

PERSONAL NOTES

**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)
- 11 When available, please use changing rooms to change before and after a lesson, especially when there are juniors in the Dojo or training venue

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** grading's are by your Sensei's invitation **ONLY**

BROWN BELT

- 1 WINDING THROWS - INSIDE AND OUTSIDE (2)
- 2 VARIATIONS ON 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 VARIATIONS ON STOMACH THROWS (4)
- 10 SHOULDER DISLOCATION
- 11 DROPPING VERSION OF REVERSE BODY DROP THROW (2)
- 12 SHOULDER CRASH THROW (2)
- 13 PALM HEEL KNOCKOUT BLOW TO CHIN (5)
- 14 UPWARD BLOCK WITH KNIFE HAND STRIKE TO NECK
- 15 KNIFE HAND TO NECK WITH KICK TO SOLAR PLEXUS
- 16 KNIFE HAND TO NECK WITH KICK TO SOLAR PLEXUS – DELIVERED TO TWO OPPONENTS (2)
- 17 ESCAPE WHEN HELD BY BOTH ARMS FROM BEHIND (4)
- 18 SIDE KICK TO KNEE CAP USING SIDE OF FOOT
- 19 UPWARD KICK TO KNEE CAP USING HEEL (2)
- 20 THREE DIFFERENT BLOCKS USING SAME ARM (2)
- 21 ATTACKING BACK OF LEGS (2)
- 22 ARM & SHOULDER THROW WITH SHOULDER & WRIST LOCK
- 23 SIDE SNAP KICK FOLLOWED BY ROUNDHOUSE KICKS
- 24 SIDE THRUST KICK TO KNEE CAP FOLLOWED BY ROUNDHOUSE KICK TO RIBS
- 25 ALL ONE HANDED THROWS (5)
- 26 ACTION TAKEN AGAINST THREE ATTACKERS (5)
- 27 MULTIPLE ATTACKER RANDORI

PURPLE BELT

- 1 VALLEY DROP THROW
- 2 COUNTERS TO STRAIGHT ARM LOCK (2)
- 3 COUNTERS TO BACK ARM AND COLLAR HOLD (3)
- 4 COUNTERS TO BAR CHOKES (2)
- 5 OUTER HOOK
- 6 SEVERAL WAYS OF THROWING OPPONENT FROM
BEHIND (9)
- 7 ROUNDHOUSE KICKS FROM THE GROUND
- 8 FRONT KICK FOLLOWED BY SIDE KICK (2)
- 9 KICKS (LEFT & RIGHT SIDES)
- 10 FULL SHOULDER THROW (2)
- 11 HEAD HIP AND KNEE THROW
- 12 STRIKING COMBINATIONS (3)
- 13 WEDGE BLOCK (3) - All from Double Lapel Grab
- 14 SHOULDER WHEEL THROW (2)
- 15 PRESSURE POINTS/ NERVE POINTS
- 16 HOLDING LOCKING WHILST STANDING (2)
- 17 3-MAN KNIFE DEFENCE
- 18 NOVICE KATA
- 19 TWO PERSON RANDORI

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 HEAD WHILST ON
GROUND (4)
- 4 THREE ARM LOCKS IN 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)
- 11 KATA OF BLOCKS
- 12 TWO PERSON RANDORI

GREEN BELT

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

BLUE BELT

- 1 HIP OR LOIN WHEEL THROW (2)
- 2 ESCAPES FROM HEAD CHANCERY (3)
- 3 ESCAPES FROM GARROTTING (3)
- 4 VARIATIONS ON HOLDING DOWN (3 SETS)
- 5 DEFENCE FROM THE GROUND (6)
- 6 DROPPING VERSION OF BODY DROP THROW (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 ROUNDHOUSE KICK TO SOLAR PLEXUS WHILST WALKING
- 13 SLEEPER HOLD FROM HEAD CHANCERY
- 14 OUTSIDE FOREARM BLOCK, ELBOW TO RIBS AND BACK FIST
- 15 DEFENCES AGAINST KNIFE ATTACKS (6)
- 16 COUNTERS USING VARIOUS TECHNIQUES (6)
- 17 TWO PERSON RANDORI