



KOKORO KAI JU-JITSU ASSOCIATION JUNIOR GRADING SHEET



YELLOW BELT

1. BREAKING A FRONT STRANGLE (2)
2. BREAKING A BACK STRANGLE (2)
3. STRAIGHT ARM LOCK
4. HIP THROW
5. RECUMBENT ANKLE THROW
6. SHOULDER LOCK
7. KATA OF 8 BLOCKS



**KOKORO KAI JU-JITSU ASSOCIATION
JUNIOR GRADING SHEET**



YELLOW BELT ORANGE STRIPE

- 1. HIP THROW WITH SHOULDER ARM LOCK**
- 2. HIP THROW WITH STEP OVER LOCK**
- 3. DEFENCES AGAINST KICKS TO HEAD WHILST ON THE GROUND**
- 4. THREE ARM LOCKS IN STANDING POSITION**
- 5. SHOULDER ARM LOCKS**
- 6. UPWARD/INSIDE FOREARM /DOWN BLOCKS**



KOKORO KAI JU-JITSU ASSOCIATION JUNIOR GRADING SHEET



ORANGE BELT

7. WRIST LOCKS

8. WRIST THROW WITH LOCK

9. RECLINING LEG THROW WITH STRIKES

10. DEFENCES FROM THE GROUND

11. BREAKING HAIR GRABS



**KOKORO KAI JU-JITSU ASSOCIATION
JUNIOR GRADING SHEET**



ORANGE BELT GREEN STRIPE

- 1. BODY DROP THROW**
- 2. HALF SHOULDER THROW (A)**
- 3. LEG THROW WITH LOCK**
- 4. DROPPING VERSION OF FULL SHOULDER THROW (A)**
- 5. BACK HAMMER LOCK**
- 6. CRAB CLAW SCISSORS THROW**
- 7. ATTACKING AND DEFENDING SWEEPING LOIN THROW**
- 8. CROSS HOCK THROW**
- 9. DRAWING ANKLE THROW**
- 10. INSIDE HOCK THROW**



KOKORO KAI JU-JITSU ASSOCIATION JUNIOR GRADING SHEET



GREEN BELT

1. STAMP THROW
2. METHODS OF ESCAPE OVER AND UNDER ARMS , FRONT AND BACK
3. KNEE WHEEL THROW
4. VARIATIONS OF SHOULDER THROWS (A & B)
5. HOLD DOWN WITH DOUBLE ARM LOCK
6. RICE BALE THROW (A)
7. ESCAPES FROM FULL AND HALF NELSON HOLDS
8. FRONT SCISSORS THROW



KOKORO KAI JU-JITSU ASSOCIATION JUNIOR GRADING SHEET



GREEN BELT BLUE STRIPE

1. HIP OR LOIN WHEEL THROW (A)
2. ESCAPES FROM HEAD CHANCERY'S
3. DEFENCES FROM THE GROUND (A,C,D,E,F)
4. DROPPING VERSION OF BODY DROP THROW
5. SCISSORS AND NAKED CHOKE HOLD
6. SPRING HIP THROW
7. FRONT SCOOP THROW*
8. REAR SCOOP THROW*

* NOTE: NO LIFT ON SCOOP THROWS (PULL ON LEG)



**KOKORO KAI JU-JITSU ASSOCIATION
JUNIOR GRADING SHEET**



BLUE BELT

- 1. INDIAN DEATH LOCK**
- 2. ROUNDHOUSE KICK TO SOLAR PLEXUS WHILST WALKING**
- 3. OUTSIDE FOREARM BLOCK, ELBOW TO RIBS AND BACK FIST**
- 4. DEFENCE AGAINST KNIFE ATTACKS**
- 5. COUNTERS USING VARIOUS TECHNIQUES (B,C,D,E,F)**



KOKORO KAI JU-JITSU ASSOCIATION JUNIOR GRADING SHEET



PURPLE BELT

1. VALLEY DROP THROW
2. COUNTERS TO STRAIGHT ARM LOCK (2)
3. COUNTERS TO BACK ARM AND COLLAR HOLD (3)
4. OUTER HOOK
5. SEVERAL WAYS THROWING FROM BEHIND (A,B,C,D,E)
6. FRONT KICK FOLLOWED BY SIDE KICK
7. KICKS (FRONT/SIDE THRUST/ROUNDHOUSE) – ON PAD
8. FULL SHOULDER THROWS (2)
10. HEAD HIP & KNEE THROW
11. STRIKING COMBINATIONS
12. WEDGE BLOCKS (3)
13. NOVICE KATA



