

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 two classes; the only difference is the age group in each class;

- Nihonzaru (Monkey): Ages 5yrs to 12yrs old
- Ryuu (Dragon): Ages 13yrs +

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. We hold two grading sessions per year, allowing students a chance to grade every 6 months, these are usually held end of March / beginning of April and October each year 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.
- Ryuu: Students in the adult class (13yrs +) 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*

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 from Wrist Grabs

8th Kyu: Hachikyu

Techniques:

Front Knee Strike: *Maehiza Uchi*

Outer Forearm Block: *Soto Ude Uke*

Rising Block: *Age Uke*

Front Breakfall: *Mae Ukemi*

Backward Roll: *Ushiro Zempo Kaiten*

Four Direction Throw: *Shihonage*

Split Entry

Serada (Stick Stance)

Angles 1-6 of CMA Stick work

Inside Block with a stick

Outside Block with a stick

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*
Big Outside Sweep: *O'Soto Gari*
Reclining Leg Throw: *Fukusha Ashinage*
Kneeling Randori (Juniors Only)
Angles 7-12 of CMA Stick work
Roof Block with a stick
Drop Shoulder Block with a stick
Triangle (Replacement) Stepping

6th Kyu: Rokyu

Techniques:

Hammerfist: *Tettsui Uchi*
Rolling Breakfall: *Zempo Kaiten Ukemi*
Neck Throw: *Kube Nage*
1st Wrist Control: *Ikkyo*
Entering Throw: *Iriminage*
Body Drop: *Tai O'Toshi*
Neck Side Throw: *Kube Yokonage*
Pinan Shodan
Blocking the 12 Angles - Single Stick
5 Count Striking Drill - Single Stick
Amara #1 - Single Stick
Stick Disarm #1 (Dacayana #1)
Single Sinawali - Double Stick

5th Kyu: Gokyu

Techniques:

Roundhouse Elbow: *Mawashi Empi*
Chain Punching: *Jek Chun Choi*
Sweeping Hip Throw: *Harai Goshi*
Outer Winding Throw: *Soto Makikomi*
1st Locks Kata: *Kata Sho Gurame*
Single Wing Strangle: *Kata Ha Jime*
Defend against a Front Strangle
Block & Hold with Immediate Counter Strikes – Single Stick
JKD Kali Arc Stick Drill
1,2,3 Blocking Drill – Single Stick
6 Strike Flow Drill – Single Stick
¼ Turn Footwork with 5 Count Striking Drill

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*
Rear Strangle: *Ushiro Hadaka*
2nd Wrist Control: *Nikkyo*
Valley Drop: *Tani O'Toshi*
Shoulder Throw: *Seio Nage*
Gunting (Scissors) Techniques
Medium Range Tapi Drill (MRTD)
Double Sinawali – Double Stick
BAHI Drill – Single Stick
Block & Tapi with immediate counter strikes – Single Stick
Cross Step Footwork with 5 count Single Stick Striking Drill

3rd Kyu: Sankyu

Techniques:

Heaven & Earth Throw: *Tenshinage*
3rd Wrist Control: *Sankyo*
Outer Wrist Turn: *Kote Gaeshi*
Palm Deflection: *Teisho Nagashi*
Hooking Block: *Kake Uke*
Leopard Paw Punch: *Hiraken*
JKD Kali Thrusting Stick Drill – Single Stick
Dacayana CTPD c/w wrist trap & ½ beat striking
Amara #2
Single Stick Disarm # 2 (Dacayana)
Magbabayo – Double Stick Drill
Knife Grips
Rebound Effect – Knife
Basic Defensive Principles - Knife

2nd Kyu: Nikyu

Techniques:

Rising Elbow: *Age Empi Uchi*
Claw Strike: *Hirabasami*
Outside Straight Arm Lock: *Soto Ude Gatame*
Elbow Lock: *Empi Gatame*
Armpit Lock: *Waki Gatame*
Shoulder Drop: *Seio O'Toshi*
Inward Wrist Twist: *Kote Hineri*
Light Sparring: *Jiywaza*
8 Basic Knife Angles
5 Count Flow - Knife
Knife Defensive Drill # 1
Single Stick Disarm #3 (JKD Kali)
Dacayana Close Range Balla Balla Drill
Salok Saboy – Double Stick Drill
Stick & Blade 9 Count Form

1st Kyu: Ikkyu

Techniques:

Scoop Throw: *Sukui Nage*

Bent / Entagled Arm Lock: *Ude Garami*

Cross Body Armlock: *Juji Gatame*

Direct Hitting Drill

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

JKD Kali Close Range Drill

MRTD c/w entries and destructions (x14)

ACKS CTPD

ACKS: Las Las Cutting Template

Knife Defensive Drill #2

Bagsak Salok – Double Stick Drill

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)

Naihanchi (Basic form)

Happogiri (Bokken Kata)

JKD Kali Patid Stick Drill

Close Range Balla Balla Drill (Intermediate) – Single Stick

All 12 Angles in a Flowing Form – Single Stick

Double Stick Hubud

Knife Box Drill

Olisi y Baraw Technique #1

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*

Naihanchi: with correct tension

Chinto

Muto Dori Jodan Giri

Counters to Disarms

Arco Drill – Double Stick

Dog Tail Sinawali

FMA Patid / Foot Trapping (7 Positions)

ACKS CTPD AAD

Olisi y Baraw Technique #2

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)

Mountain Storm: *Yama Arashi*

Spring Winding Throw: *Harai Makikomi*

Naihanchi: Correct Tension against Bo Strikes 😊

Seishan

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

Stick Flow Form (JKD Kali – all 4 drills blended smoothly)

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

30 Consecutive Strikes with a stick

5 Strike Drill – Double Stick

Knife Gunting Flow Drill

Stick & Blade 15 Count Form

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

