

This syllabus represents the examined aspects of the Gokyo of Shorinji Kan system of Jiu Jitsu as practised by the Jiu Jitsu Foundation. The Gokyo 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.

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.

For 1st kyu the student must have full knowledge of club running and teaching.

Any student without a gi and Foundation 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 their temper, this too will result in instant failure.

A student must attend at least one course between each grading in order to be eligible.

A student must be registered for the grading via TJJF website.

A student must be nominated for a grading by their Club Instructor.

Key

All requirements in normal font were previously asked for now and are required from the date this syllabus was published

All requirements in bold font are not required at the date of this syllabus being published

All requirements in normal blue font are being required for the first time from the date this syllabus was published.

Note: There are no new requirements in this syllabus.

Summary of revisions with this publication of the syllabus:

Additional, but not yet required:

- footwork with striking drills to orange
- spike elbow at green

Change to grade examined, but not yet required.

- head butt moved from green to purple

Change to grade required:

- over-belt-unsupported moved from purple to light blue
- broken bottle moved from green to dark blue
- Use of cosh against weapons added to dark blue

Ukemi Waza

- Kneeling Ukemi
- Standing sideways (static)
- Pegleg

Martial Warmup Drills

- Stance mirroring footwork drill
- Arm drag drill (left/right)
- Shrimping
- Bridging

Releases

- Single handed straight wrist grab
- Single handed cross wrist grab
- Front hair grab
- Front double handed strangle

Atemi Waza

- Open hand, Palm heel, Hammerfist, **Inner forearm**, Elbow horizontal, Straight punch, Roundhouse punch
- Basic knowledge of the above strikes as stand alone techniques and where applicable as facilitators of other applications
- Basic execution of complementary atemi where directed with control *
- **Uke to deliver clean and controlled straight and roundhouse punches on target with all permutations of footwork**
- Ability to attack as uke with control appropriate to the scenario, risk of injury from the attack and tori's grade/condition

Kansetsu Waza

- Armlock 1 on the inside (from roundhouse punch)
- Armlock 2 (from straight punch)
- Armlock 2 for tall person (from straight punch)
- Wristlock 3 (from wrist grab)
- Wristlock 3 (from front double hand throat strangle)

Nage Waza

- 8 point Kuzushi Kata (in migi shizentai = right forward stance)
- Kosoto Gake (from straight wrist grab – note: use arm drag principle as per drill)
- Kosoto Gake (from push – note: inside arm roll to arm drag)
- Kosoto Gari (from straight punch)
- Kosoto Gari (from back hand strike to head with bottle)
- Osoto Gari (from roundhouse punch to 45° stance – note: same leg as attacking arm forward)
- Osoto Gari (from downward strike to head with bottle)
- Osoto Gake (uke steps forward to adopt sleeve/lapel grip and pushes tori back leaving leading leg for Osoto attack)

Ne Waza

- Distancing/orientation drill on back from standing attacker
- Guard retention
- Technical stand up
- Kesa Gatame
- Mune Gatame
- Kami Shiho Gatame

Scenario Training

- Introduction to defence in a 'V' from punches and bottles

Expected Competencies

- **Basic understanding of awareness and basic self-defence related messages (incl exit strategy)**
- Good understanding of stance (yoi) with good posture
- Students are expected to demonstrate a level of fitness and core strength corresponding with their age and physical limitations *

All previous syllabus

Ukemi Waza

- Standing Ukemi
- Over-the-belt
- Side drop/kick-up and drop
- **Shoulder roll/Granby roll**

Martial Warmup Drills

- **Basic de-escalation drill (lowering voice and moving away)**
- Standard Kumi Kata drill (from sleeve and lapel grab – left/right)
- High Kumi Kata drill (from high sleeve and collar grab – left/right)
- Sankaku Jime drill
- Juji Gatame drill
- **Footwork with striking drills (on your own / 'shadow')**

Releases

- Double wrist grab
- Two handed single wrist grab
- Rear hair grab
- Rear two handed strangle
- **Front single handed strangle**

Atemi Waza

- Blade edge hand/knife hand, **Forearm (outside)**, Mae Geri, Mae Washi Geri (low level), Knee, Heel stomp, Jab punch, Cross punch
- **Uke to deliver clean and controlled jab and cross punches on target with appropriate choices of force and resistance in all attacks dependent on size, conditioning and experience of tori**
- Basic execution of complementary atemi where directed with control
- Appropriate ground defensive striking with correct posture

