

**Hakudakan Ju Jitsu Dojo**  
**Grading Syllabus**

**White belt red stripe, 7<sup>th</sup> Kyu**

English

Japanese

Dojo etiquette and conduct.

Bow on entering the dojo, bow on leaving the dojo  
All Dan grades (Black belt) to be referred to as Sensei  
All Senior grades (brown white stripe) to be referred to as Sempai

Rei

Breakfalls

Forward Rolling,  
Side, left and right  
Back  
Backward Rolling  
Front  
Fore-flap

Ukemi  
Zempo kaiten ukemi  
HidariMigi Yoko ukemi  
Ushiro ukemi  
Koho kaiten ukemi  
Mae ukemi  
Kaiten ukemi

Demonstrate a left & right fighting stance with a live rear foot

Basic hand and elbow strikes to be demonstrated on impact equipment. The student should have a good understanding of targets that can be struck with various strikes. All techniques to be practised from a left & right fighting stance

Punches: Jab, Cross, Hook, Uppercut

Open handed strikes: Palm heel, Knife hand, Finger Jab, Claw, Ridgehand

Elbows: Downward, Horizontal, Upwards

Others: Backfist, Hammerfist, Radius

Basic kicking and knee strikes to be demonstrated on impact equipment.

All kicks to be performed from a lead and rear kick, in a left & right fighting stance

Rising kick	Push kick	Front snap kick
Vertical knee strike	Horizontal knee	
Side snap kick to knee	Side kick body	Roundhouse

Evasion & blocking

S block	Double S block	Cross block
Outside forearm block	Rising block (moving)	
Low X block	High X block (moving)	
Parry's	Slip a Jab, Cross, JC	Smother block
Leg Jam	Bob and weave hooks	

A finger lock

Basic breakaway techniques

Wrist grabs one and two handed all combinations  
Strangle front & rear

Groundwork with a demonstration of strikes that can be applied

Mount  
Guard

Barry Harte Sensei 4th Dan

**Hakudakan Ju Jitsu Dojo  
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**Red belt, 6<sup>th</sup> Kyu**

Dojo etiquette and conduct.

A demonstration and explanation of the opening sequence.

Striking combinations to be performed on pads from a fighting stance

Hands: J, 2J,JC,JCH, JCU, JCHH, JCUU

Demonstration of footwork on its own and while striking J,C,H

Forward, Back, Side to side, Circle

A ridge hand wrist lock against a single hand throat grab and punch  
(to be performed on left and right sides).

Breaking a two handed front strangle (2 variations)

Hip/neck throws incorporating basic striking techniques all from 2 hook punches thrown as a right left combination.

Entry 1, hip (neck) throw & arm break

Kube nage

Entry 2, hip (neck) throw & figure 4 lock

Entry 3, hip (neck) throw & reverse figure 4 lock

Entry 4, traditional hip throw & cross arm lock

Ogoshi & Juji gatame

Pressure testing of all of the above

Groundwork with a demonstration of strikes that can be applied

Scarf hold

Kesa gatame

Broken Scarf hold

Kuzure kesa gatame

Basic armlock from scarf hold

Counters to holds (3)

**Hakudakan Ju Jitsu Dojo**  
**Grading Syllabus**

**Yellow belt, 5<sup>th</sup> Kyu**

Dojo etiquette and conduct.

A good understanding of all the rules of the dojo.

A demonstration of basic striking combinations on pads, integrating hands, legs and other strikes

A demonstration of the student holding hook & jab pads and calling combinations for an experienced striker.

Breaking a front double lapel grab and head butt.

Hip/neck throws left & right handed with ground locks, all different striking entries (4).

elbow lock

chicken wing arm lock

crossover arm break

cork-screw arm lock

A fig 4 arm lock and take down.

a) standard b) compressed c) turning d) pulling

A cupping wrist lock from a wrist grab (left and right).

A reverse cupping wrist lock.

Defences against a kick to the head whilst on the ground,  
from both sides of the body (2).

Defence against a stamping attack to the head whilst on the  
ground (2).

A Single leg takedown and ankle lock.

A Single leg takedown, ankle lock and turn

Ground strangles- escapes from each of the following:

between the legs

astride the body

pinning the shoulders

along both sides of the body

seated rear

Breaking a back strangle.

a) utilising a hip throw

b) joint lock version (left and right)

Groundwork, with a demonstration of strikes that can be applied

Side position (chest hold)

Entangled armlock

Reverse entangled armlock

Side four quarters hold

Mune gatame

Ude garami

Ude garami

Yoko shiho gatame

Counters to holds

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**Hakudakan Ju Jitsu Dojo**  
**Grading Syllabus**

**Orange belt, 4<sup>th</sup> Kyu**

Sparing, light and controlled using hand and leg techniques

Escapes from bear hugs.

