



Jitsu Canada

Shorinji Kan Jiu Jitsu

Youth Syllabus: 7th to 5th Kyu

The written syllabus is intended purely as a guideline to assist you in the early stages of your study of jiu jitsu. Do not take the syllabus as rigid or absolute. The grading panel may ask you to demonstrate anything the panel feels you should know, therefore you should endeavour to learn everything your instructor shows you. Simply learning the techniques listed in the syllabus does not guarantee you will pass a grading. What is most important is not what techniques you know but rather how well you perform them. The awarding of grades is solely at the discretion of the grading panel.

GRADING CONDITIONS

1. The student must have trained at least once weekly for three months between grades up to 4th *Kyu*.
2. For 3rd and 2nd *Kyu* students must have a six-month period between grades.
3. For 1st *Kyu*, students must have a twelve-month period between grades.
4. For junior *Dan*, students must have an eighteen-month period between grades.
5. Any student without a white *gi* with association badge will not be eligible.
6. Any student with long nails, dirty *gi*, incorrectly tied belt or wearing jewellery will not be eligible.
7. Once the *dojo* becomes a grading room there will be no talking, whispering or joking.
8. Failure to *rei* to the grading panel when required may result in failure.
9. Loss of temper or swearing will result in instant failure.

Junior 7th Kyu (White / Yellow Stripe)

Waza

Ukemi: *Ukemi-no-kata* (kneeling)
Standing forwards, backwards and sideways rolls (into *kamae*)
Atemi: Lunge punch, reverse punch, back fist, palm strike.
Ne-waza: Top control, side control, supine control (and escapes from)
Nage-waza: *Osoto-gari, Kosoto-gari, De-ashi-harai.*
Demonstrate *Kuzushi*
Randori utilising *Osoto-gari* and *De-ashi-harai* only
~ ~ ~ ~ ~

Henka-waza

Kosoto-gari into *Osoto-gari*

Bunkai

Defence against punch

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

Junior 6th Kyu (Yellow / White Stripe)

All previous syllabus.

Waza

Ukemi: peg-leg break-fall.
Atemi: *Yoko-geri, Mae-geri.*
Ne-waza: *Kesa-gatame, Mune-gatame, Tate-shiho-gatame (& counters).*
Nage-waza: *Koshi-guruma, O-goshi.*
Randori utilising *Osoto-gari, Koshi-guruma* and *De-ashi-harai* only
~ ~ ~ ~ ~

Henka-waza

Tate-shiho-gatame into *Mune-gatame*
Mune-gatame into *Tate-shiho-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 bottle

Junior 5th Kyu (Orange / White Stripe)

Waza

All previous syllabus.

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

Atemi: *Mawashi-geri, Ushiro-geri*

Ne-waza: *Kuzure-kesa-gatame, Gyaku-kesa-gatame, Kata-gatame, (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*

*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