



# SHIN SEKAI JU-JITSU DOJOS



## 6th Kyu – Red Belt Syllabus

### Theory:

General questions on mat etiquette, behaviour in the Dojo. Questions may be asked at any point during the grading.

### *Japanese Terminology:*

Ju-Jitsu – Compliant Art

Obi - Belt

Tatami – Training mat

Gi – Uniform/Suit

Sensei - Instructor

Rei – Bow

### Practical:

#### *Basic break falling:*

Front rolling breakfall – left and right – back up into fighting stance

Side breakfall – left and right – into guard

Front and rear break fall – back up into fighting stance

At all times showing awareness of your surroundings

#### *Throwing techniques:*

Hip throw, defending against two punches to the head, set finish.

#### *Ground work:*

Scarf hold

Broken side four quarters

Shoulder hold

Upper four quarters

Shoulder hold from the mount

Broken upper four quarters

Side four quarters

Reverse scarf hold

### ***Release techniques:***

3 x Counters to standing strangles

Release from a double collar grab, followed by set counter attack

### ***Foot and leg techniques:***

- Roundhouse kick using instep (target just above ankle for a sweep)
- Roundhouse kick using shin (target thigh)
- Roundhouse kick using ball of foot (target thigh)

### ***Hand/arm techniques:***

- Hook punch
- Jab punch
- Cross punch
- Snapping punch
- Upward, downward and roundhouse elbow strike
- Back fist strike

### ***Blocking techniques:***

- Upward rising block/Roof block
- 'S' block
- Cross block
- Inside/outside leg jam



# SHIN SEKAI JU-JITSU DOJOS



## 5th Kyu – Yellow Belt Syllabus

### Theory:

Questions from red belt upward will be directed at determining the students' knowledge of techniques and the reasoning behind them. Questions may be asked at any point during the grading.

### Japanese Terminology:

Dan – Black belt

Randori – Mat play

Saei zua (pronounced say zar) – Kneel down

Katana – Metal long sword

Tanto – Knife

### Practical:

#### ***Basic break falling:***

Front rolling break fall – left and right – back up into fighting stance

Side break fall – left and right – into guard

Front and rear break fall – back up into fighting stance

At all times showing awareness of your surroundings

#### ***Throwing techniques:***

- Hip throw and fig. 4 wristlock on the ground
- Half shoulder throw with set finish
- Reclining leg throw

### ***Ground work:***

*Defence from kick to the head (on the ground):*

- *Front takedown*
- *Rear takedown*
- *Side takedown*

### ***Foot and leg techniques:***

- *Middle section sidekick*
- *Middle section roundhouse kick*
- *Front snap kick (target knee)*
- *Push kick (middle)*
- *Axe kick*

### ***Hand/arm techniques:***

- *Palm heel strike*
- *Snapping back fist strike*
- *Groin whip*
- *Radius strike*

### ***Blocking techniques:***

- *Outer forearm block*
- *Inner forearm block*
- *'X' block*

*Note: All striking techniques to be performed using impact equipment. Where appropriate all break falls should include kicks and rollouts. Students should be developing a basic knowledge of human anatomy in order to locate specific target areas.*



# SHIN SEKAI JU-JITSU DOJOS



## 4th Kyu – Orange Belt Syllabus

### Theory:

Questions from red belt upward will be directed at determining the students' knowledge of techniques and the reasoning behind them. Questions may be asked at any point during the grading.

### Practical:

#### *Throwing techniques:*

- Body drop throw defending from a two-punch attack with a tramline sleeper finish
- Dropping full shoulder throw from rear choke
- Leg throw with spine/leg lock finish
- Stamp throw with fig 4 wrist lock finish
- Outside hock throw finishing with a double leg pin
- Corner throw
- Rice bale throw with 2 variations of finish:  
Spine lock finish (alongside the body)  
Neck lock/choke (astride the body optional)

#### *Groundwork:*

Defences against stamping on the head:

- Front takedown
- Rear takedown

### *Locks and take downs:*

- Swan neck wrist lock and takedown from a grab to the wrist
- A cupping wrist lock into entangled thumb lock

### *Foot and leg techniques:*

- Back kick (target middle)
- Front snap kick (middle)
- Crescent kick (middle)

### *Hand/arm techniques:*

- Uppercut punch
- Travelling back fist
- Ridge hand
- Reverse ridge hand
- Knife hand strike

### *Anatomy:*

Students should display a good knowledge of targets and pressure points.  
All techniques to be performed at correct targets.



