Grading Syllabus
2011

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.
Tsuri 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.
Tsuri 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: kibadachi-kibadachi.
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 washi geri
    Front round kick
  • Yoko geri
    Side kick

Kansetzu 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

Kan setzu 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  Lower level arm entanglement
    5 Hijji gatame     Elbow lock
    6 Ude gatame      Arm lock

Nage Waza
- 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
- Use of migi shizentai Right natural posture
- Kuzushi kata      Balance breaking form

Osaekomi Waza
- 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

Kansetzu 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
- Harai goshi  Sweeping hip
- Irimi nage  Entering body throw
- Tai otoshi  Body drop
- Ouchigari (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
- 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)

Kansetzu Waza
- Wristlocks four to six with full application and finish

Nage Waza
- Ouchi gari (from a punch) Major inner reap
- Kouchi gari (from a punch) Minor inner reap
- Tsuri 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
- 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

Kan-setzu 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
- Ko tsuri komi goshi  Minor lifting pulling hip
- Yoko guruma  Side wheel
- Kata hiza seoi nage  Single knee shoulder throw
- Morote seoi nage  Two hands shoulder throw
- Uki otoshi  Floating drop
- Kote gaeshi (with throw)  Wrist twist
- Uchi mata  Inner thigh
- De ashi barai  Advancing foot sweep

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
- 1 Gyaku juji jime  Half cross strangle (both hands turned out)
- 2 Nami juji jime  Normal cross strangle (both hands turned in)
- 3 Ryote jime  Two hand strangle
- 4 Okuri Eri jime  Sliding collar strangle (fully reclined for higher grades)
- 5 Kata Ha juji jime  Rear cross strangle (single wing)
- 6 Hadaka jime  Naked strangle

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

Kansetzu 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
- Yoko gake - Side drop
- Oturi komi goshi - Major lifting pulling hip
- Ude guruma - Arm wheel (aka 'Charlie's Angels')
- Tomoe nage - Circle throw (aka stomach throw)
- Okuri ashi harai - Accompanying foot sweep
- Kuki nage - Air throw
- Uki waza - Floating technique
- Yoko wakare - Side separation
- Shiho nage - Four direction throw
- Tawara gaeshi - Dropping twist (formally rice-bale throw)
- Ude juji nage - Cross arm throw

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 gaeshi - Foot/ankle twist
  - Ashi gatame - Leg bar
  - Kata ashi hishigi - Single leg crush (calf and Achilles)
  - 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
• Kata guruma
• Osoto guruma
• Hiza guruma
• Sasae tsuri komi ashi
• Harai tsuri komi ashi
• Hiza guruma
• Sasae tsuri komi ashi
• Harai tsuri komi ashi
• Sukui nage
• Sumi gaeshi

Shoulder wheel
Major outer wheel
Knee wheel
Propping lifting pulling ankle
Sweeping lifting pulling ankle
Scooping throw
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 simulated knuckleduster
• Defence against a chair
• 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)