



Tokushima Budo Council
International
Jujutsu Syllabus
Juvenile Jujutsu Syllabus



7th Kyu 1 Yellow

Ushiro Ukemi
Kuzushi
Zenkutsu Dachi
Kiai
Osoto Gari

Back Break Fall
Breaking Balance - 2 Directions
Forward Fighting Stance
Spirit Shout
Major Outer Reaping

7th Kyu 2 Yellow

Yoko Ukemi
Chudan Oi Zuki
Mae Geri
Ogoshi
Hon Kesa Gatame

Side Break Fall
Single Punch To Stomach
Front Kick
Hip Throw
Scarf Hold Down

7th Kyu 3 Yellow

Kaiten Ukemi
Tai-Sabaki
Gedan Bari
Yoko Geri
Mune Gatame

Rolling Break Fall
Body Movement 2 Directions
Low Sweeping Block
Side Kick
Chest Hold Down

Level 1 Japanese Terminology See Below

Ichi-One

Go-Five

Kyu-Nine

Ni-Two

Roku-Six

Ju-Ten

San-Three

ShiChi-Seven

Shi-Four

Hachi-Eight

7th Kyu Orange

Mae Otoshi Kemi
Mawashi Geri
Yoko Ke-Komi Geri
Uchi Uke
Ippon Seonage
Kata Gatame

Front drop break fall
Roundhouse kick
Side thrust kick
Inside block
One arm shoulder throw
Shoulder hold down

7th Kyu 2 Orange

Ayumi Ashi
Kokutsu Dachi
Gyaku Tsuki
Soto Uke
Tobi Mae Geri

Footwork natural walking
Back Stance
Reverse Punch
Outside Block
Jumping Front Kick

7th Kyu 3 Orange

Tsugi Ashi
Oi Zuki / Gyaku Tsuki
Tetsui Uchi
Kizami Tsuki
Age Uke
Osoto Guruma
Yoko Shiho Gatame

Footwork foot following
Lung/Reverse Punch
Hammer Fist Strike
Jab
Rising Block
Major Outer Wheel
Side Four Quarter

Level Two 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

7th Kyu 1 Green

Kuzushi
Tai-sabaki
Kizami Tsuki/Gyaku Tsuki
Yoko Geri Ke-Age
Juji Uke
Heidan Shodan

Breaking Balance--4 Directions
Body Movement--4 Directions
Jab/Reverse Punch
Side Snap Kick
Cross Block
1st Kata

7th Kyu 2 Green

Ushiro enpo Ukemi
Shuto Uchi
Mae/Yoko Geri
Ushiro Geri
Ouchi Gari
(Ude Hishigi) Juji Gatame
Defence From Over Head Cosh Strikes

Rear Rolling Break Fall
Knife Hand Strike
Front/Side Kick Combination Off Lead Leg
Back Kick
Major Inner Reaping
Arm Crush Cross Arm Lock
Students Choice Of Techniques

7th Kyu 3 Green

Neko Ashi Dachi	Cat Stance
Hiraken Uchi	4 Knuckled Fist
Haito Uchi	Ridge Hand Strike
Tobi Mawashi Geri	Jumping Roundhouse Kick
Tobi Yoko Geri	Jumping Side Kick
Gyaku Mawashi Geri	Reverse Roundhouse Kick
Koshiguruma	Hip Wheel
Defense From Thrusts With Cosh	Students Choice Of Technique

Level 3 Japanese Terminology

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

7th Kyu 1 Blue

Kuushi	Breaking Balance--6 Directions
Tai-Sabaki	Body Movement--6 Directions
Teisho Uchi	Palm Heel Strike
Soto Uke/Uraken	Outside Block/Back Fist Strike
Harai Goshi	Sweeping Loin Throw
Osoto Gari Kaeshi Waza	Counter Major Outer Reaping Throw
Kesa Gatami Kaeshi Waza	Counter Scarf Hold Down
Ude Osae	Ikkyo 1st Control
Defence From Double Cosh Strike	Students Choice Of Technique
Heidan Nidan	2nd Kata

