



# Tokushima Budo Council

## International

### Jujutsu Syllabus

### Senior Jujutsu Syllabus



It Is Recommended That Senior Students Consider The Study Of Kata Forms At The Earliest Opportunity And Most Certainly After Attaining 5th Kyu Kata Is Essential To The Understanding Of The Principles Of Jujutsu Technique And Becomes A Mandatory Requirement From 3rd Kyu Level And Beyond. Also At This Stage A Good Understanding Of The Basic Fundamentals Is Essential Along With That Of Japanese Terminology. To This End It Is Recommended That Teacher Courses Are Attended Regularly.

### 6th Kyu White Belt

Ukemi	Break Falls
Tai-Sabaki	Body Movements--2 Directions
Kuzushi	Breaking The Balance In 2 Directions
Ayumi-Ashi	Foot Work Natural Walking
Tsugi-Ashi	Foot Work Foot Following
Hon Uke Waza Taisabaki	Basic Parrying With Body Movements
Seiken Uchi	Fore Fist Strike
Uraken Uchi	Back Fist Strike
Tettsui Uchi	Hammer Fist Strike
Nukite Uchi	Spear Fist Strike
Shi-Ho Gon-No-Sen Uchi	4 Directional Defense With Above Strikes
Ushiro Ude Garami	Rear Arm Entanglement
Soto Waza Ude Garami	Outside Arm Entanglement (Figure 4)
Osoto Gari	Major Outer Reaping
Irimi Nage	Entering Throw
Kokyu Nage	Breath Throw

## **5th Kyu Yellow Belt**

Gyaku Uke Waza Taisabaki  
Ude Uchi  
Hiraken Uchi  
Empi Uchi  
Ippon Ken Uchi  
Shi-Ho Gon-No-Sen Uchi  
Go-No-Sen Geri  
Ogoshi  
Ippon Seoi Nage  
O-Uchi Gari  
Mae Kannuki Gatame  
Gyaku Kannuki Gatame  
Ude Osae  
Tai Tori

Reverse Arm Parrying With Body Movement  
Back Hand Strike  
4 Knuckled Fist Strike  
Elbow Strike  
Single Knuckle Strike  
4 Directional Defence With Above Strikes  
First 4 Movements Of Counter Using Kicks  
Hip Throw  
Half Shoulder Throw  
Major Inner Reaping  
Straight Arm Lock  
Rear Straight Arm Lock  
Ikkyo (Cradling The Baby)  
Free Defence From Body Grabs

## **4th Kyu Orange Belt**

Tai-Sabaki  
Kuzushi  
Hon/Gyaku Uke Waza Taisabaki  
Haito Uchi  
Koko Uchi  
Teisho Uchi  
Ippon Ken Uchi  
Go-No-Sen Geri  
Sutemi Hiza Otoshi  
Koshiguruma/Ude Hishigi Te Gatame  
Sumi Otoshi  
Harai Goshi/Ude Hishigi Juji Gatami  
Ippon Ude Garami  
Kote Hinari/Sankkyo  
Shiho Nage  
Randori Shime Waza

Body Movements 4 Directions  
Breaking The Balance In 4 Directions  
Double Arm Parrying With Body Movements  
Ridge Hand Strike  
Tiger Mouth Strike  
Palm Heel Strike  
Single Knuckle Strike  
All 10 Movements Of Counter Using Kicks  
Recumbent Knee Drop  
Hip Wheel/Hand Held Arm Lock  
Corner Drop  
Sweeping Loin Throw/Cross Arm Lock  
Single Arm Figure 4  
Twisting Wrist/3rd Control  
4 Directional Throw  
Free Practice From Strangles

### **3rd Kyu Green Belt**

#### **Understanding Of Japanese Terminology Now Required**

5 Named Nage Waza	5 Throws From Multiple Attackers
Sen-No-Sen Geri	10 Movements Of Counters To Kicks
Osoto Guruma/Morote Waki Gatame	Major Outer Wheel/Double Shoulder Lock Using Leg
Sasae Tsunkomi Ashi	Propping Drawing Ankle
Seoi Otoshi	Shoulder Drop
Suki Nage	Scooping Throw
Hane Goshi/Jigoko Jime	Spring Hip Throw/Hell Strangle
Ude Garami Otoshi	Arm Entanglement With Drop
Shiho Kote Waza	4 Directional Wrist Throw
Kote Geashi	Wrist Turn Over
Randori Kubi Garami	Head Mare
Randori Do Garami	Bear Hugs
Randori Hanbo	Defence From Short Stick Attacks
Goshin Jutsu Kata	1st 5 Movements