Kansetsu Waza

- Armlock 1 on the outside (from straight wrist grab and arm drag)
- Armlock 3 (from single/double lapel grab and throat grab)
- Armlock 4 (from over arm front body grab)
- Armlock 2 to Armlock 1
- Armlock 2 to Wristlock 1
- Armlock 4 (from under arm rear body grab)

Nage Waza

- Koshi Guruma (from roundhouse punch – note: opposite leg to attacking arm forward)
- O Goshi (from over arm front body grab)
- Kouchi Gari (from front kick)
- Kosoto Gari (from downward strike to head with cosh)
- Kosoto Gari (from back hand strike to head with cosh)
- Kosoto Gake (from under arm front body grab)
- Osoto Gari to Koshi Guruma combination (uke steps forward to adopt sleeve/lapel grip and pushes tori back, uke draws back to avoid Osoto attempt leaving space for Koshi guruma attack)

Ne Waza

- Closed guard
- Scissor sweep
- Hip bump sweep
- Tripod sweep against standing attacker
- Counters to hold downs from previous grade

Scenario Training

- Introduction to defence in a circle from wrist and body grabs

Expected Competencies

- Knowledge of the importance of jitsu focused warm-up, mobility and cool-down techniques

All previous syllabus

Ukemi Waza

- Drop
- Judo roll
- Diving forwards roll over someone on all fours
- Off-the-back from someone on all fours

Martial Warmup Drills

- Over/under pummeling drill (left/right)
- Collar tie pummeling drill (left/right)
- **Ashi Sankaku Garami drill – Omaplata drill**

Releases

- **Wrist grabs from reverse grips**
- **Lower sleeve grab grip break**
- **Upper sleeve grab grip break**
- **Grip release against a standing attacker grabbing trousers to pass guard**
- **Grip release against prone attacker whilst standing – grabbing lapel, sleeve or trousers**
- **Grip release against prone attacker whilst kneeling – grabbing lapel, sleeve, trousers or kimura grip**

Atemi Waza

- Elbow vertical, rear **and spike**; Hook, **Uppercut**, Mae Washi Geri (mid level), Yoko Geri (low level)
- **Uke to deliver clean and controlled kicks and a range of punches on target and controlled appropriate weapons attacks (without telegraphing) drill**
- **Good execution of complementary atemi where appropriate with power generation, control and accuracy under pressure with minimum preload**
- **Ground defensive strikes with an understanding of when this is appropriate in realistic scenarios**

Kansetsu Waza

- Armlock 4 (from kidney knife attack)
- Armlock 5 (from abdomen knife attack)
- Armlock 6 (from cross wrist grab)
- Armlock 2 to Wristlock 1 to Ground Restraint 1
- Armlock 2 to Wristlock 1 to Ground Restraint 4
- Armlock 2 to Wristlock 4

Nage Waza

- Ippon Seoi Nage (from downward strike to head from square stance)
- Seoi Otoshi (from over arm rear body grab)
- Ouchi Gari (from front kick)
- Osoto Gari (from hair grab)
- Koshi Guruma (from two handed grab towards throat)
- O Goshi (from 45° cosh attack to head)
- Ouchi to Osoto combination (tori adopts sleeve/lapel grip and attacks with Ouchi, uke steps off leaving leading leg for Osoto attack)
- Osoto to Ouchi combination (tori adopts sleeve/lapel grip and attacks with Osoto, uke steps off leaving opposite leading leg for Ouchi attack)

Ne Waza

- Kata Gatame
- Ude Gatame
- Tate Shiho Gatame
- Uki Gatame (knee on belly)
- Defence against mounted attacker

Scenario Training

- Circle defence against punches and kicks
- 'V' defence against punch, kick, knife, cosh and bottle using any technique from the syllabus to this grade
- Defence against grab and punch

Expected Competencies

- Moving around dynamically in yoi to maintain distance and control uke
- **Basic understanding of ambush and threats**