# SHIN SEKAI JU-JITSU DOJOS



## 3rd Kyu – Green Belt Syllabus

### Practical:

#### *Throwing Techniques:*

- Crab claw scissors throw
- Outside hock throw - defending from rear choke. Finish with lock
- As above with transition into body drop
- Front double leg throw
- Stomach throw - defending against two punches
- Stomach throw - defending against pushing/rushing
- Major outer reap, finishing with a single arm, arm and shoulder lock
- Wrist throw and lock. Manipulation on the ground, then compliance hold to standing and come along technique

#### *Variations on shoulder throw:*

- Single arm full shoulder with stepping crossover lock
- Collar throw and Gi strangle
- Head throw (dropping)

#### *Groundwork:*

Defence against punches from the mount (ground and pound)

Defence against ground strangles:

- From between legs
- From the mount body
- Pinning the shoulders
- From behind the head
- Alongside the body

### *Escapes from a full nelson:*

- Inside fig 4 dropping throw (to be executed before the lock is fully on).
- Ankle takedown (to be executed from the lock fully on).

### *Defences against kicks to the groin:*

- Using a rear leg sweep
- Using an inside hock throw

### *Foot and leg techniques:*

- Donkey kicks to kidneys/spine
- Reverse roundhouse kick

### *Anatomy:*

Students should display a good knowledge of targets and pressure points.  
All techniques to be performed at correct targets.





# SHIN SEKAI JU-JITSU DOJOS



## 2nd Kyu - Blue Belt Syllabus

### Practical:

#### *Throws:*

- Spring hip throw with a lock hold finish
- Front scoop throw
- Valley drop throw: Defending against punching attack  
Defending against a rear strangle
- Loin or hip wheel
- Thrusting knee wheel with a Gi choke or arm lock finish
- Head and arm throw
- Rotating head throw
- Double arm full shoulder

#### *Escapes from grabs:*

Escapes from grabs over and under arms, from front and rear

Defences against bear hugs, over the arms from each side of the body

#### *Strangles and Locks:*

- Japanese strangle
- Bar choke
- Combined straight arm bar and choke hold

### *Defences against a kick to the body:*

- Inside sweep against a roundhouse kick
- Spinning elbow strike against roundhouse kick
- Outside hock throw against a side kick

### *Defences against Knife attacks*

- From a lunging attack x 2
- From an overhead downward attack x 1

### *Defences against Stick attacks*

- From an overhead downward attack
- From a roundhouse attack

### *Anatomy:*

Students should display a good knowledge of targets and pressure points.  
All techniques to be performed at correct targets.



# SHIN SEKAI JU-JITSU DOJOS



## 1st Kyu – Brown Belt Syllabus

### Practical:

#### *Throwing techniques:*

- Head, hip and knee throw
- Outside winding throw
- Dropping half-shoulder throw
- Rotating wrist throw and pin
- Outer wheel throw
- Standing shoulder wheel
- Dropping shoulder wheel
- Single arm fig 4 lock. Throw and finish
- Reverse hip throw with sleeper hold finish
- Sweeping hip/ loin throw
- Sliding collar strangle and hip throw/wheel combined

#### *Sweeps:*

- Minor inside leg sweep
- Major inside leg sweep

#### *Groundwork:*

- Defences against ground strangles - between the legs x2
- Defences against ground strangles - from the mount x2

### *Escapes:*

- *Escape from head chancery – from the front*
- *Escapes from head chancery – from either side of the body*
- *Escape when held by both wrists from behind*

### *Chokes and strangles:*

- *Neck reinforced naked strangle and arm bar*
- *Palm and forearm strangle from both front and rear*

### *Defences:*

- *Defence against front kick – with a crescent throw*
- *Defence against a roundhouse kick – using a rear scoop*

### *Randori:*

*Empty hand defences against unknown attacks from an unarmed opponent*

*Empty hand defences against unknown attacks from an armed opponent*

### *Additional:*

*Students are required to complete First Aid and Safeguarding qualifications.*