



Tokushima Budo Council

International

Jujutsu Syllabus

Junior Jujutsu Syllabus



6th Kyu 1 Red

Zuzushi	Breaking Balance 2 Directions
Ushiro Ukemi	Back Break Fall
Yoko Ukemi	Side Breakfall
Zenkutsu Dachi	Forward Fighting Stance
Chudan Oi Zuki	Single Punch To Stomach
Kiai	Spirit Shout
Mae Geri	Front Kick
Osoto Gari	Major Outer Reaping
Hon Kesa Gatame	Scarf Hold Down

6th Kyu 2 Red

Ayumi Ashi	Foot Work - Natural Walking
Tsugi Ashi	Foot Work - Foot Following
Kaiten Ukemi	Rolling Break Fall
Kokutsu Dachi	Back Stance
Mawashi Geri	Round House Kick
Gedan Bari	Low Sweeping Block
Gyaku Tsuki	Reverse Punch
Osoto Guruma	Major Outer Wheel
Mune Gutame	Chest Hold Down
Ushiro Ude Garami	Rear Arm Entanglement

6th Kyu 3 Red

Tai-Sabaki	Body Movement 2 Directions
Mae Otoshi Ukemi	Front Drop Break Fall
Ushiro Zenpo Ukemi	Rear Rolling Break Fall
Neko Ashi Dachi	Cat Stance
Oi Zuki/Gyaku Tsuki	Lung/Reverse Punch
Age Uke	Rising Block
Yoko Geri	Side Kick
Ogoshi	Hip Throw
Kata Gatame	Shoulder Hold Down

5th Kyu

Gedan Bari/Gyaku Tsuki	Low Block/Reverse Punch
Uchi Uke	Inside Block
Soto Uke	Outside Block
Yoko Ke-Komi Geri	Side Thrust Kick
Yoko Geri Ke-Age	Side Snap Kick
Ippon Seonage	Shoulder Throw
Ude Osae	Ikkyo (Cradling The Baby)
Yoko Shiho Gatame	Side Four Quarter
Heidan Shodan	First Half Of 1st Kata

Level One Japanese Terminology

Ichi-One

Ni-Two

San-Three

Shi-Four

Go-Five

Roku-Six

ShiChi-Seven

Hachi-Eight

Kyu-Nine

Ju-Ten

5th Kyu 1 Red

Shuto Uchi	Knife Hand Strike
Kizami Tsuki/Gyaku Tsuki	Jab/Reverse Punch
Tobi Mae Geri	Jumping Front Kick
Mae/Yoko Geri	Front/Side Kick Combination Lead Leg
Koshiguruma	Hip Wheel
Kote Mawashi	Nikkyo 2nd Control
Kami Shiho Gatame	Upper 4 Directional Hold Down
Heidan Shodan	Full Kata

5th Kyu 2 Red

Juji Uke	Cross Block
Tetsui Uchi	Hammer Fist Strike
Gyaku Mawashi Geri	Reverse Roundhouse Kick
Ushiro Geri	Back Kick
Ouchi Gari	Major Inner Reaping
Kote Hinari	Sankyo--3rd Principle
Ude Hishigi Juji Gatame	Arm Crush Cross Arm Lock
Kaeshi Waza	Counter Kesa/Mune Gatame
Heidan Nidan	First Half Of Second Kata

5th Kyu 3 Red

Soto Uke/Uraken	Outside Block/Back Fist Strike
Kizami Tsuki	Jab
Mawashi Zuki	Roundhouse Punch
Irimi Nage	Entering Throw
Suwari Ude Garami	Arm Entanglement On Ground
Hadaka Jime	Naked Choke
Kaeshi Waza	Counter Ogoshi/Osoto Gari
Heidan Nidan	All Of Second Kata

