-edged sword
- Defence against any non-sharp weapon
- Defence against two armed attackers with non-sharp weapons

Other

- Students must have completed the Club Instructor course and the First Aid course
- Full knowledge of TJF Judo competition rules

Head:

- 1 - Temple – backfist (right hand, right foot forward, stress hip rotation)
- 2 - Bridge of nose – hammerfist (right hand, left foot forward)
- 3 - Eyes – as per 2005 syllabus
- 4 - Mastoids – as per 2005 syllabus, alternative with thumbs
- 5 - Philtrum – palm heel (right hand, left foot forward)
- 6 - Jaw – hammerfist (right hand, left foot forward, stress hip rotation), alternative punch to side (left hand)
- 7 - Carotid arteries – as per 2005 syllabus
- 8 - Throat – finger strike (3 finger tips together, right hand, left foot forward)

Body:

- 1 - Floating ribs – double punch (left foot forward)
- 2 - Solar plexus – uppercut (right hand, left foot forward), alternative elbow, uke behind
- 3 - Groin – knee as 2005 syllabus (use right knee), alternative mae geri (right foot)
- 4 - Side of thigh - mawashi geri with shin (use right shin), alternative knee (move to side, use right knee)
- 5 - Knee – as 2005 syllabus, alternative yoko geri
- 6 - Shin – as 2005 syllabus
- 7 - Foot stomp – as 2005 syllabus, (alternative: uke on floor - stomp on foot; note also ankle, shin, hand, arm)

Back:

- 1 - Across back of skull - knife hand (right hand, right foot forward, stress hip rotation), alternative same strike with uke bent double
- 2 - Top of spine – hammerfist (right hand, left foot forward)
- 3 - Kidneys – as per 2005 syllabus
- 4 - Small of back – as per 2005 syllabus
- 5 - Coccyx – as per 2005 syllabus including alternative use of knee
- 6 - Back of knee – as per 2005 syllabus
- 7 - Achilles – as per 2005 syllabus (alternative stomp with uke on floor)