

Jitsu New Zealand Grading Syllabus 2015



Includes changes to The Jiu Jitsu Foundations 2011 syllabus with the addition of a Yudansha pathway above Shodan.

This syllabus represents the examined aspects of the techniques of Shorinji Kan system of Jiu Jitsu as practised by Jitsu New Zealand. The art of Shorinji Kan Jiu Jitsu contains many more techniques and variations than can be expressed here, and the techniques required are to be considered the backbone of Jitsu – the building blocks from which all else grows.

The mudansha syllabus (kyu grades) is still heavily based on the Shorinji Kan Jiu Jitsu syllabus taught by The Jiu Jitsu Foundation (TJJF) in the UK, but taught with the emphasis on the principles behind the technique. It is felt that we should focus on building an appropriate tool box of techniques during the kyu grades, to be applied using the appropriate principle in a dynamic context at higher grades with the slow introduction of randori as a vehicle for dynamic adaptation.

There are many more elements to Jiu Jitsu than purely the physical performance of techniques. There are many aspects, such as spirit, determination, feel and purpose of technique, which can only be assessed by those with a vast experience of the art (though people at any level can enjoy good technique purely for its aesthetic value).

The syllabus should be viewed as a framework for developing people's skills in The Art. The development of techniques as described in the syllabus provides a pathway for the individual's development both within The Art and externally.

Examiners may be called upon from time to time to assess people with disabilities either acquired or naturally occurring. In these cases an individual's performance may be rewarded on merit at the discretion of the grading panel and in consultation with the individual's instructor, thus reflecting the individual's personal achievement.

Grading conditions

The student must have trained for at least 30 hours between grades up to 4th kyu, with at least three months between gradings. For 3rd, 2nd and 1st kyu, students must have at least six months between gradings.

For 3rd and 2nd kyu the student must have taught at least twice a month in this period under the supervision of the Club Instructor and have completed the NZJF C1 Assistant Coach coaching qualification.

For 1st kyu the student must have full knowledge of club running and teaching and have completed the NZJF C2 Club Coach coaching qualification. Any student without a gi and Jitsu New Zealand badge will not be eligible.

Any student with long nails, dirty gi or incorrectly tied belts will not be eligible.

Once the dojo becomes a grading room, there will be no talking, whispering or joking by students.

Failure to rei to the grading panel at the commencement of the student's first routine will result in instant failure. If a student loses his/her temper, this too will result in instant failure.

A student must be nominated for a grading by his/her Club Instructor

Jitsu New Zealand feels that there is a need for a greater defined process and expectations for growth after shodan to bring its dan grade structure in line with international Jiu Jitsu norms and NZJF standards.

It is also felt that there needs to be an ongoing feedback loop into Jitsu New Zealand of value added to the art by its yudansha and continued exploration of what we do and how we do it underpinned by external martial study, in the hope that it keeps us relevant, progressive and ensures continued operation.

The aim of the yudansha syllabus is to focus on continuing the growth and development of Shorinji Kan Jiu Jitsu yudansha within New Zealand therefore complimenting the unchanging core of Shorinji Kan Jiu Jitsu but growing the understanding of principles within the art at a senior level.

It needs to be acknowledged that Shorinji Kan Jiu Jitsu is a style of Nihon Goshin Jutsu from a Kodokan lineage and thus the yudansha syllabus heavily draws from Kodokan kata as its tool for continuing a more structured program of study.

- *Nage-no-kata* (投の形, Forms of throwing).
- *Katame-no-kata* (固の形, Forms of grappling or holding).
- *Kime-no-kata* (極の形, Forms of decisiveness).
- *Kōdōkan goshinjutsu* (講道館護身術, Kodokan skills of self-defence).
- *Jū-no-kata* (柔の形, Forms of gentleness & flexibility).

The dan ranking system will be similar in structure to Kodokan Judo.

Degree	1st Dan	2nd Dan	3rd Dan	4th Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan	10th Dan
<i>Pronunciation</i>	Shodan	Nidan	Sandan	Yondan	Godan	Rokudan	Shichidan	Hachidan	Kudan	Jūdan
<i>Japanese</i>	初段	二段	三段	四段	五段	六段	七段	八段	九段	十段
<i>Belt Colour</i>	Black	Black	Black	Black	Black	Red & White	Red & White	Red & White	Red	Red

The education method as expressed in the practice of *Kata* is summarized in the expression *shu-ha-ri*. To give a **definition of shu-ha-ri**, we propose it to be analogous with the following points: **a passive study**, then **an active experience** and finally an **accomplishment**.

