

# 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 SWEEPS (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 (2)
- 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)
- 14 PALM HEEL STRIKES (8)
- 15 ONE HANDED THROAT THROW
- 16 USE OF X BLOCK TO PULL ONTO KNEE (2)
- 17 USING UPWARD BLOCKS WITH THROWS (2)
- 18 KNIFE ATTACKS (6)
- 19 DEFENCES AGAINST A SPARRING PARTNER WHO KICKS
- 20 THE FOUR MOST USED KICKS IN JU-JITSU (4)
- 21 DEFENCE AGAINST SIDE SNAP KICK (4)
- 22 BATON DEFENCE (8)
- 23 TWO MOST DANGEROUS THROWS (2)
- 24 WEAPONS KATA (2 FROM 5)

# WAKARISHIN JU-JITSU ASSOCIATION

## ADULT SYLLABUS



Name \_\_\_\_\_

Club \_\_\_\_\_

# DOJO

## RULES & ETIQUETTE

### Etiquette

#### Always Rei (Bow) when...

- 1 Entering or leaving a Dojo (Training Room)
- 2 Beginning and end of class
- 3 On and off the Mat
- 4 Talking to an instructor (Sensei)
- 5 Beginning and end of training with a partner
- 6 Beginning and end of a Grading
- 7 Always address your instructor as Sensei
- 8 Personal hygiene must be of a high standard at all times - clean and smelling pleasant
- 9 Ensure toe and fingernails are short and clean
- 10 Always wear a clean Gi (Uniform)

### Rules

- 1 Never use your Ju-Jitsu outside the Dojo *unless absolutely necessary*
- 2 An up-to-date Licence must be held by the Student
- 3 Always respect your Training Partner at all times
- 4 No swearing, loud talking, or boisterous actions in the Dojo
- 5 Badges of Club and Association should be worn on Gi
- 6 Arguments between Students should be avoided at all times to maintain a happy family atmosphere. Any problems should be discussed with your Sensei first
- 7 Maintain loyalty to Club and Association
- 8 A minimum of one training session per week between gradings at your registered Dojo is required for you to be invited to grade
- 9 Permission must be sought from your club Sensei if you wish to attend another Sensei's Dojo
- 10 Please note **ALL** gradings are by your Sensei's invitation **ONLY**

# BROWN BELT

- 1 WINDING THROWS - INSIDE & OUTSIDE (2)
- 2 LEG SWEEPS (8)
- 3 ROLLING ANKLE THROW (2)
- 4 CORNER THROW (2)
- 5 REAR THROW (2)
- 6 CROSS ANKLE THROW (2)
- 7 LEG WHEEL (2)
- 8 OUTER WHEEL (2)
- 9 ACTION TAKEN AGAINST THREE ATTACKERS (5)
- 10 OUTER HOOK
- 11 VARIATIONS OF STOMACH THROWS (5)
- 12 SEVERAL WAYS OF THROWING AN OPPONENT FROM BEHIND (9)
- 13 SHOULDER DISLOCATION
- 14 DROPPING VERSION OF REVERSE BODY DROP THROW (2)
- 15 SHOULDER CRASH THROW (2)
- 16 PALM HEEL KNOCKOUT BLOW TO CHIN (5)
- 17 UPWARD BLOCK WITH KNIFE HAND STRIKE 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 (2)
- 20 ESCAPE WHEN HELD BY BOTH ARMS FROM BEHIND (4)
- 21 SIDE KICK TO KNEE CAP (USING SIDE OF FOOT)
- 22 UPWARD KICK TO KNEE CAP USING HEEL (2)
- 23 DIFFERENT BLOCKS USING SAME ARM (2)
- 24 ATTACKING BACK OF LEGS (2)
- 25 ARM AND SHOULDER THROW WITH SHOULDER & 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 (5)

