



# Jitsu Canada

## *Shorinji Kan Jiu Jitsu*

### Junior Student Curriculum

(Ages 8 to 12 years)

This syllabus is optional at the discretion of the club instructor, for youth of this age group. Where this is not practical, club instructors may opt to use the youth syllabus for all students under 18 years.

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 3<sup>rd</sup> *Kyu*.
2. For 2<sup>nd</sup> *Kyu* & 1<sup>st</sup> *Kyu* students must have trained at least once weekly for six months between grades.
3. Any student without a white *gi* with association badge will not be eligible.
4. Any student with long nails, dirty *gi*, incorrectly tied belt or wearing jewellery will not be eligible.
5. Once the *dojo* becomes a grading room there will be no talking, whispering or joking.
6. Lack of discipline or failure to adhere to *dojo* etiquette may result in failure.
7. Loss of temper or swearing will result in instant failure.

**Junior 6th Kyu (White / Yellow Stripe)**

**Waza**

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

*Atemi:* Lunge punch, Reverse punch, Hook punch, Palm heel, Knife hand, Back fist

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

*Nage-waza:* *Osoto-gari*  
Demonstrate *Kuzushi*

~ ~

**Bunkai**

Defence against punch

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

## Junior 5th Kyu (White / Orange Stripe)

All previous syllabus.

### Waza

*Ukemi:* Standing sideways rolls (into *kamae*). peg-leg break-fall.

*Atemi:* Elbow (horizontal), *Mae-geri*.

*Ne-waza:* *Kesa-gatame*, *Mune-gatame*, *Tate-shiho-gatame* (& counters).

*Nage-waza:* *Kosoto-gari*, *De-ashi-harai*

*Randori* utilising *Osoto-gari* and *De-ashi-harai* only

~~~~~

### Bunkai

Defence against strangles (front and rear)

Defence against hair grabs (front and rear)

Defence against lapel grab & punch

Defence against bottle

## Junior 4th Kyu (White / Green Stripe)

### Waza

All previous syllabus.

*Ukemi:* Standing forwards and backwards rolls (into *kamae*)  
Over the belt, side drop

*Atemi:* Hammer fist, Elbow (vertical), Knee  
*Mawashi-geri*

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

*Nage-waza:* *Koshi-guruma, O-goshi, Kouchi-gari, Kosoto-gake*  
*Randori*

~~~~~

### Bunkai

Defence against body grabs (front and rear)

Defence against kick

Defence against cosh

## Junior 3rd Kyu (White / Purple Stripe)

### Waza

All previous syllabus.

*Ukemi:* Off the back, diving over one person.  
Judo rolls, aikido-rolls, wrong footed rolls, rolls into alternative stances

*Atemi:* Upper-cut, Elbow (rear)  
*Yoko-geri, Ushiro-geri*

*Ne-waza:* *Kami-shiho-gatame, Yoko-shiho-gatame*

*Nage-waza:* *Seoi-otoshi, Seoi-nage, Ouchi-gari, Morote-gari, Kuchiki-taoshi, Kibisu-gaeshi, Daki-age.*

~~~~~

### Bunkai

Defence against wrist grabs  
Defence on the ground

The student will have full knowledge of terminology and style history.

**Junior 2nd Kyu (White / Blue Stripe)**

**Waza**

All previous syllabus.

*Ukemi:* Drop

*Nage-waza:* *Uki-goshi, Hane-goshi, Harai-goshi, Yoko-otoshi, Tani-otoshi*

~~~~~

**Bunkai**

Defence against boxing style attacks

