



# Jitsu Canada

## *Shorinji Kan Jiu Jitsu*

# Youth Student Curriculum

(Ages 12 to 17 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 4<sup>th</sup> *Kyu*.
2. For 3<sup>rd</sup> and 2<sup>nd</sup> *Kyu* students must have a six-month period between grades.
3. For 1<sup>st</sup> *Kyu*, students must have a twelve-month period between grades.
4. For youth *Shodan-ho*, 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. Lack of discipline or failure to adhere to *dojo* etiquette may result in failure.
9. Loss of temper or swearing will result in instant failure.

















## Transition to adult grades.

All students under 18 years of age will grade for youth grades..

All students aged 18 years and older will grade for adult grades.

Upon turning 18, students holding youth grades will continue to wear their youth belt until the date of their next grading, where they will grade for an adult rank.

### Youth grade held

### Will grade for

Yellow / white	➔	Orange
Orange / white	➔	Green
Green / white	➔	Purple
Purple / white	➔	Light Blue
Blue / white	➔	Dark blue
Brown / white	➔	Brown
Black / white	➔	Black (Shodan)