## PURPLE BELT

- 1 VALLEY DROP THROW
- 2 COUNTER TO STRAIGHT ARM LOCK (2)
- 3 COUNTER TO BACK ARM AND COLLAR HOLD (3)
- 4 COUNTER TO BAR CHOKE (2)
- 5 ROUNDHOUSE KICKS
- 6 UPWARD RISING BLOCK
- 7 UPWARD INSIDE FOREARM BLOCK (BOTH HANDS)
- 8 DOWNWARD INSIDE FOREARM BLOCK ATTACKING WITH PUNCH
- 9 FRONT KICK FOLLOWED BY SIDE KICK (2)
- 10 FULL SHOULDER THROW (2)
- 11 HEAD, HIP AND KNEE THROW
- 12 SIDE THRUST KICK
- 13 FRONT SNAP KICK
- 14 WEDGE BLOCK
- 15 SHOULDER WHEEL THROW (2)
- 16 PRESSURE POINTS / NERVE POINTS
- 17 HOLDING AND LOCKING (2)
- 18 3-MAN KNIFE DEFENCE
- 19 NOVICE KATA



## YELLOW BELT

- 1 MAT ETIQUETTE
- 2 BASIC EXERCISES
- 3 SIDE BREAKFALL
- 4 FRONT BREAKFALL
- 5 ROLLING BREAKFALL
- 6 BACK BREAKFALL
- 7 FORELAP BREAKFALL
- 8 BREAKING A BACK STRANGLE (2)
- 9 BREAKING A FRONT STRANGLE (2)
- 10 STRAIGHT ARM LOCK
- 11 HIP THROW
- 12 RECUMBENT ANKLE THROW
- 13 SHOULDER LOCK
- 14 KATA OF 8 BLOCKS

## ORANGE BELT

- 1 HIP THROW WITH SHOULDER ARM LOCK
- 2 HIP THROW WITH CROSSOVER LOCK
- 3 DEFENCES AGAINST KICKS TO THE HEAD WHILST ON THE GROUND (4)
- 4 ARM LOCKS FROM A STANDING POSITION (3)
- 5 SHOULDER ARM LOCK (2)
- 6 WRIST LOCKS (3)
- 7 WRIST THROW WITH LOCK
- 8 RECLINING LEG THROW WITH STRIKES
- 9 DEFENCE FROM THE GROUND (5)
- 10 BREAKING HAIR GRABS (2)

# GREEN BELT

- 1 BODY DROP THROW
- 2 HALF SHOULDER THROW (2)
- 3 LEG THROW WITH LOCK (2)
- 4 DROPPING VERSION OF FULL SHOULDER (2)
- 5 BACK HAMMER LOCK (2)
- 6 CRAB CLAW SCISSORS THROW
- 7 ATTACKING AND DEFENDING SWEEPING LOIN THROWS (3)
- 8 CROSS HOCK THROW (2)
- 9 DRAWING ANKLE THROW
- 10 INSIDE HOCK THROW
- 11 STAMP THROW
- 12 METHODS OF ESCAPE WHEN HELD OVER AND UNDER ARMS, FRONT AND BACK (8)
- 13 KNEE WHEEL THROW
- 14 BAR CHOKE (2)
- 15 VARIATIONS ON SHOULDER THROWS (3)
- 16 VARIATIONS ON STRANGLE HOLDS
- 17 HOLD DOWN WITH DOUBLE ARM LOCK
- 18 RICE BALE THROW (2)
- 19 ESCAPE FROM FULL AND HALF NELSON (4)
- 20 FRONT SCISSORS THROW

# BLUE BELT

- 1 LOIN OR HIP WHEEL THROW (2)
- 2 ESCAPE FROM A HEAD CHANCERY (3)
- 3 ESCAPES FROM GARROTING (3)
- 4 VARIATIONS ON HOLDING DOWN (3)
- 5 DEFENCE FROM THE GROUND (6)
- 6 DROPPING VERSION OF BODY DROP (2)
- 7 SCISSORS AND NAKED CHOKE HOLD (2)
- 8 SPRING HIP THROW
- 9 FRONT SCOOP THROW
- 10 REAR SCOOP THROW
- 11 INDIAN DEATH LOCK (2)
- 12 DOWNWARD INSIDE FOREARM BLOCK
- 13 ROUNDHOUSE KICK TO SOLAR PLEXUS WHILST WALKING
- 14 SLEEPER HOLD FROM HEAD CHANCERY
- 15 OUTSIDE FOREARM BLOCK, ELBOW AND BACK FIST
- 16 DEFENCES AGAINST KNIFE ATTACKS (6)
- 17 COUNTERS USING VARIOUS TECHNIQUES (6)

