

Combat Martial Arts



Kempo Ju-Jitsu

Syllabus

Student Copy



The following Syllabus of Techniques has been created to be taught to Juniors and seniors alike, allowing for a seamless transition between classes as the students grow older whilst training with us.

We run three classes; the only difference is the age group in each class;

- Nihonzaru (Monkey): Ages 5yrs to 10yrs old
- Tora (Tiger): Ages 11yrs to 15yrs old
- Ryuu (Dragon): Ages 16yrs +

Gradings are not mandatory, but students will need to pass a grade to advance in the system and be awarded their next belt and certificate. It is recommended that students grade every 12 months which should allow for plenty of time to absorb and learn the techniques required for each grade, although this is not set in stone. There will be two opportunities to grade each year in April and October for those students wishing to grade.

It is recommended that parents stay in the Dojo during their child's class.

Uniform requirements for each class are as follows;

- Nihonzaru: No Gi is required for the younger students (5 to 10yr old), just Black jogging bottoms and a white T-Shirt.
- Tora: The older children (11 to 15yrs old) are required to wear a white Gi top with black bottoms.
- Ryuu: Students in the adult class (16yrs +) are recommended to purchase a White Ju-Jitsu or Judo Gi Jacket, these are better suited for the increased stresses of the grappling in the adult class, black Gi bottoms are also required.

Dojo Rules

- No shoes, food (including gum), or drinks are permitted on the mat area.
- All metal objects, jewellery, piercings, necklaces and other such items should be removed or taped over before entering the mat area.
- Hygiene is essential:
 - Hands and feet should be clean.
 - Finger and/or toenails shall be free from dirt and neatly clipped.
 - Long hair should be tied to where it will not interfere with training.
- Your training outfit should be clean and worn with the appropriate belt at all times on the mat.
- Always show respect by referring to the instructor as "Sensei".
- Bow when entering and leaving either the Dojo or the Mat area.
- Students must silently stand, kneel, or sit with legs crossed while the Sensei is instructing.
- Students should only ask for assistance with technique from a Sensei or coach.
- Ask the Sensei if you have any questions or concerns about anything.
- If you don't recognize someone on the mat, please introduce yourself. We are all friends here!
- Remember that you are here to learn, and not to gratify your ego.
- Do not walk outside or in the bathroom with bare feet. You must wear sandals or shoes.
- Conversation is permitted as long as you still focus on your training, if you cannot do this then focus only on your training and do not talk.
- Children not participating in class should be always under the supervision of a parent/guardian.

Etiquette

- Bow when entering/leaving the dojo. (Dojo is a place/room of training).
- Bow before stepping on/off the training mats.
- When addressing anybody with a Black Belt call them Sensei
- Bow to your Sensei when saying 'Domo' / 'Thank You'.
- Never ask a senior grade to train / spar with you, they will approach you if you are without a training partner.
- Respect your training partners, you will want your training partner to come back so go gentle with techniques until you learn and understand each other's pain thresholds. You will also need to let your partner know when you are in pain by 'tapping' them.
- Ensure you wear a clean pressed DoGi (training uniform).
- Do not wear any jewellery.
- Do not train with anything in your pockets.
- Ensure you have clean (and cut) finger/toenails.
- Inform us and your training partners of any injuries or health problems.

Bowing: This is considered an expression of respect and gratitude. It is customary to bow when entering/exiting the Dojo and when stepping on or off the mat area, before beginning and at the end of the training session, and before commencing and finishing training with your partner.

Proper Sitting position: When on the mat and not actively engaged in practice, students should maintain a seated position with the legs crossed or alternatively kneel with their feet tucked under themselves (Seiza). These are traditional postures permitted in dojos when at rest but while still maintaining a sense of respect for the dojo. Students should not sprawl out on the mat at any time; kimono tops shall remain closed at all times. Even while resting students shall maintain their appearance, behaviour, and still follow dojo etiquette; just because one student is resting does not permit him/her to distract from others training.

10th Kyu: Jukyu

Techniques:

Introduction to Dojo & Mat Etiquette: Listening, Rei and addressing Instructors.

Ready Position: *Yoi*

Kneeling Position: *Seiza*

Fighting Stance (Left & Right): *Hanmi Kamae (Hidari & Migi)*

Six Basic Punches

Inner Forearm Block: *Uchi Ude Uke*

Vertical fist punch: *Tatezuki*

Turn: *Mawate*

Side Breakfall (Left & Right): *Yoko Ukemi (Hidari & Migi)*

2 handed Forward Roll

Foot Block: *Ashi Gake*

9th Kyu: Kukyu

Techniques:

Head Block: *Jodan Uke*

Low Block: *Gedan Barai*

Slip vs. a straight or cross punch

Backwards Breakfall: *Ushiro Ukemi*

Forward Shoulder Roll: *Mae Zempo Kaiten*

Palmheel: *Teisho*

Knife Hand Strike: *Shuto*

Front Kick: *Maegeri*

FMA: Brush Grab Strike: *Redonda*

Hip Throw: *O'Goshi*

Releases form Wrist Grabs

8th Kyu: Hachikyu

Techniques:

Spearfinger: *Nukite*

Front Knee Strike: *Maehiza Uchi*

Outer Forearm Block: *Soto Ude Uke*

Rising Block: *Age Uke*

Front Breakfall: *Mae Ukemi*

Backward Roll: *Ushiro Zempo Kaiten*

Cross Shoulder Throw: *Kata Nage*

Four Direction Throw: *Shihonage*

Bridge to escape a mounted position.

