

# Jitsu Canada

# Shorinji Kan Jiu Jitsu

Adult Syllabus: 7<sup>th</sup> & 6<sup>th</sup> Kyu

### **GRADING CONDITIONS**

The student must have trained at least 30 hours over a three-month period between grades up to 5th Kyu.

For 4<sup>th</sup> Kyu, the student must have trained at least 60 hours over a minimum three-month period.

For 3rd, 2nd and 1st *Kyu* students must have a minimum 90 hours over a minimum six-month period between grades and must have attended at least one course during this period.

Any student without a white *gi* with association badge will not be eligible.

Any student with long nails, dirty gi, incorrectly tied belt or wearing jewellery will not be eligible.

Once the *dojo* becomes a grading room there will be no talking, whispering or joking.

Failure to rei to the grading panel when required may result in failure.

Loss of temper or swearing will result in instant failure.

# 7th Kyu (Yellow)

# <u>Waza</u>

*Ukemi: Ukemi-no-kata* (kneeling)

Standing forwards, backwards and sideways rolls (into *kamae*)

Peg-leg break-fall

Atemi: Atemi-no-kata (dangerous parts) to the head, and application

Yoko-geri, Mae-geri

*Kansetsu*: Wrist-lock #1 (*Kote-gaeshi*)

Wrist-lock #2 (*Ura-kote*)
Arm-lock #1 (*Ude-kujiki*)
Arm-lock #2 (*Karada-gatame*)
Restraint #1 (*Yoko-hiza-gatame*)
Restraint #2 (*Yoko-kote-dori*)
Restraint #3 (*Ura-kote*)

*Ne-waza*: Top control, side control, supine control (and escapes from)

Tate-shiho-gatame, Mune-gatame, Kesa-gatame (and counters) Ude-hishigi-ude-gatame, Ude-hishigi-juji-gatame (and counters)

Tsukomi-jime, Okuri-eri-jime (and counters)

Nage-waza: Osoto-gari, Kosoto-gari, Koshi-guruma, O-goshi, De-ashi-harai.

Demonstrate Kuzushi

Randori utilising Osoto-gari, Koshi-guruma and De-ashi-harai only

#### Henka-waza

Arm-lock 2 into wrist-lock 1
Arm-lock 1 into wrist-lock 1
Mune-gatame into Ude-hishigi-ude-gatame
Tate-shiho-gatame into Ude-hishigi-juji-gatame
Osoto-gari into Koshi-guruma
Kosoto-gari into Osoto-gari
Koshi-guruma into Osoto-gari

#### Bunkai

Defence against strangles (front and rear)
Defence against hair grabs (front and rear)
Defence against lapel grab & punch
Defence against punch
Defence against bottle

The student should have good style and control and a basic knowledge of terminology and etiquette.

# 6th Kyu (Orange)

## Waza

All previous syllabus.

*Ukemi*: Over the belt, side drop, off the back, diving over one person

Atemi: Atemi-no-kata (dangerous parts) to the body, and application

Mawashi-geri, Ushiro-geri

*Kansetsu*: Wrist-lock #3 (*Kote-gatame*)

Arm-lock #3 (*Ude-garami*)

Arm-lock #4 (Gyaku-ude-garami)

Restraint #4 (Ashi-gatame)

Restraint #5 (Gyaku-kote-hineri)

Ne-waza: Kuzure-kesa-gatame, Gyaku-kesa-gatame, Kata-gatame, (and counters)

*Ude-garami, Gyaku-ude-garami* (and counters)

*Hadaka-jime, Ryote-jime* (and counters)

Nage-waza: Seoi-otoshi, Seoi-nage, Ouchi-gari, Kouchi-gari, Kosoto-gake,

Osoto-gaeshi, Ushiro-goshi

Randori

# Henka-waza

Kesa-gatame into Kata-gatame
Mune-gatame into Ude-garami
Tate-shiho-gatame into Gyaku-ude-garami
De-ashi-harai into Kosoto-gake
Seoi-nage into Seoi-otoshi
Kouchi-gari into Ouchi-gari

#### Kaeshi-waza

Osoto-gari with Osoto-gaeshi Osoto-gari with Kosoto-gake Kosoto-gari with O-goshi Koshi-guruma with Ushiro-goshi

#### **Bunkai**

Defence against body grabs (front and rear) Defence against kick Defence against cosh