

# *Down Community JuJitsu Clubs*





# White Belt

Techniques in **Bold** are senior syllabus techniques & should not be practiced by the junior section

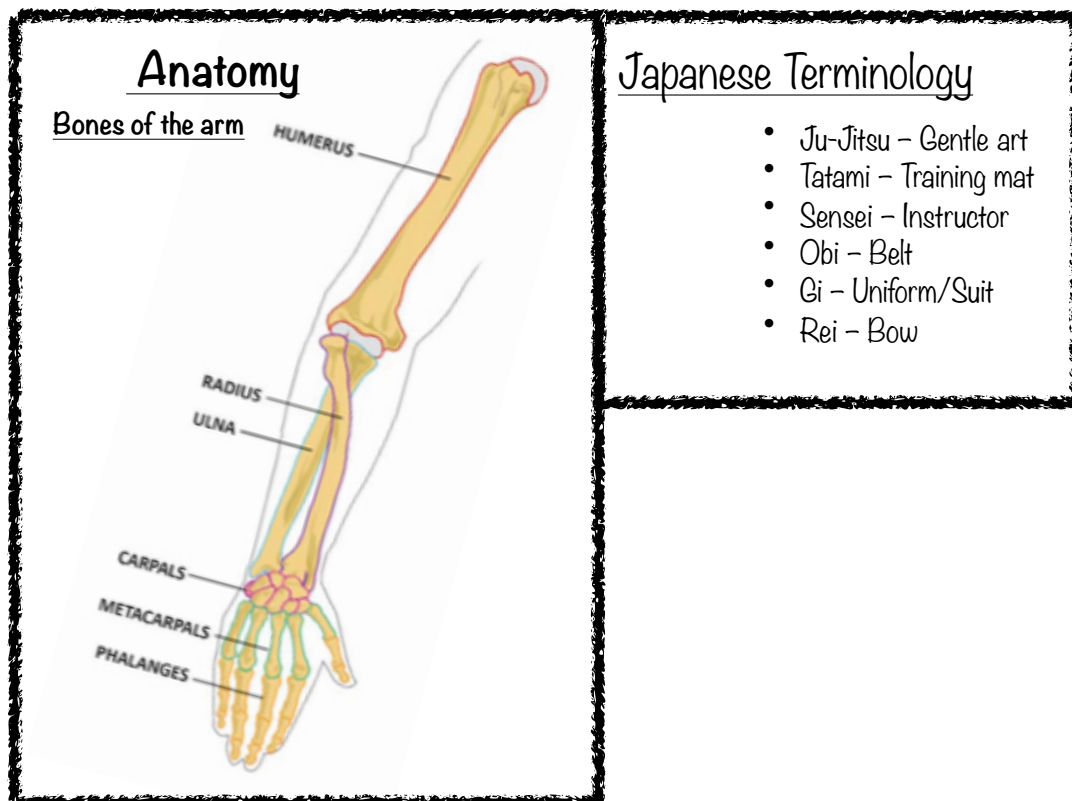
White Belt

1. Mat etiquette
2. Tying of an obi
3. Breakfalls
  - a. Forward rolling
  - b. Back
  - c. Side breakfalls (both sides)
4. Escapes against front strangles (2) **(4)**
5. Escapes against back strangles (2) **(4)**
6. Kicks
  - a. Front snap kicks (both sides)
  - b. Round house kicks (both sides)
  - c. Side snap kicks (both sides)
7. Basic blocking and striking techniques (8)
  - a. X Block to front snap kick
  - b. Upward rising blocks to punch (both sides)
  - c. Outside forearm blocks to punch (both sides)
  - d. Downward blocks to punch (both sides)
  - e. Downward X block to left and right punch
8. **Hip throw with strikes**
9. **Recumbent ankle throw**
10. **Pad work drills**
  - a. **Jab**
  - b. **Jab-Cross**
  - c. **Jab-Cross-Hook**
  - d. **Jab-Cross-Hook-Cross**
11. **Ground work (Kata of Positions & Transition)**
  - a. **Mount**
  - b. **Side Mount**
  - c. **Scarf Hold**
  - d. **North/South**
  - e. **Side Mount**
  - f. **Half Guard**
  - g. **Full Guard**