All previous syllabus

Martial Warmup Drills

- Ayumi Ashi drill (linear movement – changing feet)
- Tsugi Ashi drill (linear movement – sliding feet)
- Kumi Kata drills (with rotational movement)
- Transition flow drill (similar to round the clock)

Releases

- Two ukes grabbing wrists
- Lapel grab grip break
- Collar grab grip break

Atemi Waza

- **Use of head butt**
- **Skilled execution of complementary atemi where required**
- **Uke to follow up with another attack (safely) if not under control from the first attack and appropriate resistive two person attacks including weapons with control and timing**
- **Ground defensive striking that facilitates disarming and demonstrates awareness of defensive environment under pressure**

Kansetsu Waza

- Armlock 2 to Wristlock 1 to Ground Restraint 4 to Ground Restraint 5 (uke to dive out)
- Armlock 2 to Wristlock 4 to Wristlock 6 (figure 4)
- Armlock 2 for tall person to Wristlock 5
- Armlock 6 to Wristlock 6 (figure 4) (uke stands)
- Armlock 6 to Armlock 3 (figure 4) (uke stands)
- Wristlock 5 (from side head lock)

Nage Waza

- Uki Goshi (from left side lead straight punch – note: right sided throw)
- Harai Goshi (from over arm front body grab)
- Seio Toshi (from single arm rear naked choke)
- Hane Goshi (from left side lead straight punch – note: right sided throw)
- **Kouchi Gari (use in grappling – note: tori puts uke under load)**
- Uke Waza (assisted ukemi from strike)
- Nage No Kata:
 - Uki Otoshi, Seio Nage, Uke Waza

Ne Waza

- **Counters to hold downs from previous grades**
- Sankaku Jime (triangle)
- **Ashi Sankaku Garami (Oomaplata)**
- **Extraction from closed guard**

Scenario Training

- Defence against two attackers attacking with punches
- Defence against two attackers armed with bottles

Expected Competencies

- The student must have experience of teaching under the club instructor's supervision and must have completed the club assistant instructor course

All previous syllabus

Ukemi Waza

- Over-the-belt unsupported
- Handstand breakfall

Martial Warmup Drills

- **Russian arm tie drill (left/right)**
- **Strike and cover drills (legs and arms)**

Releases

- **Half neck clinch (note: use russian arm tie principle as per drill)**
- Cosh strip from inside movement
- Cosh strip from outside movement Atemi Waza

Atemi Waza

- **Finger and knuckle strikes to vulnerable areas, Low kicks (calves and ankles, from inside and outside)**
- **Combination striking development**
- **2 strike combinations from uke to safely offer realistic attacks appropriately as needed**
- **2 strike combinations from tori as required to appropriately facilitate required defence**
- **Uke to deliver any attack/combinations with the correct form and from the correct distance including stalking**
- **Consistently skilled use of complementary atemi with power generation, control, accuracy and appropriate choice of weapon and target under pressure**
- **Ability to make defensive striking during uke descent as appropriate**

Kansetsu Waza

- Armlock 4 (with put down)
- Armlock 5 (with put down – Waki Gatame)
- Armlock 2 to Wristlock 4 to Wristlock 6 (figure 4) to Ground Restraint 2 (uke to dive out)
- Armlock 6 to Wristlock 6 (figure 4) (uke stands, uke to dive out) to Ground Restraint 3
- Wristlock 3 to Ude Gatame (drive to ground)

Nage Waza

- Kata Hiza Seoi Nage (from single arm rear naked choke)
- Ippon Seio Nage (from single arm rear naked choke attempt – note: early throw)
- Tani Otoshi (from straight punch)
- **Osoto Guruma (from roundhouse punch in square stance – note: replaces Osoto Otoshi)**
- **Kosoto Gari (from cross punch)**
- **Osoto Gari (from roundhouse punch – note: rear leg)**
- Yoko Otoshi (assisted ukemi from strike)
- Osoto Gake to Seio Toshi combination (uke steps forward to adopt sleeve/lapel grip and pushes tori back, uke draws back to avoid Osoto attempt leaving space for Seio Toshi attack)

Ne Waza

- Kuzure Kami Shiho Gatame (North-South)
- **Gyaku Ude Garami (Kimura)**
- **Ude Garami (Americana)**
- **Mount escape to half guard drill**