4th Kyu

Kuzushi	Breaking Balance In 4 Directions
Tai-Sabaki	Body Movement--4 Directions
Haito Uchi	Ridge Hand Strike
Kizami Tsuki/Gyaku Tsuki	Jab/Reverse Punch
Mawashi/Gyaku Geri	Roundhouse Then Reverse Kick
Kokyu Nage	Breath Throw
Harai Goshi	Sweeping Loin Throw
Juji Jime	Cross Strangle
Gyaku Uke Waza Taisabaki	All Of 2nd Parrying Kata
Heidan Sandan	First Half Of 3rd Kata

Level 2 Japanese Terminology

Jujutsu Gi-Uniform

Kami-Hair

Yoi-Get Ready

Obi-Belt

Gambatte-Good

Luck

Yame-Stop

Zori-Dojo Slippers

Mate-Wait

Kamiza-Dojo Alter

Hajime-Start

4th Kyu 1 Red

Hiraken Uchi	4 Knuckled Fist
Tobi Yoko Geri	Jumping Side Kick
Hane Goshi	Spring Hip
Kata Jime	Shoulder Choke
Okuri Eri Jime	Sliding Collar
Kaeshi Waza	Counter 2 Armlocks
Defend From Over Head Cosh Strike	Students Choice Of Techniques
Hon/Gyaku Uke Waza	First Half Of 3rd Parrying Kata
Heidan Sandan	All Of 3rd Kata
Hon Uke Waza Taisabaki	4 Movements Of 1st Parrying Kata

4th Kyu 2 Red

Nukite Uchi	Spear Hand Strike
Koko Uchi	Tiger Mouth Strike
Ude Uchi	Back Hand Strike
Tobi Mawashi Geri	Jumping Roundhouse Kick
Sumi Otoshi	Corner Drop
Osoto Otoshi	Major Outer Drop
Ude Hishigi Te Gatami	Hand Held Arm Lock
Kata Juji Jime	Half Cross Choke
Defend Thrust With Cosh	Students Choice Of Technique
Heidan Shodan	First Kata
Hon Uke Waza Taisabaki	8 Movements Of 1st Parrying Kata

4th Kyu 3 Red

Empi Uchi	Elbow Strike
Ippon Ken Uchi	Single Knuckle Fist Strike
Nakayubi Ippon Ken Uchi	Middle Knuckle Fist Strike
Sasae Tsurikomi Ashi	Supporting Foot Lifting Pull Throw
Tenchi Nage	Heaven/Earth Throw
Gyaku Uke Waza Taisabaki	1st Half Of 2nd Parrying Kata
Defend Double Cosh Strike	Students Choice Of Technique
Heidan Nidan	Second Kata
Hon Uke Waza Taisabaki	All Movements Of 1st Parrying Kata

Level 3 Japanese Terminology

Konnichiwa-Hello, Good Afternoon	Hidari-Left	Kubi-Neck
Angato-Thankyou	Migi-Right	Dojo-Training Hall
Sayonara-Goodbye	Soto-Outside	Sensei-Teacher
Ohayo Gozaimasu-Good Morning	Uchi-Inside	Tatami-Mat
	Ashi-Foot	
	Hia-Knee	

3rd Kyu

Names To Be Known In Japanese From This Point

Kuzushi	Breaking Balance In 6 Directions
Tai-Sabaki	Body Movement--6 Directions
Kani Basami	Crab Claw Throw
Kote Geashi	Wrist Turn Over
Randori Tai Tori	Free Defence From Bear Hugs
Renraku Waza	Combination Of 2 Throws
Nunchaku	Basic Movement
Go-No-Sen Geri	1st 4 Movements Of Kata
Gyaku Uke Waza Taisabaki	1st 4 Movements Of 2nd Parrying Kata
Heidan Sandan	3rd Kata
Goshin Jutsu Kata	First 2 Movements

3rd Kyu 1 Blue

Renraku Waza	2 Combinations Including Arm Locks
Nunchaku	Basic Strikes
Randori Ude Tori	Free Defence From Arm Grabs
Marui Hon/Gyaku Uke Waza	6 Movements 3rd Parrying Kata
Go-No-Sen Geri	8 Movements Of Kata
Go-No-Sen Seiken	Parry And Counter With Punch
Heidan Shodan	First Kata
Goshin Jutsu	First 4 Movements
Gyaku Uke Waza Taisabaki	8 Movements Of 2nd Parrying Kata