FMA: *Shuto Hubud*

Ten no Kata (Kihon Kata)

7th Kyu: Shichikyu

Techniques:

Roundhouse Kick: *Mawashigeri*

Ridgehand: *Haito Uchi*

Backfist: *Uraken*

Basic four count Tapi Tapi drill

Palm Heel Block: *Teisho Uke*

Goosneck: *Teisho Gurame*

Front Scissors Throw: *Mae Basami*

Crab Claw Scissors: *Kani Basami*

Big Outside Sweep: *O'Soto Gari*

Reclining Leg Throw: *Fukusha Ashinage*

Angles 1-6 of CMA Stick work

Kneeling Randori (Juniors Only)

6th Kyu: Rokyu

Techniques:

Sidekick: *Yokogeri*

One-step Frontkick: *Surikomi Maegeri*

Hammerfist: *Tettsui Uchi*

Rolling Breakfall: *Zempo Kaiten Ukemi*

Neck Throw: *Kube Nage*

Inside Sweep: *Uchi Gari*

1st Wrist Control: *Ikkyo*

Entering Throw: *Iriminage*

Body Drop: *Tai O'Toshi*

Neck Side Throw: *Kube Yokonage*

Recumbant Ankle: *Ashikubinage*

Defend against a One-Handed Lapel Grab

Blocking Drill: First 5 Blocks with same arm (lead or rear) and alternating arms.

Pinan Shodan

5th Kyu: Gokyu

Techniques:

Roundhouse Elbow: *Mawashi Empi*
Chain Punching: *Jek Chun Choi*
Sweeping Hip Throw: *Harai Goshi*
Outer Winding Throw: *Soto Makikomi*
Inside Leg Throw: *Uchi Mata*
Side Separation: *Yoko Wakare*
1st Locks Kata: *Kata Sho Gurame*
Single Wing Strangle: *Kata Ha Jime*
Blocking with a stick
JKD Kali Arc Stick Drill
Defend against a Front Strangle
Defending against a strangle on the ground
Defend against a rear hair / collar grab

4th Kyu: Yonkyu

Techniques:

Knifehand Block: *Shuto Uke*
Right; Left; Right; Right Parry Drill against Jek Chun Choi
Rear Elbow: *Ushiro Empi Uchi*
One Knuckle Strike: *Ipponken Zuki*
JKD Kali Stick Disarm #1
Angles 7-12 of CMA Stick work
Rear Strangle: *Ushiro Hadaka*
2nd Wrist Control: *Nikkyo*
Valley Drop: *Tani O'Toshi*
Shoulder Throw: *Seio Nage*
Inner Winding Throw: *Uchi Makikomi*
Leg Lock: *Ashi Gatame*

3rd Kyu: Sankyu

Techniques:

Heaven & Earth Throw: *Tenshinage*

Straight Arm Pin: *Ude Osae*

Shoulder Hold: *Kata Gatame*

3rd Wrist Control: *Sankyo*

Outer Wrist Turn: *Kote Gaeshi*

Hip Wheel: *Koshi Guruma*

JKD Kali Stick Disarm #2

Single Sinawali double stick drill

JKD Kali Thrusting Stick Drill

Dacayana Intermediate Tapi Tapi Drill with ½ beat striking

Palm Deflection: *Teisho Nagashi*

Hooking Block: *Kake Uke*

Leopard Paw Punch: *Hiraken*

2nd Kyu: Nikyu

Techniques:

Rising Elbow: *Age Empi Uchi*

Claw Strike: *Hirabasami*

Spinning Backfist: *Tenken Uraken*

JKD Kali Stick Disarm #3

Double Sinawali

Outside Straight Arm Lock: *Soto Ude Gatame*

Elbow Lock: *Empi Gatame*

Scarf Hold: *Kesa Gatame*

Armpit Lock: *Waki Gatame*

Shoulder Drop: *Seio O'Toshi*

Inward Wrist Twist: *Kote Hineri*

Rear Throw: *Ura Nage* (Defence against a punch)

8 Basic Knife Angles

Light Sparring: *Jiywaza*

Defend against a downward strike from a baton

Defend against a roundhouse strike from a baton

1st Kyu: Ikkyu

Techniques:

Dacayana Close Range Balla Balla Drill

Scoop Throw: *Sukui Nage*

Bent / Entagled Arm Lock: *Ude Garami*

Cross Body Armlock: *Juji Gatame*

2nd Locks Kata: *Kata Ni Gurame*

Direct Hitting Drill

17 Slashes: 1-5

Defend against a Rear Strangle

9 Cut Kenjutsu Drill (with a Bokken)

Blocking with the Bokken

4 Directional Bokken Kata: *Shihogiri*

Stick & Blade 10 Count Form

Hanbo / Baton: Wrapping the Head

Hanbo / Baton: Taking the Legs

Shodan (1st Dan / 1st Degree): Okuiri

Sensei: One who has gone before

Any technique or kata from previous grades, as requested by the examiners.

