

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 right overhead 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 (3)

Plus revision (including grade appropriate random attacks)

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 (8)
- 13 Knee Wheel Throw
- 14 Bar Choke
- 15 Variations on Shoulder Throws (minimum of 3)
- 16 Variations on Strangle Holds (minimum of 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

Plus revision (including grade appropriate random attacks)

SENIOR BLUE BELT (3rd KYU - SANKYU)

- 1 Loin or Hip Wheel
- 2 Three Ways to Escape Head Chancery
- 3 Counter Measures against Garrotting
(2 from the front, 2 from behind)
- 4 Counters to Bar Choke (2)
- 5 Variations on Holding Down, including
standing single and standing double arm
(8 ways only)
- 6 Breaking Strangles and Chokes on the
Ground (2 from the side, 3 from the
head, 2 from kneeling in front)
- 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 from
right and left punch to head.(Minimum
of 2 finish-offs)
- 12 Demonstrate Upward Rising Block
(Minimum of 2 finish-offs)
- 13 Right Outside Forearm Block, Elbow to
Ribs and Back-fist to Kidneys from a
Right punch to the head
- 14 Pressure point from a Head Chancery
(right and left arm)
- 15 Scissors and Naked Choke Hold
- 16 Wedge Block (2 finish-offs)

Plus revision (including grade appropriate
random attacks)

SENIOR PURPLE BELT (2nd KYU - NIKYU)

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

Plus revision (including grade appropriate random attacks)

SENIOR BROWN BELT (1st KYU - IKKYU)

- 1 Winding throws (inside and outside)
- 2 Variations on leg sweeps (Minimum 3)
- 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
(6 variations)
- 10 Variations on stomach techniques
(Minimum 3)
- 11 Outer hook throw
- 12 Several ways of throwing opponent from
behind (Minimum 6)
- 13 Shoulder dislocations from previous
belts (revision)

SENIOR WHITE BELT Move 8

SENIOR YELLOW BELT Moves 1, 4 and 5

SENIOR GREEN BELT Moves 5, 12, 17 and
19

SENIOR BLUE BELT Moves 4, 5 and 11

SENIOR PURPLE BELT Move 4

- 14 Dropping version of reverse body drop
- 15 Shoulder crash
- 16 Palm heel knockout blow to chin
(Minimum of 3 variations)
- 17 Left upward block with knife hand to
neck (2 variations to be shown: one
from a single right punch and other
variation from a single left punch)
(Brown belt continued on next sheet)

SENIOR BROWN BELT (1st KYU - IKKYU)

(continued)

- 18 Back kick when held by both hands from behind (Minimum 2 variations)
- 19 Roundhouse kick to solar plexus and follow up (minimum of 6)
- 20 Side kick to kneecap (using side of foot)
- 21 Upward kick to kneecap (using heel)
- 22 Three different blocks using same blocking arm (power blocks and soft blocks)
- 23 Attacking back of legs (minimum 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 unusable (minimum 4) and left arm unusable (minimum 4))

Plus revision (including grade appropriate random attacks)