Shu; it is the elementary stage, the beginning of learning and of technical understanding. This stage of learning is based on example, where the mind is focussed on the exactness of kata performance. It is the stage of plagiarism and leads to an exact imitation.

Ha; at this intermediate stage, form should no longer be a conscious effort.

Ri; is the final stage, it is a lived kata where movement and intention are natural.

We have decided not to embrace a weapons kata syllabus or add in judo's Nage ura, Gonsen & Kaeshi no kata (counters to throws) at this time, as free sparring/randori will initiate a more organic problem solving jiu jitsu (like Olivecrona Jiu Jitsu).

Jitsu NZ recognises that the art of shorinji kan jiu jitsu is heavily influenced by the instructors. It hopes that in developing a yudansha structure beyond that of its root organisation it will stimulate the development of this topic and the art of shorinji kan ju jitsu on an international setting. It is hoped that this document may serve as a forum for the development on a shared understanding of what constitutes a Shorinji Kan Jiu Jitsu dan, especially Nidan and above.

Jitsu NZ strongly feels that yudansha of all levels should have a continued active role in club teaching and an active role in teaching and attending seminars within NZJF and other martial art styles (not just Japanese arts).

In producing this Jitsu NZ yudansha syllabus we have been heavily influenced by the work of Olivecrona Jiu Jitsu, Jitsu Canada and Jitsu Oceania.

During a pressure testing and grading environment, these are the expectations of each grade up to Sandan.

7th Kyu (Yellow Belt)

Basic familiarity with physical contact

Ability to take care of oneself when training using basic falling

Ability to move out of way of and defend from a basic attack (from grabs, punches) by demonstrating basic techniques.

Attitude demonstrating desire to make reasonable effort to defend oneself

Control of balance of self and others - Using your own body weight

6th Kyu (Orange Belt)

More advanced breakfalling.

Learning to make turning movements/ Hip throws. Learning to throw from grabs as well as punches.

Basic application of simple techniques (see syllabus) against simple weapons

Basic understanding of importance of posture.

5th Kyu (Green Belt)

Breakfalling over soft objects. Increased confidence. Demonstration of the will to survive

Starting to demonstrate an understanding of some medium complexity techniques not just throws, but locks, counters and strikes as well.

More complicated hip-throws.

Learning control with locks and weapons. Improved posture

4th Kyu (Purple Belt)

Starting to demonstrate style -including posture, stepping, direction

Starting of some medium complex decision making and spacial awareness ie 2-on-1 attacks

Starting to demonstrate a 'real' understanding of self defence issues

Considerably more advanced break-falling

3rd Kyu (Light Blue Belt)

Much more style and control, much more difficult throws. Cosh dis-arms

Awareness of what makes techniques work and understanding of the "essence" of each technique

2nd Kyu (Dark Blue Belt)

Developing sense of one's own style - making techniques one's own

A demonstrated ability to control / lead one's own environment

1st Kyu (Brown Belt)

Ability to do all techniques on the syllabus

A real awareness of one's own self defence ability (incl. limitations)

Responding appropriately under pressure by controlling Physio-psycho-emotional response to violence

Shodan (Black Belt/1st Dan)

Presence

Nidan (Black Belt/2nd Dan)

Strong style

Highly skilled in controlling/leading one's own environment

Coping with unknown/unpredictable situations

Sandan (Black Belt/3rd Dan)

Controlling unknown/unpredictable situations

When teaching atemi-waza stress relaxed hitting, momentum/power being driven from the feet, and hip rotation.

