

SEN RAN JU JITSU KAI - GRADING SYLLABUS

8th Kyu - Red Belt

Dojo etiquette.

Ukemi (breakfalls) - front, side, rear and rolling.

Escapes from **wrist holds** - front and rear - one or both wrists held - one or two handed attack - same side and cross grip - plain or inverted grip.

Ne Waza - **Kuzure Kesa Gatame into Mune Gatame** (side control). **Juji Gatame**. **Hadaka Jime**

7th Kyu - Yellow Belt

All previous grade syllabus.

Escapes from **strangulations** – front finger, rear finger, and Hadaka-Jime (forearm bar.)

Escapes from **bear hugs** - front, side and rear. Arms free and pinned.

Ne Waza - **Kami Shiho Gatame into Ushiro Kesa Gatame**. **Passing the guard**. **How to stand up**.

6th Kyu - Orange Belt

All previous grade syllabus.

Simple "**block and blow**" defenses against a **straight punch to the face** – minimum of 5 defenses - including inside and outside blocks.

Defenses against a **hook punch** and a **cosh attack**.

Defenses against **kick attacks**.

Defenses against **head chancery's** - front and rear, and against **full nelsons** and **half nelsons**.

Ne Waza - **Kami Shiho Gatame into Mune Gatame**. **Guillotine choke**.

5th Kyu - Green Belt

All previous grade syllabus.

Escapes from **lapel holds** - one handed, with or without punch. Two handed, with or without head butt.

Defenses against **rear shoulder grabs** - one handed, cross Grip, with and without punch.

One handed, same side, without punch. Two handed.

Defenses against **hair grabs** - front and rear.

Ne Waza - **Nami, Kata** or **Gyaku Juji Jime** (show 2). Escape from **front mount**.

Student knowledge – Name an important point to watch out for during an escape from the front mount?"
What control positions in groundwork are the best to aim for and why?

4th Kyu - Purple Belt

All previous grade syllabus.

Defenses against a **straight punch to the face**, (minimum of 5 simple techniques.)

Defenses against **low punch to the stomach**, (minimum of 5 simple techniques.)

Defenses incorporating **throwing techniques**, (minimum of 5 techniques.)

Uke-no-kata.

Ne Waza - **Mune Gatame into Tate Shiho Gatame** (mount). Submission from **front mount & rear mount**. **Ude Garame**.

3rd Kyu - Blue Belt

All previous grade syllabus using **combination techniques** - blocks, blows, throws, kicks, nerve point attacks, immobilizations and standing controls.

Ne Waza - **Broken Kesa Gatame into Tate Shiho Gatame**. **San Gakyu Jime** (triangle choke) from the guard.

2nd Kyu - Brown Belt

All previous grade syllabus.

Defenses against **knife attacks** – downward - thrusting stabs - slashing - "hold-up" attacks.

Defenses against **two-man attacks** - one holding, one attacking.

Ne Waza - **Kami Shiho Gatame into Tate Shiho**. Submission from **guard** (minimum of 2).

1st Kyu - Brown Belt, one red tag

All previous grade syllabus.

Defenses against **"hold-up" pistol attacks** - front and rear.

Defenses against **three-man attacks** - two holding, one attacking.

Defense against **line up** - Minimum of five attackers.

Embu of five attacks each.

Ne Waza - **Ankle lock**. **Heel hook**. **Knee bar**. **Okuri Eri Jime**.

Ne Waza Kumite – against a minimum of 2 different opponents.