



Jitsu Canada

Shorinji Kan Jiu Jitsu

Little Samurai Curriculum

(Ages 5 to 8 years)

The written syllabus is intended purely as a guideline to assist you in the early stages of your study of jiu jitsu. What is most important is not what techniques you know but rather how well you perform them. The awarding of stripes is solely at the discretion of the *sensei*.

PROMOTION CONDITIONS FOR BELT STRIPES

1. The length of time for progressing between stripes will vary by individual.
2. The *sensei* will determine when a student has earned their next stripe.
3. Any student without a white *gi* with association badge will not be eligible for stripe promotion.
4. Lack of discipline, loss of temper or swearing will delay progression through the stripes.

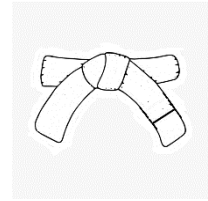
Little Samurai 1st Stripe

Dojo Etiquette

Terminology – *sensei, hajime, yamae*

Standing *rei* when entering & leaving the mat

Reiho – correct performance of opening & closing ceremony, stances & bows



Warm-up / cool-down exercises

Basic ability to complete warm-up and cool-down exercises including jumping jacks, push-ups, sit-ups and stretches.

Waza

Ukemi: Kneeling sideways & forwards roll, standing sideways roll

Atemi: Palm heel, lunge punch and reverse punch

Ne-waza: *Kesa-gatame, Mune-gatame & Tate-shiho-gatame* and counters

Nage-waza: *Osoto-gari*

Bunkai

Basic defence against wrist grab and lapel grab (sit down & resist technique)

Defence against lapel grab using *Osoto-gari*

Little Samurai 2nd Stripe

Waza

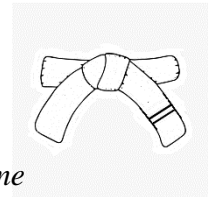
Ukemi: Standing forwards roll, kneeling & standing backwards roll

Atemi: Hook punch, knife hand, back fist, *Mae-geri*

Ne-waza: Transitioning between *Kesa-gatame, Mune-gatame & Tate-shiho-gatame*

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

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



Bunkai

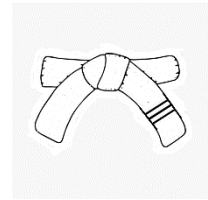
Defence against hair grabs (front and rear)

Defence against lapel grab & punch

Little Samurai 3rd Stripe

Waza

Ukemi: *Ukemi-no-kata* (kneeling), peg-leg break-fall
Atemi: Hammer fist, reverse elbow strike to solar plexus, *Yoko-geri*
Ne-waza: *Kuzure-kesa-gatame*, *Gyaku-kesa-gatame* (and counters)
Nage-waza: *Kouchi-gari*, *Kosoto-gake*



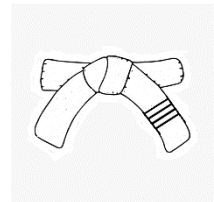
Bunkai

Defence against punch using throws
Defence against wrist grabs using wrist releases

Little Samurai 4th Stripe

Waza

Ukemi: Over the belt, side drop
Atemi: *Mawashi-geri*
Ne-waza *Yoko-shiho-gatame*, *Kami-shiho-gatame* (and counters)
Nage-waza: *Koshi-guruma*, *O-goshi*
Randori



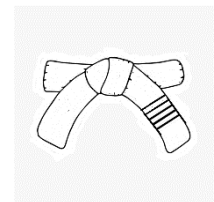
Bunkai

Defence against body grabs (front and rear)
Defence against kick
Defence against punch on the ground

Little Samurai 5th Stripe

Waza

Ukemi: Diving over one person, off-backwards
Atemi: *Ushiro-geri*
Ne-waza: Use of guard and guard-passing
Nage-waza: *Morote-gari*, *Kibusi-gaeshi*, *Ouchi-gari*



Bunkai

Defence against strangles.

Transition to junior grades.

Upon transitioning into the junior program, students will continue to wear their Little Samurai belt until the date of their first grading (this will differentiate them from novices), where they will grade for the appropriate junior grade based upon the instructor's recommendation.