Head:

- 1 - Temple – backfist (right hand, right foot forward)
- 2 - Bridge of nose – hammerfist (right hand, left foot forward)
- 3 - Eyes – finger strike (right hand, left foot forward)
- 4 - Mastoids – gouge (use 3 finger tips together or thumbs, shizen hontai stance)
- 5 - Philtrum – palm heel (right hand, left foot forward)
- 6 - Jaw – hammerfist (right hand, left foot forward, stress hip rotation), alternative punch to side (left hand)
- 7 - Carotid arteries – double knife hand (shizen hontai stance)
- 8 - Throat – finger strike or C-hand strike, (right hand, left foot forward)

Body:

- 1 - Floating ribs – double punch (left foot forward)
- 2 - Solar plexus – uppercut (right hand, left foot forward), alternative elbow, uke behind
- 3 - Groin – knee (use right knee), alternative mae geri (right foot)
- 4 - Side of thigh (iliotibial band) - mawashi geri with shin (use right shin), alternative knee (move to side, use right knee)
- 5 - Knee - mai geri or alternative yoko geri
- 6 - Shin - foot scrape
- 7 - Foot stomp - heel of foot (alternative: uke on floor - stomp on foot; note also ankle, shin, hand, arm)

Back:

- 1 - Across back of skull - knife hand (right hand, right foot forward, stress hip rotation), alternative same strike with uke bent double
- 2 - Top of spine – hammerfist (right hand, left foot forward)
- 3 - Kidneys – double punch (shizen hontai stance)
- 4 - Small of back – elbow (right hand, right foot forward)
- 5 - Coccyx –elbow (right hand, right foot forward) including alternative use of knee
- 6 - Back of knee – yoko geri (right foot)
- 7 - Achilles – yoko geri (right foot) (alternative stomp with uke on floor)

Ukemi Waza

- Pegleg
- Drop
- Over-the-belt
- Side drop I kick-up and drop
- Diving forwards roll over someone on all fours
- Off-the-back from someone on all fours

Kansetsu Waza

- Wristlocks 1 to 3 with basic put-down and finish
No throw with kote gaeshi until light blue (tori must take care of uke)
- Armlocks

4 Gedan ude garami	Lower level arm entanglement
5 Hiji gatame	Elbow lock
6 Ude gatame	Arm lock

Nage Waza

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|-------------------------------|------------------------|
| • Ogoshi | Major hip |
| • Uki goshi | Floating hip |
| • Ippon seoi nage | One-arm shoulder throw |
| • Seoi otoshi | Shoulder drop |
| • Kouchi gari (from mae geri) | Minor inner reap |

Randori application

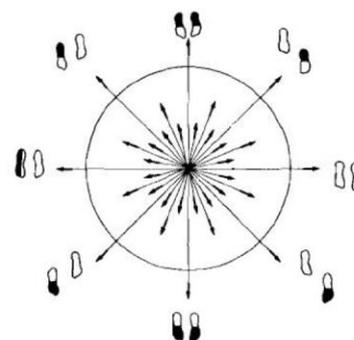
- Working the clinch, finding the balance point

Kuzushi

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| • Use of migi shizentai | Right natural posture |
| • Happo-no-Kuzushi kata | Balance breaking form |

Osaekomi Waza

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| • Yoko shiho gatame | Side four-quarters hold |
| • Kami shiho gatame | Upper four-quarters hold |
| • Tate shiho gatame | Lower four-quarters hold |



Note: Uke's balance point on the feet is coloured black

Defences

- Defence against body grabs
 - Over-arm grab from the front
 - Underarm grab from the front
 - Over-arm grab from the rear
 - Underarm grab from the rear
- Defence against a cosh
 - Over-head attack (from 45 degrees) with disarm and finish
 - Back-hand attack with disarm and finish
- Basic knife defences from being threatened with the knife
- Defence against a kick on the ground/getting up from the ground.

Ukemi Waza

- Judo rolls

Kansetsu Waza

- Wristlocks 4 to 6 without putdowns

4 Kate dori	Wrist trap
5 Kate hineri	Wrist twist
6 Kate otoshi	Wrist drop
- 6 Ground immobilisations incorporating arm and wristlocks

1 Yoko hiza gatame	Side knee armlock
2 Yoko kate dori	Side wrist trap
3 Yoko ude garami	Side arm entanglement
4 Ura kate gaeshi	Rear hand twist
5 Ura hiza gatame	Rear knee armlock
6 Ashi sangaku garami	Leg triangle entanglement

Nage Waza

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|-----------------------------|----------------------------|
| • Harai goshi | Sweeping hip |
| • Irimi nage | Entering body throw |
| • Tai otoshi | Body drop |
| • Uchi gari (from mae geri) | Major inner reap |
| • Tani otoshi | Valley drop |
| • Sode tsuri komi goshi | Sleeve lifting pulling hip |

Randori application

- Jab/Cross attack and taking the clinch – forward unbalancing throw.