- a) over the arms from the side
- b) under the arms from the side
- c) under the arms from front
- d) over the arms from front
- e) over arms from rear
- f) underarms from rear

Body drops ( Left and Right handed).

Tai -otoshi

- a) from a rear strangle
- b) defending against punches
- c) from Gi

Joint Locks

- a) reverse arm lock
- b) wrist lock from shoulder grab
- c) goose neck from lapel grab and punch
- d) palm to palm
- e) wrist lock from wrist grab

A dropping version of a full shoulder throw.

Seio otoshi

A crab claw scissors throw ( not to be performed on women).

An inside hock throw (Left and Right)

O uchi gari

Defence against kicks to the groin (4). define

Breaking hair grabs (2).

- a) single grab and punch
- b) double grab and knee attack

Bar chokes

- Left with inside hock
- Right with dropping loin sweep
- Naked bar choke from passive stance

Random grabs- the student should be able to deal proficiently with all grabs

Ground Grappling for submission

Groundwork, with a demonstration of strikes that can be applied

- Shoulder hold
- Pillow scarf hold

Kata gatame  
Makura kessa gatame

Counters

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**Hakudakan Ju Jitsu Dojo  
Grading Syllabus**

**Green belt, 3<sup>rd</sup> Kyu**

An outside hock throw with double arm hold down.	O soto gari
A standing outside hock (outer reap)	O soto gari
A stamp throw. a) inside                      b) outside	Fumikomi goshi
Variations on shoulder throws (5).	
a) full	Seionage
b) half	ippon seionage
c) dislocation	
d) collar	Morote seio nage
e) head	
A rice bale throw (2).	Tawara gaeshi
A wrist throw and lock.	Kote gaeshi
A combination throw from a bodydrop	
A loin sweep.	Harai goshi
Escapes from full nelson (2).	
Single handed Fig 4 throw. a) dropping              b) with hip c) rotating	
Scooping shoulder locks.	
a) from cross block	
b) from lapel grab	
c) into wrist lock and face bar take down	
Crossed arm bar from two punches.	
Transitional hip throw with a single winged choke	Ogoshi & kata ha jime
Shoulder arm lock and throw.	
A demonstration of the students randori skills, with advanced ground finishes.	
Lock to Lock Flow Drill (without strikes)	
Groundwork, with a demonstration of strikes that can be applied	
Upper four quarters	Kami shiho gatame
Broken upper four quarters	Kuzure kami shiho gatame
Counters	
Random single attack defences against a single committed attack	
The candidate must hold a current Appointed Persons First Aid Certificate or equivalent.	

# Hakudakan Ju Jitsu Dojo Grading Syllabus

## Blue belt, 2<sup>nd</sup> Kyu

### Chokes & Strangles

Naked strangle (& variations)  
Normal cross strangle  
Reverse cross strangle  
Half cross strangle

Hadaka jime  
Nami Juji jime  
Gaku Juji jime  
Kata Juji jime

Escapes from head chancery (4).

The dropping version of a body drop (2).

- a) standard technique
- b) joint locking version

Escapes from garrotting, front and rear (4).

A scissors and naked choke.

Spring hip throws (4).

Hane ogoshi.

A front scoop throw.

Sukui nage

A rear scoop throw.

Sukui nage

Sleeper holds (2).

Defence against cosh attacks (3).

Valley drop throws (2).

Tani otoshi

A reverse hip throw.      a) standing                      b) dropping

Counters to rear arm and collar hold, left and right (2).

Advanced full shoulder throws (2).

A head, hip and knee throw.

Defences against kicks to the body (4).

- a) round house kick utilising an inside hock throw
- b) side kick utilising an outside hock throw
- c) front kick utilising a knee strike take down
- d) round house kick utilising a leg jam to supporting leg

Collar throw with straight arm lock (mountain storm)

Yama arashi

Reverse valley drop throw.

Randori, from any grab or hold.

Groundwork, with a demonstration of strikes that can be applied

Reverse scarf hold

Ushiro kesa gatame

The candidate must hold a current Appointed Persons First Aid Certificate or equivalent.

Barry Harte Sensei 4th Dan

**Hakudakan Ju Jitsu Dojo**  
**Grading Syllabus**

**Brown belt, 1<sup>st</sup> Kyu**

Advanced striking combinations on pads showing good focus, body movement, footwork and smooth techniques.