# White Belt

## Anatomy & Japanese Terminology

White Belt



### Notes



# Yellow Belt

Techniques in **Bold** are senior syllabus techniques & should not be practiced by the junior section

Yellow Belt

1. Breakfalls
  - a. Front
  - b. Back rolling
  - c. Front (& side)
2. Hip throw
  - a. Crossover arm lock
  - b. **Shoulder arm lock**
3. Defences against kicks to the head whilst on the ground (2)(4)
4. Shoulder lock from (a) Punch to stomach (b) **Punch to head**
5. X Block, knee to stomach, elbow to back of head
6. Cross block, back fist, knife hand to neck, knee, elbow to back of head
7. Straight arm lock(a) Punch to stomach (b) **Punch to head**
8. Shoulder arm Lock (a) Punch to head
9. Variations on kicking, to include kicking combination
  - a. Front snap kick to side snap kick
  - b. Front kick to round house kick
  - c. Double round house kick
10. Escapes from ground strangles (2)(3)
11. Escapes from hair grabs (2)(3)
12. **Arm locks from a standing position (3)**
13. **Wrist throw from push**
14. **Wrist throw from punch**
15. **Ground work** (escape drill: mount-guard-side mount-mount)
16. **Pad work drills**
  - a) **Jab**
  - b) **Jab-Cross**
  - c) **Jab-Cross-Hook**
  - d) **Jab-Cross-Hook-Cross**

# Yellow Belt

## Anatomy & Japanese Terminology

Yellow Belt

### Anatomy

Bones of the leg



### Japanese Terminology

- Ate - Attack
- Bu-Jitsu - Martial arts
- Geri - Kick
- Dojo - Training hall

### Notes



# Orange Belt

Techniques in **Bold** are senior syllabus techniques & should not be practiced by the junior section

Orange Belt

1. Half shoulder throw (Left and right hand throws)
2. Body drop throw (Left and right hand throws)
3. Stamp throw
4. Leg throw & lock (1)(2)
5. Rice bale throw
6. Back hammer lock (Left and right hand)
7. Wrist locks from a standing position (2)
  - a) From lapel grab
  - b) From a punch to bent wrist lock
8. Outside hock throw (Left and right hand throws)
9. Inside hock throw (Left and right hand throws)
10. Hold down with double arm lock (From hip throw)
11. **All straight throws**
12. **Drawing ankle throw from a step through punch**
13. **Dropping full shoulder from a rear grab around throat**
14. **Ground work** (2 arm locks from mount) (Key lock, Kimura)
15. **Pad work drills**
  - a. Jab-Uppercut
  - b. Jab-Cross-Uppercut
  - c. Jab-Cross-Hook-Uppercut
  - d. Jab-Cross-Hook-Cross-Uppercut

## Straight Throws

Students will perform all straight throws from previous belts and throws from current belt that they have been taught. This will be in every belt from here on.

## Straight throws

- Hip Throw
- Recumbent Ankle Throw
- Wrist Throw
- Half Shoulder
- Body Drop
- Stamp Throw
- Leg Throw
- Rice Bale Throw
- Outside Hock Throw



# Orange Belt

## Anatomy & Japanese Terminology

Orange Belt

### Miscellaneous Anatomy

206 bones in an adult human body

Average brain weighs 1/50 of overall body weight (approx. 3LB)

28 bones in the head

33 bones in the spine

6 to 8 pints of blood in average human body

Scapula - Shoulder blade

Clavicle - Collar bone

### Japanese Terminology

Wooden training sword - Boken

Knife - Tanto

Wooden batons/night sticks - Tonfa

Rice flails - Nunchaku

Wooden staff - Bo

Metal sword - Katana

Sickles/threshing blades- Kama

## Notes



# Green Belt

Green Belt

Techniques in **Bold** are senior syllabus techniques & should not be practiced by the junior section  
**Adult students should attempt different locks, holds and strikes from their throws.**