Osaekomi Waza

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|----------------------------|---------------------------------|
| • Kata gatame | Shoulder hold |
| • Ushiro yoko shiho gatame | Reverse side four-quarters hold |
| • Ushiro keza gatame | Reverse scarf hold |
- Kuzuri forms of all pins and ability to flow between pins.

Defences

- Grabs with full application and finish
 - Two hand to two hand wrist grabs from front
 - Hair grab from front
 - Ear grab from front
 - Strangle from front
 - Hair grab from rear
 - Ear grab from rear
 - Strangle from rear
 - Hadaka jime (arm around neck from rear)
- Defence against straight punches on the ground
- Basic knife defences using armlocks and wristlocks from stab down and stab to groin
- Broken bottle defences
- 'Circle' defence against punches and kicks
- 'V' defence against punch, kick, knife, cosh, bottle and broken bottle using any technique from the syllabus up to this grade

Ukemi Waza

- Forward rolls with extended height and distance
- Handstand breakfall

Atemi Waza

- Empi kata Elbow form (must demo on uke as well as moving)

Kansetsu Waza

- Wristlocks four to six with full application and finish

Nage Waza

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|------------------------------|---------------------------------|
| • Ouchi gari (from a punch) | Major inner reap |
| • Kouchi gari (from a punch) | Minor inner reap |
| • Tsuru komi goshi | Lifting pulling hip |
| • Morote seoi nage | Two hands shoulder throw (Tori) |
| • Hane goshi | Spring hip |
| • Ashi guruma | Ankle wheel |
| • Oguruma | Major wheel |
| • Osoto otoshi (from kick) | Major outer drop |
| • Yoko otoshi | Side drop |
| • Yama arashi | Mountain Storm |
| • Nage No Kata - Koshi-waza | |

Randori application

- Jab/Cross/hook attack and taking the clinch – rear unbalancing throw.

Osaekomi Waza

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| • Juji gatame | Cross hold |
| • Ude garami | Arm entanglement |
| • Ude gatame | Arm hold |

Defences

- Defence against a safety chain
- Defence against a bokken from overhead attack
- Defence against slash attacks to head with a knife or straight to head with broken bottle
- Defence against two attackers grabbing wrists
- Defence against two attackers attacking with straight punches
- Defence against two attackers armed with bottle
- Defence against hook punches and hammerfists on the ground

Other

- The student must have experience of teaching under the club instructor's supervision and must have completed the NZJF C1 assistant instructor coaching course.
- Completed a First Aid Course.
- The student must have full knowledge of terminology to the level of their grade.

Ukemi Waza

- Kibadachi to kibadachi
- Drop from legs being pulled away
- Kick and drop and Over-the-belt unsupported

Kansetsu Waza

- Counters to all armlocks
- Headlocks from punches

1 Waki kubi gatame	Armpit neck extension
2 Gyaku waki kubi garami	Reverse armpit neck entanglement
3 Ushiro kubi gatame	Reverse neck extension
4 Juji kubi garami	Cross neck entanglement
5 Kuzure juji kubi garami	Broken cross neck entanglement
6 Morote kubi hishigi	Double-handed neck crush

Nage Waza

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|----------------------------|--------------------------------|
| • Ko tsuri goshi | Minor lifting pulling hip |
| • Yoko guruma | Side wheel |
| • Kata hiza seoi nage | Single knee shoulder throw |
| • Morote seoi nage | Two hands shoulder throw (Uke) |
| • Uki otoshi | Floating drop |
| • Kote gaeshi (with throw) | Wrist twist |
| • Uchi mata | Inner thigh |
| • De ashi barai | Advancing foot sweep |
| • Nage no Kata - Ashi-waza | |

Randori application

- Kicks/Jab/Cross/hook attacks and taking the clinch – rear/forward unbalancing throw.

