

PERSONAL NOTES

Welcome To Wakarishin Ju-Jitsu Association



Student Information



KO BUDO SYLLABUS

Welcome

I would like to take this opportunity to welcome you to Wakarishin Ju-Jitsu Association.

We are members of the British Ju-Jitsu Association Governing Body (BJJA GB) and the Untied Nations of Ju-Jitsu (UNJJ).

There is a set syllabus from your first grade (yellow belt) through to black belt 5th Dan. Our classes are structured to improve fitness levels as well as learning techniques and syllabus. All of this is done at your own pace.

Wakarishin translates to 'New Beginning' and the Japanese kanji in the middle of our badge means 'Family'. These are the core beliefs of a new beginning for you as you become part of our family.

Wishing you every success in your Ju-Jitsu journey.

Sensei Ian Arbon
6th Dan

Level	Syllabus	Ko Budo's Required
Level 5	Ko Budo's can be attended from Adult Blue Belt and Junior Brown 3rd Tag Belt Adult Brown Belts require level 5 before being able to go forward to attempt a Dan grading. All five basic weapons to be demonstrated. (Must understand all moves and applications) Sai Tonfa NunChuku Bo Katana	Minimum attendance of 4 Ko Budo's
Level 4	Level 4 required before going for 2nd Dan. Must be able to show all previous work plus:- Katana presentation and finish Kama 2nd Sai Kata Walking the Bo Could also be asked for any application	Minimum attendance of 5 Ko Budo's
Level 3	Level 3 required before going for 3rd Dan. All previous work, plus:- Naginata Katana Kata's 1-4 Okinawan Bo- 3 sets of 5 stances/blocks/strikes and fixed Kumite (1-10) Okinawan 1st Bo Kata Nunchaku Kata No.2	Minimum attendance of 6 Ko Budo's
Level 2	Level 2 required before going for 4th Dan. All previous work, plus:- Katana Kata 1-7 Okinawan Continuous Bo Kata Okinawan Bo Kata No.2 Jo & Katana Kata 3rd Sai Kata (Okinawan) Must also have assisted with teaching since Level 3	Minimum attendance of 7 Ko Budo's
Level 1	All previous work, plus:- Level 1 applicants to have demonstrated regular attendance and input at the majority of Ko Budo courses and to have reached a very high standard of both working and teaching, absorbing all new work as well as all the previous.	By invitation only

Commitment 委 Respect 敬 Understanding 分

ADULT KYU GRADES TIMESCALE

White to Yellow belt	3 months or minimum of 12 lessons
Yellow to Orange belt	3 months or minimum of 12 lessons
Orange to Green belt	6 months or minimum of 24 lessons
Green to Blue belt	3 months or minimum of 12 lessons
Blue to Purple belt	3 months or minimum of 12 lessons
Purple to Brown belt	6 months or minimum of 24 lessons
Brown belt to 1st Dan Black belt	Minimum of 12 months continuous training

JUNIOR KYU GRADES TIMESCALE

White to Yellow belt	Next Available Grading (if ready)
Yellow to Orange belt	Minimum of 4 months
Orange to Orange/Green Tag belt	Minimum of 4 months
Orange/Green Tag to Green belt	Minimum of 4 months
Green to Green/Blue Tag belt	Minimum of 4 months
Green/Blue Tag to Blue belt	Minimum of 8 months
Blue to Purple belt	Minimum of 8 months
Purple to Brown 1st Tag belt	Minimum of 8 months
Brown 1st Tag to Brown 2nd Tag belt	Minimum of 4 months
Brown 2nd Tag to Brown 3rd Tag belt	Minimum of 12 months
Brown 3rd Tag belt to Junior Black belt	Minimum of 12 months continuous training (must be 12Yrs or older)

GRADINGS

Kyu gradings are held approximately every 3 months for Adults and every 4 months for Juniors where all students that have been invited to grade will meet. The student has to meet certain criteria before they can grade, these are:-

- **The required minimum timescale has elapsed**
- **Has attended the required number of sessions**
- **Has trained regularly**
- **Has been invited by the Club Sensei to grade**
- **Is fit enough to take the grading**
- **Has up to date insurance and membership**

DOJO RULES & ETIQUETTE

Etiquette

Always Rei (Bow) when...