1. Knee wheel throw (**Left and right hand throws**)
2. Spinning back kick (With partner for target & with pad for power)
3. Bear hug escapes (2 underarm, from front & back)
4. Floating full shoulder throw
5. Full nelson escape(s) (1)(**2**)
6. Half nelson escape(s) (1)(**2**)
7. Front scissors throw
8. Crab claw scissors throw
9. Basic atemi strikes (10) (kicks and punches, both students in fighting stance)
10. Novice blocking kata
11. **All straight throws**
12. **Kicking kata**
13. **Bar choke (4)** (2 with gi, 2 without gi)
14. **Variations on chokes & strangles (6)**
15. **Ground work** (Counters to both armlocks from orange belt)
16. **Pad work drills**
  - a. **Jab-Hook**
  - b. **Jab-Cross-Hook**
  - c. **Jab-Cross-Hook-Hook**
  - d. **Jab-Cross-Hook-Cross-Hook**

## **Straight throws**

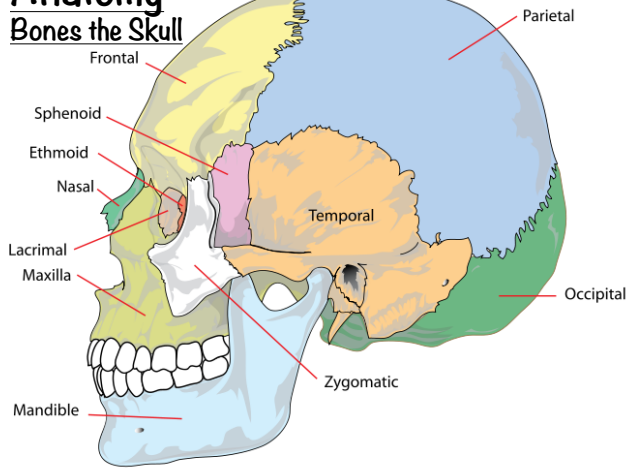
- Hip Throw
- Recumbent Ankle Throw
- Wrist Throw
- Half Shoulder
- Body Drop
- Stamp Throw
- Leg Throw
- Rice Bale Throw
- Outside Hock Throw
- Inside Hock Throw
- Knee Wheel Throw
- Floating Full Shoulder Throw
- Front Scissors Throw

# Green Belt

## Anatomy & Japanese Terminology

Green Belt

### Anatomy Bones the Skull



### Japanese Terminology

- Hidari - Left
- Meji - Right
- Ritsu rei - Standing bow
- Za rei - Kneeling bow
- Tzuki - Punch

### Notes



# Blue/White Belt

Techniques in **Bold** are senior syllabus techniques & should not be practiced by the junior section  
**Adult students should attempt different locks, holds and strikes from their throws.**

Blue/White Belt

1. Escapes from side head chancery (3)
2. Escapes from front head chancery (2)
3. Spring hip throw
4. Front scoop throw
5. Rear scoop throw
6. Dropping body drop
7. Breaking ground strangles (2)(4)
8. Indian crossover leg lock
9. Outer hook throw (Left and right hand throws)
10. Outside forearm block, elbow to ribs & back fist
11. **All straight throws**
12. **Scissors & naked choke hold**
13. **Ground work** (Push sweep & scissor sweep from guard)
14. **Pad work drills**

- a. **Jab-Round House Kick**
- b. **Jab-Cross-Round House Kick**
- c. **Jab-Cross-Hook-Round Rouse Kick**
- d. **Jab-Cross-Hook-Cross-Round House Kick**

## 15. Pad work kicks

- a. **Front snap kicks**
- b. **Round house kicks**
- c. **Back kicks**
- d. **Scissor kicks**
- e. **Jumping roundhouse kick**
- f. **Combination kicks**
- g. **Combination kicks and punches**

### **Straight throws**

- Hip Throw
- Recumbent Ankle Throw
- Wrist Throw
- Half Shoulder
- Body Drop
- Stamp Throw
- Leg Throw
- Rice Bale Throw
- Outside Hock Throw
- Inside Hock Throw
- Knee Wheel Throw
- Floating Full Shoulder Throw
- Front Scissors Throw
- Spring Hip Throw
- Front Scoop Throw
- Rear Scoop Throw
- Dropping Body Drop
- Outer Hook Throw

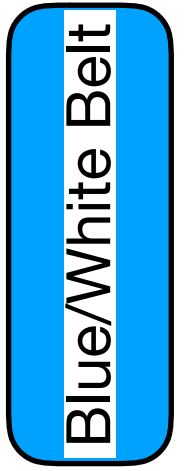


# Blue/White Belt

## Anatomy & Japanese Terminology

All past anatomy and Japanese terminology needs to be revised for this grading.