Shime Waza and counters

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| • 1 Gyaku juji jime | Half cross strangle (both hands turned out) |
| • 2 Nami juji jime | Normal cross strangle (both hands turned in) |
| • 3 Ryote jime | Two hand strangle |
| • 4 Okuri Eri jime | Sliding collar strangle (fully reclined for higher grades) |
| • 5 Kata Ha juji jime | Rear cross strangle (single wing) |
| • 6 Hadaka jime | Naked strangle |

Gatame Waza

- Getting into mune gatame
- Getting into tate shiho gatame
- Maintaining and countering tate shiho gatame (use of base)

Defences

- Wrist-lock throws from punch and knife attacks with full application and finish
- Cosh disarms from forehand and backhand attacks
- Defence against a metal chain
- Defence against a knife attack to the solar plexus
- Two hand to two hand wrist grabs from rear
- Defence against two unarmed attackers with random attacks
- Defence against two attackers armed with rubber knives
- Defence against two attackers armed with coshes
- Defence against two attackers armed with plastic broken bottles

Atemi

- Use of baton against unarmed attackers using strikes, arm locks and strangles

Kansetsu Waza

- Head lock counters
- Leg locks and their counters

1 Kata hiza hishigi	Single knee crush
2 Ryo ashi hishigi	Double leg crush
3 Hiza hishigi	Knee crush
4 Ryo hiza gaeshi	Double knee twist
5 Kata hiza gaeshi	Single knee twist

Nage Waza

- Yoko gake
 - O tsuri goshi
 - Ude guruma
 - Tomoe nage
 - Okuri ashi harai
 - Kuki nage
 - Uki waza
 - Yoko wakare
 - Shiho nage
 - Tawara gaeshi
 - Nage no Kata – Te waza
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| Side drop |
| Major lifting pulling hip |
| Arm wheel (aka 'Charlie's Angels') |
| Circle throw (aka stomach throw) |
| accompanying foot sweep |
| Air throw |
| Floating technique |
| Side separation |
| Four direction throw |
| Dropping twist (formally rice-bale throw) |

Randori application

- Relaxed French Randori sparring and re-taking the clinch
- Dealing with punches, knees and elbows during newaza.

Gatame Waza

- Ude garami from tate shiho gatame
- Juji gatame from tate shiho gatame
- Getting into the guard / countering side holds
- Countering the guard
- 4 legs locks from groundwork positions

Ashi gatame	Leg bar
Kata ashi hishigi	Single leg crush (calf and Achilles)
Ashi gaeshi	Foot/ankle twist
Ashi hiza gaeshi	Foot to knee rotation (heel hook)

Defences

- Defence against grab and punch
- Defence against a baseball bat
- Defence against a single controlled attack with a dull-edged knife excluding slashes
- Defence against two attackers armed with chains
- Defence against two attackers with any mixture of rubber knives, coshes, plastic bottles, plastic broken bottles

Ukemi Waza

- Assisted cut-away breakfall from tomoe nage
- Basic breakfalling on the boards

Nage Waza

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|---------------------------------|--------------------------------|
| • Kata guruma | Shoulder wheel |
| • Osoto guruma | Major outer wheel |
| • Hiza guruma | Knee wheel |
| • Sasae tsuri komi ashi | Propping lifting pulling ankle |
| • Harai tsuri komi ashi | Sweeping lifting pulling ankle |
| • Sukui nage | Scooping throw |
| • Sumi gaeshi | Corner twist |
| • Ude juji nage | Cross arm throw |
| • Nage no Kata – Ma Sutemi Waza | |

Randori application.

- Free sparring, light contact.

Gatame Waza

- Use of the guard / getting juji gatame / getting kimura
- Getting behind, use of 'hooks' and shime waza
- Countering the 'turtle'
- Demonstration of understanding of grappling concepts via kata and smooth movement

Defences

- Defence against kick-boxing and boxing style attacks.
- Defence at close quarters
- Defence against a knuckleduster
- Defence against a chair
- Single striking defences against sharp weapons
- Defence against a short and long dull-edged sword
- Defence against any non-sharp weapon
- Defence against two armed attackers with non-sharp weapon

Other

- The student must have experience of teaching classes and must have completed the NZJF C2 club instructor coaching course.

Shodan (1st Dan)

A minimum period of two years is required for progression from 1st kyu to Shodan.

The candidate is expected to demonstrate increased proficiency and understanding of all previous syllabus.

The candidate will have taught jiu jitsu on a regular basis as a club instructor. Must be NZJF C2 level coach qualified.

Grading Requirements: Presence during pressure testing.
Nage-no-kata: as both tori and uke.
Free sparring/Randori.