Shime Waza

- Strangle 1 (Gyaku Juji Jime)
- Strangle 2 (Nami Juji Jime)
- Strangle 3 (Ryote Jime)
- Strangle 4 (Okuri Eri Jime)
- Strangle 5 (Kata Ha Jime)
- Gyaku Juji Jime (Ne Waza) – Reverse cross strangle
- Nami Juji Jime (Ne Waza) – Cross strangle
- Kata Juji Jime (Ne Waza) – Half cross strangle
- Sode Guruma Jime (Ne Waza) – Ezekiel choke
- Okuri Eri Jime (Ne Waza) – Loop choke
- Hadaka Jime (Ne Waza) (from back take)

Scenario Training

- Defence against two attackers unarmed and with any mixture of rubber knives, coshes and plastic bottles
- **Defence from an ambush from behind**

Expected Competencies

- Students must have completed the assistant instructor course

All previous syllabus

Ukemi Waza

- Forward roll with extended height and distance

Releases

- **Single leg grab**
- **Double leg grab/Rugby tackle**

Atemi Waza

- **Skilled use of combinations of complementary atemi against multiple ukes to include disarms and put-downs under pressure**
- **Uke has the ability to follow tori, move in and out of range, delivering single attacks including advanced ukeing skills to apply pressure through resistance and timing**

Nage Waza

- Yamai Arashi (from 45° traditional katana or baseball bat attack)
- Kuki Nage (from forehand swinging attacks including chain)
- Irimi Nage (from backhand swinging attacks including chain)
- **Osoto Guruma (from roundhouse punch – note: fast throw over hip, no leg)**
- **Tani Otoshi (arm drag to rear body clinch, level drop, leg flat on floor)**
- Yoko Wakare (assisted ukemi from strike)
- Nage No Kata:
 - Uki Goshi, Ura Nage, Yoko Guruma

Ne Waza

- Counter to Kuzure Kami Shiho Gatame (North-South)
- **Half guard**
- **Half guard sweep from Whizzer defence**
- **Back take from half guard**

Scenario Training

- Defence against broken bottle
- Use of cosh against unarmed attackers using strikes, arm locks and strangles
- Use of cosh against armed attackers using strikes
- Defensive use of weapons
- **Defence from a controlled grab ambush from behind when kneeling**

All previous syllabus

Ukemi Waza

- Drop from legs being pulled away
- **Cross forward roll**
- **Cartwheel**

Releases

- **Full neck clinch**

Atemi Waza

- Yoko Geri (mid level)
- **Uke and tori role based combination striking drills**
- **Skilled use of combinations of complementary atemi against multiple resistive ukes under high pressure situations**
- **Uke has the ability to follow tori, move in and out of range, delivering punch combinations including advanced ukeing skills (equality of attacking corresponding with grade, stature, age and conditioning)**

Nage Waza

- **Sumi Gaeshi**
 - **Front head/arm wrap position (from roundhouse punch or grappling)**
 - **Arm drag (from roundhouse punch attack or grappling)**
- Tawara Gaeshi
 - Front head/arm wrap position (from roundhouse punch or grappling)
 - Neck crank attack (atemi: open hand to groin)
- **Ashi Dori**
 - **From side headlock attack (atemi: open hand to groin)**
 - **Arm drag (from roundhouse punch attack or grappling)**
- **Suki Nage (from over arm rear body grab)**
- **Osoto Gake (from single arm rear naked strangle attack)**
- Yoko Guruma (assisted ukemi from strike)
- Nage No Kata
 - Uki Otoshi, Seio Nage, Uki Goshi, Ura Nage, Yoko Guruma, Uke Waza

Ne Waza

- **Single leg X guard entry drill**

Scenario Training

- Knife defence from stab down, stab to solar plexus and slash attacks
- Broken bottle defence
- Defence from punch and kick combinations
- Defence against two attackers unarmed and with any mixture of previous weapons and larger weapons e.g. chains, baseball bats etc
- Defence at close quarters
- Defence against one hand hair grab from front with punch and knee
- **Defence from a grab ambush from behind when lying face down**
- **Pressure: peacocking and response (push away or take out)**
- **Pressure: milling**

Expected Competencies

- Students must have completed the club instructor course and first aid course
- Full knowledge of TJJF Judo competition rules