### Notes





# Blue Belt

Blue Belt

Techniques in **Bold** are senior syllabus techniques & should not be practiced by the junior section  
**Adult students should attempt different locks, holds and strikes from their throws.**

1. Loin or hip wheel throw
2. Variations of hold downs (from rear double leg take down) **(5)(10)**
3. Bear hug escapes (2 over arm, from front & back)
4. Sweeping loin throw(s) **(1)(2)** (defending) **(attacking)**
5. Developing of basic blocking techniques
6. Shoulder arm lock from collar grab to rear & punch to head
7. Escape from head chancery on ground
8. Counter to straight arm locks **(2)(3)**
9. Reclining leg throw with strikes
10. Wrist locks **(2)** (From wrist grab x2, from goose neck block to S-lock)
11. Knife hand to neck with kick to solar plexus
  - a. From forearm block
  - b. From cross block
12. Nunchuck (strikes)
  - a. Vertical single swing – left and right
  - b. Foot return
  - c. Lower back return
  - d. Underarm catch
  - e. Upward catch
  - f. Double vertical swing
  - g. Figure 8
13. Jo kata
14. **All straight throws**
15. **Stance kata**
16. **Escapes from garrottes (4)**
17. **Sleeper holds (3)**
18. **Defence against knife attacks (5)**
19. **Sparring**
20. **Ground work**
  - a. **Armbar from guard**
  - b. **Kimura armlock from failed armbar from guard**
21. **Pad work drills**
  - a. **Jab-Hook-Uppercut-Cross**
  - b. **Jab-Cross-Hook-Uppercut-Cross**
  - c. **Jab-Cross-Hook-Hook-Uppercut-Cross**
  - d. **Jab-Cross-Hook-Cross-Hook-Uppercut-Cross**

## Straight throws

- Hip Throw
- Recumbent Ankle Throw
- Wrist Throw
- Half Shoulder
- Body Drop
- Stamp Throw
- Leg Throw
- Rice Bale Throw
- Outside Hock Throw
- Inside Hock Throw
- Knee Wheel Throw
- Floating Full Shoulder Throw
- Front Scissors Throw
- Spring Hip Throw
- Front Scoop Throw
- Rear Scoop Throw
- Dropping Body Drop
- Outer Hook Throw
- Loin or Hip Wheel Throw
- Sweeping Loin Throw
- Reclining Leg Throw

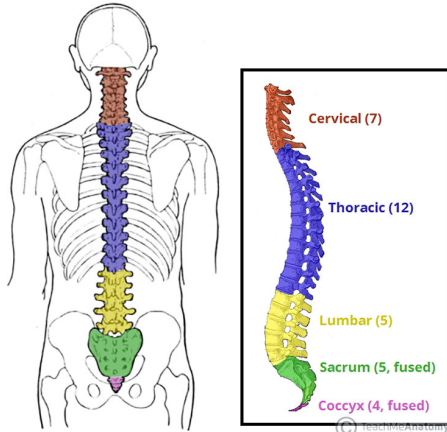
# Blue Belt

## Anatomy & Japanese Terminology

Blue Belt

All past anatomy and Japanese terminology needs to be revised for this grading.

### Anatomy – Bones of the Spine



### Japanese Terminology

Co-ordination of body and mind - Aikido

Attack vitals - Ate waza

Martial way - Budo

One point - Ippon

### Notes



# Purple Belt

Purple Belt

Techniques in **Bold** are senior syllabus techniques & should not be practiced by the junior section  
**Adult students should attempt different locks, holds and strikes from their throws.**

1. Straight throws (5)(**list below**)
2. Head, hip & knee throw
3. Valley drop throw
4. Counter to a back arm & collar grab (3)
5. Downward block with punch to head into back hammer lock
6. Front kick followed by a side snap kick (1)(**3**)
7. Basic holding techniques (3)(**6**)
8. Outer winding throw
9. Inner winding throw
10. Reverse dropping body drop
11. Outside block, roundhouse kick to solar plexus into wrist lock & throw
12. Sparring (3 min rounds)
13. **Full shoulder throw**
14. **Counter to a bar choke technique (3)**
15. **Stick techniques (6)**
16. **Tonfa kata**
17. **Ground work (4 chokes from guard)**
  - a. Guillotine choke
  - b. Cross collar choke
  - c. Bar choke
  - d. Pull gi and place fist at carotid artery choke
18. **Pad work drills**
  - a. Jab-Hook-Knee
  - b. Jab-Cross-Hook-Knee
  - c. Jab-Cross-Hook-Hook-Knee
  - d. Jab-Cross-Hook-Cross-Hook-Knee