3rd Kyu 2 Blue

Hiza Sutemi Otoshi
Kannuki Katame
Renraku Waza
Randori Shime Waza
Gyaku Uke Waza Taisabaki
Go-No-Sen Geri
Go-No-Sen Shime Waza
Goshin Jutsu Kata
Heidan Kata

Recumbent Knee Drop
Straight Arm Bar
2 Combination Including Hold Downs
Free Defence From Strangles
All 10 Movements Of 2nd Parrying Kata
All 10 Movements Of Kata
Parry And Counter With Strangle
First 7 Movements
All Heidan Kata

3rd Kyu 3 Blue

Sen-No-Sen Seiken
Kaiten Nage
Ippon Ude Garami
Ude Garami Otoshi
Juji Gatami
Renraku Waza
Randori Kubi Garami
Goshin Jutusu Kata
Gyaku/Hon Uke Waza Taisabaki

Parry And Counter With Punch
Rotary Throw
Single Arm Lock
Arm Entanglement With Drop
Cross Over Arm Lock
2 Combination Including Strangles
Free Defence From Head Mare
First 10 Movements
4 Movements Of 3rd Parrying Kata

3rd Kyu 1 Brown

Kuzushi
Tai Sabaki
Seoi Otoshi
Shiho Kote Waza
Hiza Morote Waki Gatami
Randori Suwari Shime Waza
5 Named Nage Waza
Nunchaku
All Heidan Kata
Goshin Jutsu
Gyaku/Hon Uke Waza Taisabaki

Breaking Balance In 6 Directions
Body Movement--6 Directions
Shoulder Drop
4 Directional Wrist Throw
Knee Held Double Shoulder Lock
Free Defense From Strangles On Ground
Against Multiple Attackers
Defend From Attacks With Nunchaku
All Heidan Kata
First 12 Movements
1st 8 Movements Of 3rd Parrying Kata

3rd Kyu 2 Brown

Shiho Nage
Yoko Guruma
Kata Guruma
Hiza Te Shiho Gatame
Do Jime/Okuri Eri Jime
10 Named Nage Waza
Nunchaku
Goshin Jutsu Kata
Gyaku/Hon Uke Waza Taisabaki

4 Directional Throw
Side Wheel
Shoulder Wheel
Back Of Knee Strangle
Leg Squeeze Strangle
Against Multiple Attackers
Attacking Using Nunchaku
First 15 Movements Of Kata
All 10 Movements Of 3rd Parrying Kata

3rd Kyu 3 Brown

Uke Goshi
Uki Waza
Randori Hanbo
15 Named Nage Waza
Jojutsu Uchi Waza
All Heidan Kata
Goshin Jutsu Kata

Floating Hip
Floating Technique
Free Defense From Hanbo (Koran)
Against Multiple Attackers
Striking With Stick
All Heidan Kata
First 18 Movements

3rd Kyu 1 Black

Uchi Mata
Tani Otoshi
Sen Ne Sen Waza
Randori Tsuzuki
Jojutsu
Goshin Jutsu Kata

Inner Thigh
Valley Drop
Meeting The Initiative
Free Defence From Head Butts
Parries Using The Jo
All Movements

3rd Kyu 2 Black

Osoto Maki Komi
Tenshin Nage Waza
Sumi Geashi
O-Guruma
Randori Tanto
Goshin Jutsu Kata

Outer Wrap Around Throw
Attacking Throws
Corner Throw
Large Wheel
Free Defence From Knife
All Movements

3rd Kyu 3 Black

Tomoe Nage
Ippon Ude Garami Nage
Ippon Te Nage
Ashi Garami
Randori Geri Waza
Kaeshi Waza
Kenjutsu
Renraku Waza
Goshin Jutsu Kata

Stomach Throw
Single Arm Shoulder Throw
Single Handed Throws
Leg Locks
Free Defence From Kicks
5 Counters
Attack And Defence
5 Combinations
All Movements