

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^{rd} Kyu.
- 2. For 2nd Kyu & 1st 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

<u>Bunkai</u>

Defence against boxing style attacks

Junior 1st Kyu (White / Brown Stripe)

Waza

All previous syllabus.

Ukemi: Hand-stand break-fall

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

Arm-lock #1 (*Ude-kujiki*)

Restraint #1 (Yoko-hiza-gatame)

Ne-waza: Ude-hishigi-ude-gatame, Ude-hishigi-juji-gatame, Ude-garami,

Gyaku-ude-garami (and counters)

Nage-waza: Tsurikomi-goshi, Ganseki-otoshi, Osoto-guruma, Sukui-nage, Hikkomi-gaeshi,

Ouchi-gaeshi, Kouchi-gaeshi

Nage-no-kata: Koshi-waza

Henka-waza

Kosoto-gari into Osoto-gari Osoto-gari into Koshi-guruma De-ashi-harai into Kosoto-gake

Kaeshi-waza

Osoto-gari with Osoto-gaeshi

<u>Bunkai</u>

Defence against side head-lock & punch Defence against 'clinch', 'full-nelson' & 'half-nelson' holds Defence against various forms of kicks and strikes Defence against two unarmed attackers

Transition to youth grades.

Upon transitioning into the youth program, students holding junior grades will continue to wear their junior belt until the date of their next grading. The club instructor, in consultation with the grading panel, will determine which youth grade is appropriate for the student to challenge.