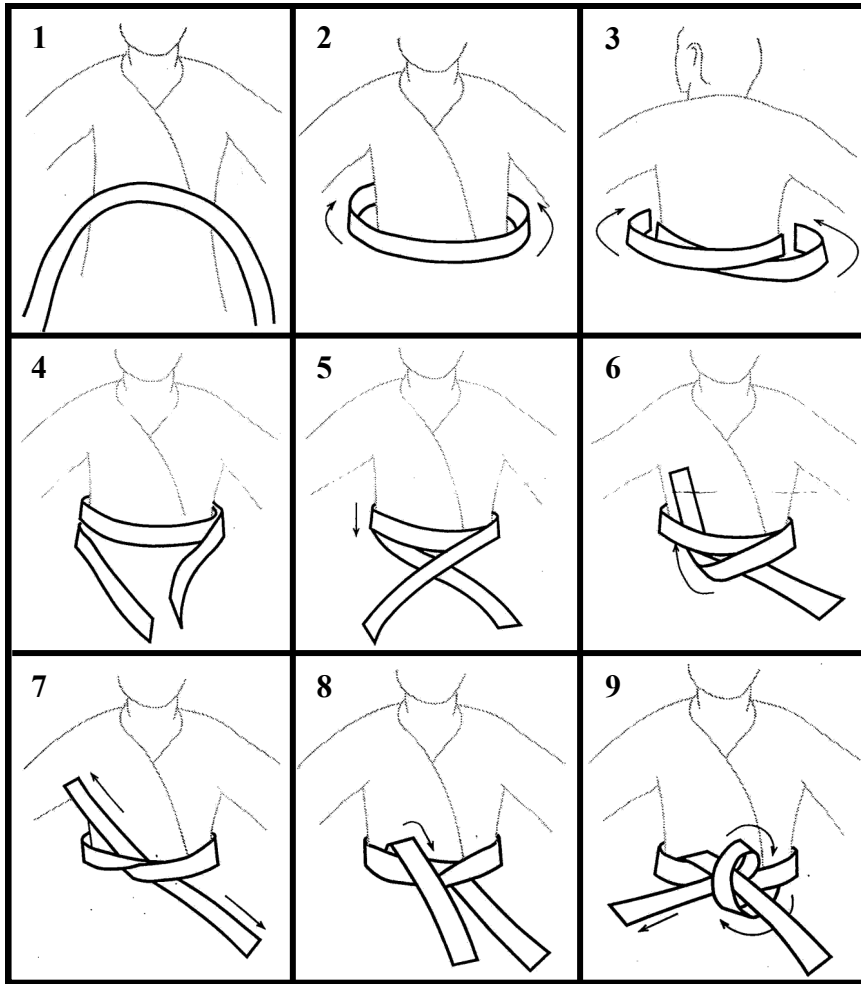
- 1 Entering or leaving a Dojo (Training Room)
- 2 Beginning and end of class
- 3 On and off the Mat
- 4 Talking to an instructor (Sensei)
- 5 Beginning and end of training with a partner
- 6 Beginning and end of a Grading
- 7 Always address your instructor as Sensei
- 8 Personal hygiene must be of a 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

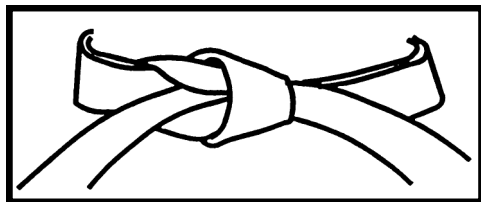
- 1 Never use your Ju-Jitsu outside the Dojo *unless absolutely necessary*
- 2 An up-to-date Licence must be held by the Student
- 3 Always respect your Training Partner at all times
- 4 No swearing, loud talking, or boisterous actions in the Dojo
- 5 Badges of Club and Association should be worn on 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**

HOW TO TIE YOUR BELT

The following diagrams show the correct way to tie your Ju-Jitsu belt



Your final belt knot should look like this



CORRECT LOCATION OF BADGES

Please note that when the gi is worn the badges should visually be in a straight line