**KOKORO KAI JU-JITSU ASSOCIATION
JUNIOR GRADING SHEET**



BROWN BELT

- 1. WINDING THROWS – INSIDE & OUTSIDE**
- 2. LEG SWEEPS**
- 3. ROLLING ANKLE THROW (A)**
- 4. CORNER THROW (A)**
- 5. REAR THROW (B)**
- 6. CROSS ANKLE THROWS**
- 7. LEG WHEEL (B)**
- 8. OUTER WHEEL (A)**
- 9. SHOULDER DISLOCATIONS**
- 10. DROPPING VERSION OF REVERSE BODY DROP THROW (A)**



KOKORO KAI JU-JITSU ASSOCIATION JUNIOR GRADING SHEET



BROWN BELT WHITE STRIPE

1. PALM HEEL KNOCKOUT BLOW TO CHIN
2. UPWARD BLOCK WITH KNIFE HAND TO NECK
3. KNIFE HAND TO NECK WITH KICK TO SOLAR PLEXUS
4. KNIFE HAND TO NECK WITH KICK TO SOLAR PLEXUS – DELIVERED TO TWO OPPONENTS
5. ESCAPE WHEN HELD BY BOTH ARMS FROM BEHIND
6. SIDE KICK TO KNEE CAP (USING SIDE OF FOOT)
7. UPWARD KICK TO KNEE CAP USING HEEL
8. THREE DIFFERENT BLOCKS USING SAME ARM
9. ATTACKING BACK OF LEGS
10. ARM & SHOULDER THROW WITH SHOULDER & WRIST LOCK
11. SIDE SNAP KICK FOLLOWED BY ROUNDHOUSE KICKS
12. SIDE THRUST KICK TO KNEE CAP FOLLOWED BY ROUNDHOUSE KICK TO RIBS
13. ALL ONE HANDED THROWS



KOKORO KAI JU-JITSU ASSOCIATION JUNIOR GRADING SHEET



BROWN BELT BLACK STRIPE

1. FIRST FIFTEEN THROWS IN BLACK BELT.
2. COUNTERS TO THROWS (1 OF FIRST FIVE ONLY).
3. INSIDE LEG SWEEP.
4. COMBINATION THROWS (FIRST FIVE).
5. LUNGE PUNCH, REVERSE PUNCH TO BODY & FACE.
6. FAIR SHOWING OF KATA.
7. INSIDE FOREARM BLOCK FOLLOWED BY BACKFIST & THROW.
8. FIRST FIVE COUNTERS TO KICKS.
9. ONE HANDED THROAT THROW.
10. THREE REVERSE PUNCHES TO THREE PERSONS.
11. USE OF UPWARD BLOCKS TO THROW.
12. THREE PUNCHES TO BODY, FACE & BODY AGAIN.
13. LINE UP & SMALL REVISION TEST.



**KOKORO KAI JU-JITSU ASSOCIATION
JUNIOR GRADING SHEET**



BLACK BELT

- 1. SECOND FIFTEEN THROWS IN BLACK BELT.**
- 2. THE OPEN HAND & IT'S USES.**
- 3. THE ELBOW & IT'S USES.**
- 4. COUNTERS TO THROWS (LAST TWO OF EACH).**
- 5. THE BOTTOM FIST/BACKFIST & THEIR USES.**
- 6. COMBINATION THROWS (LAST FIVE OF BLACK BELT).**
- 7. KATA.**
- 8. COUNTER TO KICKS (LAST FIVE OF BLACK BELT).**
- 9. PALM HEEL BLOCKS (3 SETS).**
- 10. PALM HEEL STRIKES.**
- 11. DEFENCE AGAINST KNIFE ATTACKS.**
- 12. DEFENCE AGAINST A SPARRING PARTNER.**
- 13. THE FOUR MOST USED KICKS IN JU-JITSU.**
- 14. DEFENCE AGAINST SIDE SNAP KICK.**
- 15. BATTON DEFENCE.**
- 16. TWO MOST DANGEROUS THROWS**
- 17. LINE UP**