

BROWN BELT 1st TAG

- 1 INNER & OUTER WINDING (2)
- 2 LEG SWEEPS (4) FRONT, 2 BACK (NEAR & BOTH),
INSIDE
- 3 ROLLING ANKLE (2)
- 4 SIDE KICK TO KNEE CAP (BOTH SIDES)
- 5 UPWARD KICK TO KNEE CAP (BOTH SIDES)
- 6 CROSS ANKLE (2)
- 7 LEG WHEEL (2)
- 8 OUTER WHEEL (2)
- 9 FRONT SCOOP (1)
- 10 OUTER HOOK (1)
- 11 HOLDING LOCKING DRAWING ANKLE (10)
- 12 DROPPING REVERSE BODY DROP (2)
- 13 SHOULDER CRASH (2)



WAKARISHIN JU-JITSU ASSOCIATION

JUNIOR SYLLABUS



Name _____

Club _____

DOJO RULES & ETIQUETTE

Etiquette

Always Rei (Bow) when...

- 1 Entering or leaving a Dojo (Training Room)
- 2 Beginning and end of class
- 3 On and off the Mat
- 4 Talking to an instructor (Sensei)
- 5 Beginning and end of training with a partner
- 6 Beginning and end of a Grading
- 7 Always address your instructor as Sensei
- 8 Personal hygiene must be of a high standard at all times - clean and smelling pleasant
- 9 Ensure toe and fingernails are short and clean
- 10 Always wear a clean Gi (Uniform)

Rules

- 1 Never use your Ju-Jitsu outside the Dojo *unless absolutely necessary*
- 2 An up-to-date Licence must be held by the Student
- 3 Always respect your Training Partner at all times
- 4 No swearing, loud talking, or boisterous actions in the Dojo
- 5 Badges of Club and Association should be worn on Gi
- 6 Arguments between Students should be avoided at all times to maintain a happy family atmosphere. Any problems should be discussed with your Sensei first
- 7 Maintain loyalty to Club and Association
- 8 A minimum of one training session per week between gradings at your registered Dojo is required for you to be invited to grade
- 9 Permission must be sought from your club Sensei if you wish to attend another Sensei's Dojo
- 10 Please note **ALL** gradings are by your Sensei's invitation **ONLY**

PURPLE BELT

- 1 VALLEY DROP
 - 2 COUNTERS TO STRAIGHT ARM LOCK (2)
 - 3 COUNTERS TO BACK ARM & COLLARS (3)
 - 4 COUNTERS TO BAR CHOKES (2)
 - 5 ROUNDHOUSE KICKS TO KIDNEYS
 - 6 FRONT KICKS FOLLOWED BY SIDE KICKS (BOTH SIDES)
 - 7 FULL SHOULDER
 - 8 HOLDING & LOCKING (LEGS)
 - 9 COUNTERS USING VARIOUS TECHNIQUES (6)
 - 10 WEDGE BLOCK
 - 11 SHOULDER WHEELS (2)
 - 12 HOLDING & LOCKING (ARMS)
-
- 9 .1 CRISS CROSS
 - .2 MONKEY
 - .3 SENSEI'S PAIN
 - .4 FRONT STRANGLE
 - .5 SNAKE
 - .6 RAINBOW



GREEN BLUE TAG BELT

- 1 HIP OR LOIN WHEEL (1)
- 2 HEAD CHANCERY'S (3)
- 3 GARROTTING (3)
- 4 DROPPING BODY DROP THROWS (2)
- 5 SPRING HIP
- 6 REAR SCOOP
- 7 ROUNDHOUSE KICK TO SOLAR PLEXUS WHILST WALKING (BOTH SIDES)
- 8 OUTSIDE FOREARM BLOCK WITH STRIKES
- 9 SCISSORS & NAKED CHOKE HOLDS (2)
- 10 FULL NELSON (2)
- 11 5 HIP THROWS TO BE DONE WITH CORRECT STEPS

BLUE BELT

- 1 HOLDING & LOCKING (1) HIP THROW
- 2 GROUND STRANGLES (4) 2 OVER 2 BETWEEN
- 3 DEFENCES AGAINST KNIFE ATTACKS (6)
- 4 LEG SWEEPS (4) 2 FRONT, 2 BACK (NEAR & BOTH)
- 5 HEAD HIP KNEE THROW
- 6 INDIAN DEATH LOCKS (2)
- 7 SIDE THRUST KICKS (LOW MEDIUM & HIGH)
- 8 FRONT SNAP KICKS (LOW MEDIUM & HIGH)
- 9 2 HIP THROWS
- 10 2 BODY DROP THROWS
- 11 2 HALF SHOULDER THROWS
- 12 2 CROSS HOCK THROWS

YELLOW BELT

- 1 MAT ETIQUETTE
- 2 BREAK FALLS
- 3 FRONT STRANGLES (2)
- 4 BACK STRANGLES (2) STEP FORWARDS
STEP BACKWARDS
- 5 STRAIGHT ARM LOCK
- 6 HIP THROW
- 7 RECUMBENT ANKLE THROW
- 8 SHOULDER LOCK
- 9 KATA

ORANGE BELT

- 1 HIP THROW WITH SHOULDER ARM LOCK
- 2 HIP THROW WITH CROSSOVER LOCK
- 3 KICKS TO THE HEAD (2) THROUGH / AROUND
- 4 ARM LOCKS (3) FIGURE 4 / TEAPOT
DOUBLE ARMS
- 5 WRIST LOCKS (3) TRIANGLE / CURTSEY / PUSH
- 6 WRIST THROW WITH LOCK
- 7 GROUND STRANGLES (3) HEAD / OVER
RIGHT SIDE
- 8 HAIR GRABS (2)

ORANGE GREEN TAG BELT

- 1 BODY DROP
- 2 HALF SHOULDER
- 3 LEG THROWS (2)
- 4 BACK HAMMER
- 5 KICKS TO HEAD (2) ROLL OVER / ANKLE
- 6 CRAB CLAW SCISSORS
- 7 UPWARD RISING BLOCKS
- 8 UPWARD INSIDE FOREARM BLOCKS
- 9 DOWNWARD INSIDE FOREARM BLOCKS
- 10 RISING, UPWARD, DOWNWARD KATA OF BLOCKS
BOTH SIDES
- 11 CROSS HOCK (2)
- 12 INSIDE HOCK
- 13 DRAWING ANKLE THROW
- 14 FRONT OVERS & UNDERS
- 15 SHOULDER ARM LOCKS (2)
- 16 MUST TIE YOUR OWN BELT



GREEN BELT

- 1 STAMP THROW
- 2 REAR OVERS & UNDERS (4)
- 3 KNEE WHEEL
- 4 LAPEL SHOULDER THROW
- 5 HOLD DOWN WITH DOUBLE ARM LOCK
- 6 RICE BALE
- 7 HALF NELSON ESCAPES (2)
- 8 FRONT SCISSORS THROW
- 9 RECLINING LEG THROW
- 10 GROUND STRANGLES (4) RIGHT LONG / WALK OVER
YELLOW BETWEEN / SIT
- 11 DROPPING VERSION OF FULL SHOULDER THROW (NO.1)
- 12 ATTACKING & DEFENDING SWEEPING LOIN THROWS (3)