## Straight throws

- Hip Throw
- Recumbent Ankle Throw
- Wrist Throw
- Half Shoulder
- Body Drop
- Stamp Throw
- Leg Throw
- Rice Bale Throw
- Outside Hock Throw
- Inside Hock Throw
- Knee Wheel Throw
- Floating Full Shoulder Throw
- Front Scissors Throw
- Spring Hip Throw
- Front Scoop Throw
- Rear Scoop Throw
- Dropping Body Drop
- Outer Hook Throw
- Loin or Hip Wheel Throw
- Sweeping Loin Throw
- Reclining Leg Throw
- Head, Hip & Knee Throw
- Shoulder Wheel Throw
- Valley Drop Throw
- Full Shoulder Throw
- Reverse Dropping Body Drop

# Purple Belt

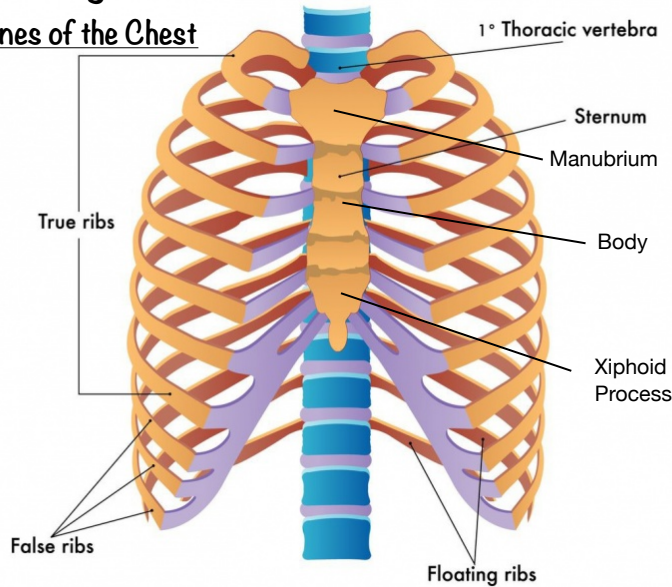
## Anatomy & Japanese Terminology

All past anatomy and Japanese terminology needs to be revised for this grading.

Purple Belt

### Anatomy

#### Bones of the Chest



#### Anatomy: Bones of the Chest

Sternum – Chest Bone in 3 parts

Top - Manubrium

Middle - Body

Bottom - Xiphoid process

12 Pair of ribs

7 True ribs

3 False ribs

2 Floating ribs

### Japanese Terminology

Side- Yoko

Rank below dan grade- Kyu

Old name of Ju Jitsu- Yawara

Rear- Ushira

Abdomen- Tanden

Contest- Shiai

## Notes



Since 1999

Techniques in **Bold** are senior syllabus techniques & should not be practiced by the junior section  
**Adult students should attempt different locks, holds and strikes from their throws.**

# Brown/White Belt

Brown/White Belt

1. Straight throws (10)(**list below**)
2. Wedge blocks (4)
3. Defence against attacks from the rear (6)
4. Shoulder wheel throw
5. Three different blocks using the same arm
6. Lapel throw
7. Variations on leg sweeps (5 front & 5 rear)
8. Shoulder dislocations (6)
9. Arm & shoulder throw with wrist & shoulder lock
10. Defence against two attackers (2)
11. Sparring (3 min rounds)
12. **Double leg take down** (front and rear)
13. **Nunchuck kata**
14. **Ground work**
  - a. Knee bar from guard
  - b. Leg lock from guard