### **2nd Kyu Blue Belt**

Kuzushi	8 Directions With Breathing
Tai-Sabaki	Body Movements 8 Directions
10 Named Nage Waza	10 Throws From Multiple Attackers
Sen-No-Sen Uchi	As Per 6th Kyu Strikes
Kyusho Jutsu	5 Pressure Points On Arm/Leg
Kata-Guruma	Shoulder Wheel
Tenshi Nage/Kubi Hishigi Ude Garami	Heaven & Earth Throw/Neck Crush With Lock
Arm	Inner Thigh
Uchi Mata	Floating Hip/Cross Leg Strangle
Uke Goshi/Ashi Juji Jime	Crab Claw Throw
Kani Basami	Body Squeeze/Strangle
Do-Jime/Okuri Eri Jime	Counters To 5 Arm Locks
Kansetsu Keashi Waza	Kicks To The Head And Body From Ground
Randori Suwari Geri Waza	Defence From Kicks
Randori Geri Waza	Basic Strikes
Jojutsu	1st 7 Movements
Goshin Jutsu Kata	

## **1st Kyu Brown Belt**

Kuzushi	Breaking Balance In 10 Directions
Tai-Sabaki	Body Movement In 10 Directions
15 Named Nage Waza	Against Multiple Attackers
Sen-Zen-Ne-Sen Uchi	Free Technique
Kyusho Jutsu	5 Pressure Points On Head/Neck
Osoto Maki Komi/Kuzure Kesa Kubi Hishigi	Outer Wrap Around Throw/Broken Scarf
Hold	And Neck Crush
Kaiten Nage	Rotary Throw
Yoko Wakari	Side Separation
Tani Otoshi/Yubi Garami	Valley Drop/Finger Entanglement
Tomoe Nage	Stomach Throw
Uke Waza	Floating Technique
Ashi Sangaku Garami	Leg Triangle Entangled Arm Locks
	Variation
Tachi Shime Waza	Standing Strangles
Nage Keashi Waza	Counter To 5 Throws
Ken Jutsu	Basic Sword Cuts
Goshin Jutsu Kata	First 12 Movements
Randori Jime Waza	Defend From Strangles On Ground
Teacher Level	Teach Technique Set By Examiner
Students Understanding Of	Jujutsu History

## **Shodan - 1st Dan**

Kihon	Demonstrate All Fundamentals
Dojo/Kamiza Etiquette	To Include All Salutations
Shiatsu	Demonstrate 3 Techniques
First Aid	Basic Understanding
Kyusho Jutsu	5 Pressure Points On Torso
Nage Waza	20 Named Throws
Ippon Ude Garami Nage	Single Arm Entanglement Throw
Ippon Te Nage	Single Arm Throws
Yama Arashi	Mountain Storm
Kubi Kansetsu Waza	Neck Locks
Ashi Kansetsu Waza	Leg Locks
Yubi Kansetsu Waza	Finger Locks
Renraku-Waza	10 Combination Techniques
Kaeshi-Waza	10 Counters Techniques
Randori Tsuzuki	Headbutts
Randori Tanto	Defence From Knife Attacks
Jo Jutsu	1st 7 Jo Tori
Goshin Jutsu Kata	All Of The Kata
Teacher Level	Teach Technique Set By Examiner
Students Understanding Of	Kyushindo Written Or Verbal

## **Nidan 2nd Dan**

Candidate Must Have Held Shodan For At least One Year

Goshin Jutsu Kata	Full Kata
Kime No Kata	Full Kata
All Kyu Grade Techniques	Encompassing Go No Sen Atemi Waza
Ken Jutsu	Presentation Of Application
Any Techniques As	Requested By The Examiner
Students Understanding Of	Bushido And Its Implications On Jujitsu

## **Sandan 3rd Dan**

Candidate Must Have Held Nidan For At least 3 Years

Goshin Jutsu Kata	Full Kata
Kime No Kata	Full Kata
Tenshin Shinyo Jojutsu	Full Kata
Tanto Jutsu	Presentation Of Application
All Kyu Grade Techniques	Encompassing Sen No Sen
Keashi Waza	All Techniques In Kyu Grade Syllabus
Randori	Defending From Multiple Attackers Using Tankan
Any Techniques As Requested	By Examiner
Students Understanding Of	Characteristics Of Budo And Bujutsu

## **Yondan 4th Dan**

Candidate Must Have Held Sandan For At least 4 Years And Hae Achieved Doshi

Goshin Jutsu Kata	Full Kata
Kime No Kata	Full Kata
Tenshin Shinyo Jojutsu	Full Kata
Koshiki No Kata	Full Kata
Tenshin Waza	Kyu Grade Techniques Executed Offensively
Renraku Waza	All Techniques In Kyu Grade Syllabus
Ni-Waza	Controlling/Using Same Technique On 2 Opponents At The Same Time
Kyusho Jutsu	Pressure Point Fighting Presentation
Manriki Gusari	Presentation Of Application
Any Techniques As Requested	By The Examiner
Students Understanding Of Shinto And Bujutsu	And Zen And Its Implication On Budo
Students Understanding Of	Kyushindo And Its Application