Nidan (2nd Dan)

A minimum period of two years is required for progression from Shodan to Nidan (NZJF standard). Expected Jitsu NZ norm is 3 to 4 years.

The candidate is expected to demonstrate increased proficiency and understanding of all previous syllabus.

The candidate will have taught jiu jitsu on a regular basis as a club instructor. The candidate will have assisted with performing grading examinations.

The candidate will have taught at least one student from novice to 1st kyu.

Grading Requirements: During pressure testing shows strong style, mastery of controlling and leading one's own environment. Shows mastery of the technical syllabus, and copes with unknown/unpredictable situations.
Katame-no-kata: The candidate is expected perform as both tori and uke.
Shows improved technical ability during Free Sparring/Randori.

Sandan (3rd Dan)

A minimum period of three years is required for progression from Nidan to Sandan (NZJF standard). Expected Jitsu NZ norm is 4 to 5 years.

The candidate is expected to demonstrate increased proficiency and understanding of all previous syllabus.

The candidate will have taught jiu jitsu on a regular basis as a club instructor. Is NZJF C3 level coach qualified.

The candidate will have assisted with performing grading examinations.

The candidate will have taught at least one student from novice to Shodan.

Grading Requirements: During pressure testing controls unknown/unpredictable situations and shows effortless form during free sparring/Randori.
Goshin-jutsu-no-kata: The candidate is expected perform as both tori and uke.

Gakushū: The instructor at Sandan level is expected to have undergone an area of personal study and will be expected to show his peers and mentor as to how this has affected their understanding and teaching of Shorinji Kan Jiu Jitsu i.e. it must have relevant feedback into the organisation. This study can be in the form of research or training over a minimum of 3 years. It is expected that this will be a minimum of 200 hours study.

Yondan (4th Dan)

A minimum period of four years is required for progression from Sandan to Yondan (NZJF standard). Expected Jitsu NZ norm is 5 to 6 years.

The candidate is expected to demonstrate increased proficiency and understanding of all previous syllabus and starts to affect how the shorinji kan ju jitsu syllabus is taught and challenges and shapes our organisations understanding of shorinji kan ju jitsu.

The candidate will have continued to teach jiu jitsu on a regular basis as a club instructor, and at NZJF national courses and must be NZJF C3 level coach qualified.

The candidate will have conducted grading examinations.

The candidate will have continued their area of personal study required for Sandan.

Grading Requirements: Kime-no-kata: The candidate is expected perform Kime-no-kata, as both tori and uke.

Godan (5th Dan)

A minimum period of five years is required for progression from Yondan to Godan (NZJF standard). Expected Jitsu NZ norm is 6 to 7 years.

The candidate is expected to demonstrate increased proficiency and understanding of all previous syllabus and affects how the shorinji kan ju jitsu syllabus is taught and challenges and shapes our organizations understanding of shorinji kan ju jitsu.

The candidate will have continued to teach jiu jitsu on a regular basis as a club instructor, and at NZJF national courses.

The candidate will have a direct student grade to Sandan.

Grading Requirements: Ju-no-kata: The candidate is expected perform Ju-no-kata, as both tori and uke.

Grades of Rokudan and Shichidan can be awarded by Jitsu New Zealand based on exemplary practice, direction of, and dedication to the art of Shorinji Kan Jiu Jitsu in New Zealand

Rokudan (6th Dan)

A minimum period of six years is required for progression from Godan to Rokudan (NZJF standard). Expected Jitsu NZ norm is 7 to 8 years

The candidate will have continued to teach jiu jitsu on a regular basis as a club instructor, and at NZJF national courses and the candidate will have a direct student grade to Yondan.

Shichidan (7th Dan)

A minimum period of six years is required for progression from Rokudan to Shichidan (NZJF standard). Expected Jitsu NZ norm is 8 to 9 years

The candidate will have continued to teach jiu jitsu on a regular basis as a club instructor, and at NZJF national courses and the candidate will have a direct student grade to Godan.

Hachidan to Judan (8th Dan to 10th Dan)

High dan grades of 8th dan and above cannot be awarded by Jitsu New Zealand. Dan grades of Hachidan (8th dan) and above are ONLY to be awarded by the NZJJF on nomination by Jitsu New Zealand.