## 15. **Pad work drills**

Working on all past pad work drills and personal development

### **Straight throws**

- Hip Throw
- Recumbent Ankle Throw
- Wrist Throw
- Half Shoulder
- Body Drop
- Stamp Throw
- Leg Throw
- Rice Bale Throw
- Outside Hock Throw
- Inside Hock Throw
- Knee Wheel Throw
- Floating Full Shoulder Throw
- Front Scissors Throw
- Spring Hip Throw
- Front Scoop Throw
- Rear Scoop Throw
- Dropping Body Drop
- Outer Hook Throw
- Loin or Hip Wheel Throw
- Sweeping Loin Throw
- Reclining Leg Throw
- Head, Hip & Knee Throw
- Shoulder Wheel Throw
- Valley Drop Throw
- Full Shoulder Throw
- Reverse Dropping Body Drop
- Shoulder Wheel Throw
- Arm & Shoulder Throw
- Double Leg Take Down



# Brown/White Belt

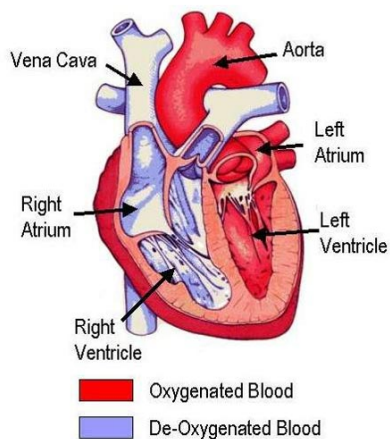
## Anatomy & Japanese Terminology

Brown/White Belt

All past anatomy and Japanese terminology needs to be revised for this grading.

### Anatomy

The Human Heart



### Japanese Terminology

- Iai Jutsu – Live blade art
- Iaido – Way of the live blade
- Hantei – Decision
- Karate – Empty hand art
- Kendo – Sport sword art
- Kumite – Free style sparring

### Notes



# Brown Belt

Techniques in **Bold** are senior syllabus techniques & should not be practiced by the junior section  
**Adult students should attempt different locks, holds and strikes from their throws.**

Brown Belt

1. Straight throws (15)(**list below**)
2. Rolling ankle throw
3. Corner throw
4. Rear throw(s) (1)(**2**)
5. Cross ankle throw
6. Leg wheel
7. Ways of throwing from behind (6)
8. Escapes from double wrist grabs from behind (3)
9. One handed throws (5)
10. First blocking kata
11. Defence against three attackers (2)
12. Sparring (3 min rounds)
13. **Bokken drills (4x2 man)**
14. **Outer wheel**
15. **Variations on stomach throws (4)**
16. **Nerve and pressure points of the body**
17. **Shoulder crash throw** (from a fireman's lift)
18. **Ground work**
  - a. Triangle choke (2)
  - b. Escape from failed triangle choke
19. **Pad work drills**

Working on all past pad work drills and personal development

## Straight throws

- Hip Throw
- Recumbent Ankle Throw
- Wrist Throw
- Half Shoulder
- Body Drop
- Stamp Throw
- Leg Throw
- Rice Bale Throw
- Outside Hock Throw
- Inside Hock Throw
- Knee Wheel Throw
- Floating Full Shoulder Throw
- Front Scissors Throw
- Spring Hip Throw
- Front Scoop Throw
- Rear Scoop Throw
- Dropping Body Drop
- Outer Hook Throw
- Loin or Hip Wheel Throw
- Sweeping Loin Throw
- Reclining Leg Throw
- Head, Hip & Knee Throw
- Shoulder Wheel Throw
- Valley Drop Throw
- Full Shoulder Throw
- Reverse Dropping Body Drop
- Shoulder Wheel Throw
- Arm & Shoulder Throw
- Double Leg Take Down
- Rolling Ankle Throw
- Corner Throw
- Rear Throw
- Cross Ankle Throw
- Leg Wheel
- Outer Wheel
- Stomach Throw
- Shoulder Crash Throw



# Brown Belt

## Anatomy & Japanese Terminology

Brown Belt

All past anatomy and Japanese terminology needs to be revised for this grading.

### Pressure Points

1. Temporal artery – in front of ear or above and to outer side of eye.
2. Facial artery – at lower margin of lower jawbone on a line with corners of mouth and in a groove in mandible.
3. Common carotid artery – large anterior edge at level of lower margin of thyroid cartilage.
4. Subclavian artery – behind mesial third of clavicle pressing against first rib.
5. Brachial artery – few inches above elbow on inside of arm pressing against humerus.
6. Femoral artery – in middle of groin where artery passes over pelvic bone.

### Notes