7th Kyu 2 Blue

Nukite Uchi	Spear Hand Strike
Koko Uchi	Tiger Mouth Strike
Ude Uchi	Back Hand Strike
Irimi Nage	Entering Throw
Kokyu Nage	Breath Throw
Kote Mawashi	Nikkyo 2nd Control
Nunchaku	Basic Movements
Goshin Jutsu Kata	First 2 Movements

7th Kyu 3 Blue

Empi Uchi
Ippon Ken Uchi
Nakayubi Ippon Ken Uchi
Koshi Guruma
Ude Hishigi Te Gatame
Kote Hinari
Soto Waza Ude Garame
Rondon-Ude Tori
Nunchaku
Goshin Jutsu Kata

Elbow Strike
One Knuckled Fist Strike
Middle Knuckle Fist Strike
Hip Wheel
Hand Held Armlock
Sankyo 3rd Control
Arm Entanglement From Outside
Free Defence From Arm Grabs
Strikes
First 4 Movements

7th Kyu 1 Brown

Sumi Otoshi
Tenchi Nage
Kaeshi Waza
Renraku Waza
Kote Geashi
Nunchaku
Randori Tai Tori
Go-No-Sen Geri
Heidan Sandan

Corner Drop
Heaven/Earth Throw
Counter 2 Throws
Combination Of 2 Throws
Wrist Throw
Defence From Attack Using Nunchaku
Free Defence From Bear Hugs
1st 6 Movements
3rd Kata

7th Kyu 2 Brown

Hiza Sutemi Otoshi
Kani Basami
Hiza Marote Waki Gatami
Ippon Ude Garami
Randori Shime Waza
Nunchaku
Go-No-Sen Geri
Goshin Jutsu Kata

Recumbent Knee Throw
Crab Claw Throw
Knee Held Double Shoulder Lock
Single Arm Lock
Free Defence From Strangles
Defend From Nunchaku Strikes
First 8 Movements
First 6 Movements

7th Kyu 3 Brown

Seoi-Otoshi
Suki Nage
Hiza Te Shiho Gatame
Kaeshi Waza
Randori Kami Tori
Weapons
Go-No-Sen Geri
Goshin Jutsu Kata

Back Carry Throw
Scooping Throw
Back Of Knee Strangle
Counter 2 Arm Locks
Free Defence From Hair Grabs
Demonstrate All Weapon Knowledge
All 10 Movements
First 7 Movements

7th Kyu 1 Black

Sasae Tsurikomi Ashi
Kata Guruma
Shiho Nage
Hadaka Jime
Kaeshi Waza
Renraku Waza
Randori Hanbo
Defence From Obi Attacks
Heidan Sandan

Supporting Foot Lift Pull Throw
Shoulder Wheel
4 Directional Throw
Naked Choke
Counter 2 Strangles
Combination Of 2 Strangles
Free Defence From Stick Attacks
Belt Attacks
3rd Kata

7th Kyu 2 Black

Uke Goshi
Do Jime/Okuri Eri Jime
Ippon Ude Garami Nage
Mae/Gyaku Kannuki Gatami
Shiho Kote Waza
Kata Jime
Randori Kubi Garami
Sen-No-Sen Geri
Defence From Attacks

Floating Hip
Leg Squeeze/Strangle
Single Arm Lock With Throw
Front/Rear Straight Arm Bar
4 Directional Wrist Technique
Shoulder Choke
Free Defence From Head Mere
2nd Kicking Kata
Using Obi

7th Kyu 3 Black

Randori Tanto
Hane Goshi
Uchi Mata
Jigoko Jime
Mae/Ushiro Juji Jime
Kaeshi Waza
Renraku Waza
All Heidan Kata
Free Defence
Dojo/Kamiza Etiquette

Free Defence From Knife Attacks
Spring Hip
Inner Thigh
Hell Strangle
Front/Rear Cross Strangle
4 Counters
4 Combinations
All Heidan Kata
From Knife Attacks
Dojo/Kamiza Etiquette