Techniques:

Spine Lock: *Kube Gatame*

Neck Drop: *Kube O'Toshi*

Floating Drop: *Uke O'Toshi*

Floating Method: *Uke Waza*

Big Outer Wheel: *O'Soto Guruma*

Changing Hip: *Utsuri Goshi* (Counter to Hip Throws)

Single Sinawali (Single Stick vs. Double stick)

17 Slashes of Visayan Knife: 6-13

Kerambit Cutting Template #1

Naihanchi (Basic form)

Happogiri (Bokken Kata)

Defence against a thrust to face with a Knife

Defence against a thrust to stomach with a Knife

Hanbo: Dropping a Big Rock - Entanglement: *Ganseki O'Toshi Garami*

Hanbo: Crushing the Devil + Variation: *Oni Kudaki* + Disarm No.5 Variation

Hanbo vs. Bokken (Short two person kata)

Nidan (2nd Dan / 2nd Degree) - Morokoku Sensei

Sensei: One who has gone before

Any technique or kata from previous grades, as requested by the examiners.

Techniques:

Corner Throw: *Sumi Gaeshi*

Rice Bale Throw: *Tawara Gaeshi*

Arm Lock Reversal: *Ude Gaeshi*

Leg Wheel: *Ashi Guruma*

Side Wheel: *Yoko Guruma* (Reversal to Forward Throw)

FMA Patid / Foot Trapping (7 Positions)

Visayan Knife 17 Slashes: 14-17

Kerambit Cutting Template # 2

Bokken Kumitachi x 1 (Of Students Design)

Hanbo: Ryo-Te Garami Dori

Hanbo: Ude Gaeshi

Hanbo: Bo Gaeshi

Naihanchi: with correct tension

Chinto

3rd Locks Kata: *Kata San Gurame* (Done from a parallel wrist grab)

Muto Dori Jodan Giri

Muto Dori of Yagyū Shinkage Ryū (x1)

Sandan (3rd Dan / 3rd Degree) - Menkyo

Sensei: One who has gone before

Any technique or kata from previous grades, as requested by the examiners.

Techniques:

Swallow's Flight: *Tsubame Gaeshi* (Foot sweep reversal)

Inner Thigh Evasion: *Uchi Mata Sukashi* (Counter)

Mountain Storm: *Yama Arashi*

Spring Winding Throw: *Harai Makikomi*

Single Sinawali: Single Stick vs. Double Stick c/w hand change mid-flow

30 Consecutive Strikes with a stick

Visayan Knife 17 Slashes: Full Drill 1-17

Kerambit Combative Techniques x 3

Kubotan: *Tsure Dori*

Kubotan: *Ganseki Dome*

Kubotan: *Eda Koppo*

Naihanchi: Correct Tension against Bo Strikes 😊

Seishan

Heaven & Earth Cutting (Bokken Kata): *Tenshingiri*

Student must also have a good understanding and be able to teach the following principles:

- The importance of Rotational Movement in the Martial Arts
- BoS (Base of Support) Theory
- Void Theory
- Flow
- Two Direction Theory
- Centreline Theory
- Joint Chain Hierarchy & Joint Dampening
- Stages of a throw

Plus, ANY other items from the syllabus as requested on the day that the examiner/s may wish to see.

****There is more to Learn once you attain Sandan, such as Jo, Bo, Kama, additional Kata (both weapons and empty hand)****

Yondan (4th Dan / 4th Degree) - Okuden

Sensei: One who has gone before or Renshi: Polished Instructor (if awarded by Senior Instructor)



Any technique or kata from previous grades, as requested by the examiners.
Grades of Yondan and above are awarded for the students' commitment to the system and their ability to continue learning.

Godan (5th Dan / 5th Degree)

Sensei: One who has gone before or Renshi: Polished Instructor (if awarded by Senior Instructor)



Any technique or kata from previous grades, as requested by the examiners.
Grades of Godan and above are awarded for the students' commitment to the system and their ability to continue learning.

Must have organised at least two courses since being awarded Yondan

Rokudan (6th Dan / 6th Degree) - Shin yo no Maki

Sensei: One who has gone before or Shihan: Senior Instructor (if awarded by Senior Instructor)



Any technique or kata from previous grades, as requested by the examiners.
Grades of Rokudan and above are awarded for the students' commitment to the system and their ability to continue learning.

Must have organised at least three courses since being awarded Godan

Describe the Technical / Anatomical Application of Three Techniques of your choice & Two of Examiners Choice. - [Describe what is happening on a physiological level as the techniques are performed - Teach ☺.]

Shichidan (7th Dan / 7th Degree)

Shihan: Senior Instructor



Hachidan (8th Dan / 8th Degree)

Shihan: Senior Instructor



Kudan (9th Dan / 9th Degree)

Shihan: Senior Instructor



Judan (10th Dan / 10th Degree) - Menkyo Kaiden

O'Shihan: Master Instructor



