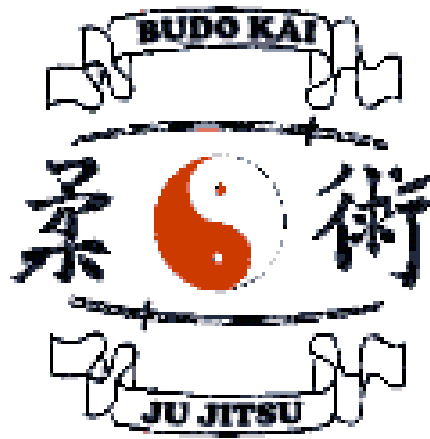


武道会柔術



BKJJA SYLLABUS

SENIOR WHITE TO BROWN

SENIOR WHITE BELT (6th KYU - ROKYU)

- 1 Demonstrate Mat Etiquette
- 2 Demonstrate 2 Basic Exercises.
- 3 Perform breakfalls (kata preferred, but not essential)
 - a. Back Breakfall
 - b. Front Breakfall
 - c. Left Side Breakfall
 - d. Right Side Breakfall
 - e. Rolling Breakfall.
- 4 Demonstrate blocks (kata preferred, but not essential)
 - a. Downward inside forearm block
 - b. Upward inside forearm block
 - c. Upward rising block
 - d. Downward 'X' block
 - e. Upward 'X' block.
 - f. Cross block
- 5 Breaking front strangles (2 ways).
- 6 Breaking back strangles (2 ways).
- 7 Straight arm lock.
- 8 Shoulder lock.
- 9 Hip throw.
- 10 Recumbent ankle throw.

SENIOR YELLOW BELT (5th KYU - GOKYU)

- 1 Hip Throw With Shoulder Arm Lock
- 2 Hip Throw With Crossover Arm Lock
- 3 Defence Against Kick to the Head -
defender on the Ground
- 4 Three Arm Locks - from strike to head
(attacker standing)
- 5 Shoulder Arm Lock
- 6 Three Wrist Locks
- 7 Wrist Throw with Lock
- 8 Reclining Leg Throw with Strikes
- 9 Breaking Ground Strangles

SENIOR GREEN BELT (4th KYU - YONKYU)

- 1 Body Drop Throw
- 2 Half Shoulder Throw
- 3 Leg Throw with Lock
- 4 Dropping Version of Full Shoulder
- 5 Back Hammer Lock
- 6 Crab Claw Scissors Throw
- 7 Sweeping Loin Throws (Attacking and defending)
- 8 Cross Hock Throw
- 9 Drawing Ankle Throw
- 10 Inside Hock Throw
- 11 Stamp Throw
- 12 Two Methods of Escape when held over and under Arms, Front and Back
- 13 Knee Wheel Throw
- 14 Bar Choke
- 15 Variations on Shoulder Throws (3)
- 16 Variations on Strangle Holds (6)
- 17 Hold Down with Double Arm Lock
- 18 Rice Bale Throw
- 19 Escape from Full Nelson (2 ways) and Half Nelson (2 ways)
- 20 Front Scissors Throw

SENIOR BLUE BELT (3rd KYU - SANKYU)

- 1 Loin or Hip Wheel
- 2 Three Ways to Escape Head Chancery
- 3 Counter Measures against Garrotting
- 4 Counters to Bar Choke
- 5 Variations on Holding Down
- 6 Breaking Strangles and Chokes on the Ground
- 7 Demonstrate Front Snap Kicks
- 8 Demonstrate Side Thrust Kicks
- 9 Demonstrate Roundhouse Kicks
- 10 Demonstrate Spinning Back Kicks
- 11 Upward Inside 'S' Parry Blocks (Both Hands) - 2 finish offs
- 12 Demonstrate Downward Inside Forearm Blocks (3)
- 13 Demonstrate Upward Rising Block
- 14 Outside Forearm Block, Elbow to Ribs and Backfist to Kidneys
- 15 Sleeper Hold from a Head Chancery
- 16 Scissors and Naked Choke Hold
- 17 Wedge Block

SENIOR PURPLE BELT (2nd KYU - NIKYU)

- 1 Spring Hip Throw
- 2 Scooping Throw Back and Front
- 3 Counters to Straight Arm Lock
- 4 Counters to Back Arm and Collar Hold
- 5 Dropping Version of Body Drop
- 6 Roundhouse Kick to Solar Plexus Whilst Walking
- 7 Roundhouse Kick to Kidneys
- 8 Front Kick followed by Side Kick
- 9 Side Thrust Kick followed by Front Snap Kick
- 10 Roundhouse Kick followed by Back Kick
- 11 Downward Inside Forearm Block, attacking with punches
- 12 Valley Drop Throw
- 13 Full Shoulder Throw
- 14 Head, Hip and Knee Throw
- 15 Shoulder Wheel Throw
- 16 Indian Death Lock

SENIOR BROWN BELT (1st KYU - IKKYU)

- 1 Winding throws (inside and outside)
- 2 Variations on leg sweeps
- 3 Rolling ankle
- 4 Corner throw
- 5 Rear throw
- 6 Cross ankle throw
- 7 Leg wheel
- 8 Outer wheel
- 9 Action against three or more attackers
- 10 Variations on stomach techniques
- 11 Outer hook throw
- 12 Several ways of throwing opponent from behind
- 13 Shoulder dislocations (2) Plus revision from previous belts
- 14 Dropping version of reverse body drop
- 15 Shoulder crash
- 16 Palm heel knockout blow to chin
- 17 Left upward block with knife hand to neck
- 18 Back kick when held by both hands from behind
- 19 Roundhouse kick to solar plexus and follow up (4)
- 20 Side kick to kneecap (using side of foot)
- 21 Upward kick to kneecap (using heel)

(Brown belt continued on next sheet)

SENIOR BROWN BELT (1st KYU - IKKYU)

- 22 Three different blocks using same blocking arm (power blocks and soft blocks)
- 23 Attacking back of legs (6)
- 24 Arm & shoulder throw with shoulder lock & wrist lock
- 25 Chop to neck with kick to solar plexus and follow up (2), delivered to two opponents
- 26 Roundhouse kick from ground to lower body
- 27 Side thrust kick to back of knee from ground
- 28 Side snap kick
- 29 Side thrust kick to kneecap followed by roundhouse kick to ribs
- 30 One handed throws (right arm - left arm unusable (4) and vice versa (4))