Floating hip throw	Uki goshi
Outer winding throws	Soto maki komi
Inner winding throw	Uchi maki komi
Leg sweeps (5).	Harai goshi, uchi mata
A leg wheel.	Ashi guruma
An outer wheel throw	Osoto guruma
A shoulder crash throw.	
A knee wheel (2)	Hiza guruma
Methods of throwing an opponent from behind (random).	
Stomach throws (2).	Tomoe nage
The dropping version of a reverse body drop with a figure 4 lock	
Escapes when held by both wrists from behind (random).	
An arm and shoulder throw.	
One handed throws, (10, 5 listed & 5 of the candidates choice) Hip throw, body drop, outside hock, inside hock, shoulder throw	
A hip wheel with a Fig 4 arm lock	Koshi garuma
A counter to a Fig 4 arm lock using a hip wheel	
Knife defences (5) Thrust to stomach Side slash Reverse side slash Thrust to face. Reverse grip overhead stab Forward grip over head stab	
Defence against stick using disarms and reuse of stick	
Random single attack defences against a single committed attack	
Sparring (punch, kick only)	
The candidate must hold a current Appointed Persons First Aid Certificate or equivalent.	

Barry Harte Sensei 4th Dan

**Hakudakan Ju Jitsu Dojo  
Grading Syllabus**

**SHODAN HO**

**Senior Brown belt white stripe**

A percentage of the Shodan ho grading is based on teaching ability. With guidance and supervision from your Sensei you will be expected to:

- Teach varied warm ups to the class, with confidence
- Teach syllabus techniques to the class and individuals, appropriate to the level of the students
- Control and supervise effectively, with clear instruction and voice control
- Oversee the general safety of the group and deal with injuries effectively
- To act in a professional manner at all times

The candidate is expected to have an good technical knowledge of the syllabus (7<sup>th</sup> kyu-Shodan ho) and be able to demonstrate techniques both left and right handed smoothly with a high skill level.

The candidate is required to complete an anatomical question sheet and have a good understanding of anatomy & physiology in general as well as a basic understanding of pressure points.

The candidate is expected to learn some basic Acupressure or Shiatsu.

Defences utilising an improvised weapon of the candidate's choice (5)

Standing randori (without strikes)

Ground work (with and without strikes)

Sparring (punch, kick only)

Sparring (using all ranges and techniques)

Grapple only, against a full contact striking opponent  
a) puncher      b) kicker      c) puncher and kicker

Random knife & stick defence against attacks and threats

The candidate must hold a current Appointed Persons First Aid Certificate or equivalent and be proficient at dealing with Martial Arts related injuries.

# Hakudakan Ju Jitsu Dojo

## Grading Syllabus

### Rules of the Dojo

Only belts that have been issued or authorised by the Hakudakan can be worn in the Hakudakan dojo. You should arrive at the dojo, be changed and ready to help with any dojo preparations 15 minutes before the lesson. Lateness is unacceptable as it is insulting to the dojo. If you have sound reason for your lateness speak to your Sensei - allowance is readily made for family commitments etc. provided this concession is not abused.

If you are late, bow into the dojo and wait to be invited into the training area.

Eating and drinking and smoking is not permitted in the dojo; regular water breaks are provided but must be taken away from the training area.

Hakudakan Black belts will be referred to as 'Sensei' during training sessions.

All students are expected to assist in the preparation of the dojo.

Training equipment such as pads and mats must always be placed so that the top or striking surface does not come into contact with floor or other dirty surfaces.

### Mat Etiquette

Talking while a Sensei or Sempai is teaching is unacceptable behaviour.

Students should stop immediately when "yame" is called, for safety and respect.

Ju-Jitsuka should rei (bow) on the following occasions:

When entering or leaving the Dojo.

When going onto or off the mats.

When acknowledged by or addressing a senior or sensei.

When commencing or finishing training with a partner.

You may not enter or leave the mat area or dojo without the permission of the sensei.

Always wipe your feet before entering the dojo or going onto the mats.

If your Gi needs adjusting, bow to your partner and drop to one knee before making the adjustment.

Finger and toe nails must always be kept short.

### Dress Code

Your Gi should be a plain black Gi with the correct badges.

Your Gi must always be laundered and in good repair.

In the dojo you must wear either the full Gi or street clothes - 'half and half' is not acceptable. Outside the dojo you should conceal your Gi in general, and your belt in particular. It is not considered appropriate to display your uniform anywhere other than in the dojo or when participating in a public display.

Females should wear a dark black tee shirt under their Gi.

Males may wear a similar shirt in the event of having sustained an injury to the upper body. Males must wear an approved groin guard at all times when training.

It is strongly advised that females should wear a bust guard and/or groin protector.