

武道会柔術



BKJJA SYLLABUS

JUNIORS' WHITE TO BROWN
AND JUNIOR BLACK BELT

JUNIOR WHITE BELT (7th Kyu - SHICHIKYU)

1. Demonstrate Mat Etiquette
2. Demonstrate 2 Basic Exercises.
3. Perform breakfalls (can be in kata form, but not essential)
 - a. Back Breakfall
 - b. Front Breakfall
 - c. Left Side Breakfall
 - d. Right Side Breakfall
 - e. Rolling Breakfall
4. Demonstrate Blocks (can be in kata form, 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

JUNIOR YELLOW BELT (6th Kyu - ROKYU)

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. Two Arm Locks from a Standing Position
5. Shoulder Arm Lock (punch to face)
6. Two Wrist Locks
7. Wrist Throw with Lock
8. Reclining Leg Throw with Strikes
9. Elbow lock (from punch to stomach)
10. Two ways of Breaking Ground Strangles

Plus revision (including grade appropriate random attacks)

JUNIOR ORANGE BELT (5th Kyu - GOKYU)

1. Body Drop Throw (from right and left punch to head)
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. Cross Hock Throw
8. Drawing Ankle Throw
9. Inside Hock Throw
10. Stamp Throw

Plus revision (including grade appropriate random attacks)

JUNIOR GREEN BELT (4th Kyu - YONKYU)

1. Methods of Escape when held over and under Arms, Front and Back
(4 only, 1 for each attack method)
2. Knee Wheel Throw
3. Sweeping Loin Throw
4. Lapel Shoulder Throw
5. Cross block Half Shoulder Throw
6. Hold Down with Double Arm Lock
7. Rice Bale Throw
8. Escape from Full Nelson (1 way) and Half Nelson (1 way)
9. Front Scissors Throw

Plus revision (including grade appropriate random attacks)

JUNIOR BLUE BELT (3rd Kyu - SANKYU)

1. Loin or Hip Wheel
2. Four ways to Escape from head lock
3. Variations on Holding Down, including standing single and standing double arm (5 ways only)
4. Demonstrate Front Snap Kicks (both legs)
5. Demonstrate Side Thrust Kicks (both legs)
6. Demonstrate back kick (both legs)
7. Demonstrate roundhouse kick (both legs)
8. Scissors and Naked Choke Hold
9. Spring Hip Throw
10. Scooping Throw, back and Front
11. Indian leg lock
12. Outside forearm block, elbow to ribs, backfist to kidneys and neck
13. Roundhouse kick to solar plexus whilst walking (right and left)
14. Breaking Strangles and Chokes on the Ground (4 ways only)

Plus revision (including grade appropriate random attacks)

JUNIOR PURPLE BELT (2nd Kyu - NIKYU)

1. Counter to Straight Arm Lock (2 ways)
2. Counter to Back Arm and Collar Hold (3 ways)
3. Dropping Version of Body Drop
4. Roundhouse Kick to kidneys (left and right)
5. Downward Inside Forearm Block, attacking with punch (from single right and single left punches to body, minimum of 3 variations).
6. Upward Inside forearm block attacking with strikes from right and left punch to face.
7. Upward rising block from right punch, change to opposite stance then left punch
8. Wedge Block (1)
9. Front kick followed by side thrust kick
10. Roundhouse Kick followed by Back Kick
11. Variations on leg sweeps (3 only)
12. Left elbow strike to face and hip throw around the neck

Plus revision (including grade appropriate random attacks)

JUNIOR BROWN BELT (1st Kyu - IKKYU)

1. Cross ankle throw
2. Leg wheel
3. Outer wheel
4. Outer hook throw
5. Dropping version of reverse body drop
6. Shoulder crash
7. Three different blocks using same blocking arm (1 way)
8. Palm heel knockout blow to chin (2)
9. Left upward block with knife hand to neck (1)
10. Chop to neck with kick to solar plexus and follow up, delivered to two opponents (1)
11. Roundhouse kick to solar plexus with follow up (2)
12. Roundhouse kick from ground to lower body (knee, groin, abdomen)
13. Arm & shoulder throw with shoulder lock, elbow lock & wrist lock
14. Upward kick to kneecap (using heel)
15. Side kick to kneecap (using side of foot)
16. Back kick when held by both hands from behind
17. Side snap kick to kneecap followed by roundhouse kick to ribs

(Junior Brown continued on next sheet)

JUNIOR BROWN BELT (1st Kyu - IKKYU)

18. Five ways of throwing opponent from behind
19. Action against three or more attackers (4 ways only)
20. Shoulder dislocations from previous belts (revision)

JUNIOR WHITE BELT Move 8

JUNIOR YELLOW BELT Moves 1,4 and 5

JUNIOR ORANGE BELT Move 5

JUNIOR GREEN BELT Moves 1,6 and 8

JUNIOR BLUE BELT Move 3

JUNIOR PURPLE BELT Move 2

21. One handed throws (3 ways each arm)

Plus revision (including grade appropriate random attacks)

JUNIOR BLACK BELT (YUDANSHA)

1. Throws - 15 different consecutive throws (no sacrifice throws allowed) followed by 4 different consecutive sacrifice throws
2. Counter to hip, drawing ankle, shoulder wheel, half shoulder and body drop
3. Inside leg sweep
4. Four combination throws
5. Lunge punch, reverse punch to body and face
6. Kata of blocks.
7. Inside cross block followed by back fist to ear then throw
8. Counter measures against Crescent kick, back kick, front kick to head and solar plexus
9. Attacking the eyes and ears.
10. Use X block to stop punch to face, pull opponent onto roundhouse knee or kick
11. 3 reverse punches to three different persons
12. Using left and right upward block with throw
13. 3 punches to body, face and body
14. Defence against sparring opponent kicks to body.
15. Palm heel block with attack from various moves.

(Junior Black continued on next sheet)

JUNIOR BLACK BELT (YUDANSHA)
(continued)

16. The open hand (its uses).
17. The elbows (used for close in fighting).
18. The bottom fist (how to use it).
19. Pupil's opinion of the four most effective and dangerous throws
20. The four most used kicks in Ju-Jitsu
21. Defence against side snap kick.

Plus revision (including grade appropriate random attacks)