

DOJO Rules And Etiquette

Always Rei (Bow) When...

1. Entering or leaving the Dojo
2. Beginning and end of Class
3. On and Off the Mat
4. Talking to an Instructor
5. Beginning and end of training with a partner

Also

6. Beginning and end of grading
7. Ensure toe and fingernails are short and clean
8. Always wear a clean Gi
9. An up-to-date licence must be held by the student
10. Always respect your Training Partner at all times and thank them and your sensei at the end of the training session
11. No swearing, Loud talking, or boisterous actions in the Dojo
12. Badges of clubs and Federations should be worn on Gi
13. Arguments between students should be avoided at all times to maintain a happy family atmosphere
14. Maintain loyalty to club and Federation. A loyal student is a good student
15. Never use Ju-Jitsu outside the Dojo UNLESS absolutely necessary

Brown Belt

1. Winding throws Inside and Outside
2. Leg Sweeps
3. Rolling Ankle Throw
4. Corner Throw
5. Rear Throw
6. Cross Ankle Throw
7. Leg Wheel
8. Outer Wheel
9. Action taken Against Three Attackers
10. Outer Hook
11. Variations of Stomach Throws
12. Several ways of Throwing an Opponent from behind
13. Shoulder Dislocations
14. Dropping Version of Reverse Body Drop Throw
15. Shoulder Crash Throw
16. Palm Heel Knockout Blow to chin
17. Upward block and Knife Hand to Neck
18. Knife Hand to neck with kick to Solar Plexus
19. Knife Hand to neck with kick to Solar Plexus Delivered by two opponents
20. Escape when held by both arms from behind
21. Side Kick to Knee cap (using side of foot)
22. Upward Kick to Knee cap Using Heel
23. Different Blocks using Same Arm
24. Attacking Back of Legs
25. Arm and Shoulder Throw with Shoulder and Wrist Lock
26. Roundhouse Kicks from the Ground
27. Side Snap Kick followed by Roundhouse Kick
28. Side Thrust Kick to Knee cap followed by Roundhouse Kick to Ribs
29. All one Handed Throws

Black Belt - 1st Dan

1. 25 Throws (25 from 30)
2. The Open Hand and its uses (9)
3. The Elbow and its uses (9)
4. Counters to Throws (27)
5. Inside Leg Sweep (2)
6. The Bottom Fist/Back Fist and their uses (14)
7. Attacking the Eyes and Ears (12)
8. Combination Throws (10)
9. Lunge Punch, Reverse Punch to Body and Face
10. Kata
11. Inside Forearm Block + Backfist and Throw (2)
12. Counters to Kicks (10)
13. Palm Heel Block with Attack (3)
14. One Handed Throat Throw
15. Use of Upward X Block to pull onto Knee (2)
16. Three Reverse Punches to Three Attackers
17. Using Upward Blocks with Throws (2)
18. Knife Defence (6)
19. Defences against Sparring Partner who Kicks
20. The Four most used Kicks in Ju-Jitsu (4)
21. Defence Against Side Snap Kick (4)
22. Baton Defence (8)
23. Four most Dangerous Throws (4 - own choice)

KOKORO KAI

JU-JITSU

GRADING SYLLABUS



Name _____

Club _____

Sensei _____

Purple Belt

1. Valley Drop
2. Counters to Straight Arm Lock
3. Counters to Back Arm & Collar Hold
4. Counters to Bar Choke
5. Roundhouse Kick to Kidneys (L/R Sides)
6. Upward Rising Block
7. Upward Inside Forearm Block (L/R Sides)
8. Downward Inside Forearm Block (L/R Sides + Kata of
6,7 &8)
9. Front Kick followed by Side Kick (L/R Sides)
10. Full Shoulder
11. Head Hip & Knee Throw
12. Side Thrust Kick (L/R Sides)
13. Front Snap Kick (L/R Sides)
14. Wedge Block
15. Shoulder Wheel
16. Pressure/Nerve Points (Demonstrate/Explain)
17. Holding & Locking Whilst Standing

Yellow Belt

1. Mat Etiquette
2. Basic Exercises
3. Breakfalls :-
Rolling (Forward/Backward/R & L Sides)
Side (R/L)
Front
Back
Forelap
4. Breaking a Back Strangle (2)
5. Breaking a Front Strangle (2)
6. Straight Arm Lock
7. Hip Throw
8. Recumbent Ankle Throw
9. Shoulder Lock
10. Kata of Basic Blocks

Orange Belt

1. Hip Throw with Shoulder Arm Lock
2. Hip Throw with Cross Over Arm Lock
3. Defence against Kicks to the Head whilst on the
ground
4. Three Arm Locks from a Standing Position
5. Shoulder Arm Lock
6. Three Wrist Locks
7. Wrist Throw with Lock
8. Reclining Leg Throw with Strikes
9. Breaking Ground Strangles
10. Breaking Hair Grabs

Green Belt

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

Blue Belt

- 1. Hip of Loin Wheel**
- 2. Escapes from Head Chancery (3)**
- 3. Escapes from Garrotting (3)**
- 4. Variations on Holding Down (3 Sets)**
- 5. Breaking Strangles and Chokes on the Ground**
- 6. Dropping Version of Body Drop Throw**
- 7. Scissors and Naked Choke Hold**
- 8. Spring Hip Throw**
- 9. Front Scoop**
- 10. Rear Scoop**
- 11. Indian Death Lock**
- 12. Downward Inside Forearm Block**
- 13. Roundhouse Kick to Solar Plexus whilst Walking**
- 14. Sleeper Hold From Head Chancery**
- 15. Outside Forearm Block, Elbow to Ribs & Backfist**
- 16. Knife Attacks**
- 17. Counters Using Various Techniques**