



SYLLABUS

Chief Instructor Steve Yates 7th Dan Karate : 5th Dan Aiki Jujutsu : 2nd Dan Ju-Jitsu

Test Requirements
hachi Kyu - Yellow Belt

Body Grabs

Break Falls - Ukemi Waza

Boubisuru Taisabaki - Straight/cross block (1 - 2)

Pad Work

Maegeri - Front kick

Maeken tsuki - leading hand punch

Gaku tsuki - reverse punch

Oi tsuki - step punch

Kansetsu Waza - Joint Locking (1 - 2)

Kote Gaeshi - wrist reversal (1 - 2)

Kote Mawashi - wrist turning (1 - 2)

Aiki Otoshi - Lower Leg Sweep or Drop (1 - 2)

Irimi Nage - Entering Throw (1 - 2)

Koshi Nage - Forward Hip Throw (1 - 2)

Test Requirements
Shichi Kyu - Orange Belt

Body Grabs

Break Falls - Ukemi Waza

Boubisuru Taisabaki - Straight/cross block (1 - 2)

Pad Work

Maewashi geri - Roundhouse kick

Maeken tsuki - leading hand punch

Gaku tsuki - reverse punch

Oi tsuki - step punch

Kansetsu Waza - Joint Locking (1 - 2)

Kote Gaeshi - wrist reversal (1 - 2)

Kote Mawashi - wrist turning (1 - 2)

Aiki Otoshi - Lower Leg Sweep or Drop (1 - 2)

Irimi Nage - Entering Throw (1 - 2)

Kokyu Nage - Breathing Throw (1 - 2)

Koshi Nage - Forward Hip Throw (1 - 2)

Test Requirements Roku Kyu - Green Belt

Body Grabs

Break Falls - Ukemi Waza

Boubisuru Taisabaki - Straight/cross block (1 - 4)

Pad Work

Sokuto/Yoko geri - Blade/side kick

Maeken tsuki - leading hand punch

Gaku tsuki - reverse punch

Oi tsuki - step punch

Kansetsu Waza - Joint Locking (1 - 4)

Kote Gaeshi - wrist reversal (1 - 4)

Kote Mawashi - wrist turning (1 - 4)

Ude Garamme - Arm Entanglement (1 - 4)

Aiki Otoshi - Lower Leg Sweep or Drop (1 - 4)

Irimi Nage - Entering Throw (1 - 4)

Kokyu Nage - Breathing Throw (1 - 4)

Shiho Nage - Four Directions Throw (1 - 4)

Koshi Nage - Forward Hip Throw (1 - 4)

Test Requirements Go Kyu - Blue Belt

Body Grabs

Break Falls - Ukemi Waza

Boubisuru Taisabaki - Straight/cross block (1 - 6)

Pad Work

Ushiro geri - turning back kick

Maeken tsuki - leading hand punch

Gaku tsuki - reverse punch

Oi tsuki - step punch

Kansetsu Waza - Joint Locking (1 - 6)

Kote Gaeshi - wrist reversal (1 - 6)

Kote Mawashi - wrist turning (1 - 6)

Ude Garamme - Arm Entanglement (1 - 6)

Aiki Otoshi - Lower Leg Sweep or Drop (1 - 6)

Irimi Nage - Entering Throw (1 - 6)

Kokyu Nage - Breathing Throw (1 - 6)

Shiho Nage - Four Directions Throw (1 - 6)

Koshi Nage - Forward Hip Throw (1 - 6)

Test Requirements Yon Kyu - Purple Belt

Body Grabs

Break Falls - Ukemi Waza

Boubisuru Taisabaki - Straight/cross block (1 - 8)

Pad Work

Ushiro mawashi geri - turning back roundhouse kick

Maeken tsuki - leading hand punch

Gaku tsuki - reverse punch

Oi tsuki - step punch

Kansetsu Waza - Joint Locking (1 - 8)

Kote Gaeshi - wrist reversal (1 - 8)

Kote Mawashi - wrist turning (1 - 8)

Ude Garamme - Arm Entanglement (1 - 8)

Aiki Otoshi - Lower Leg Sweep or Drop (1 - 8)

Irimi Nage - Entering Throw (1 - 8)

Kokyu Nage - Breathing Throw (1 - 8)

Kaiten Nage - Wheel Throw (1 - 8)

Shiho Nage - Four Directions Throw (1 - 8)

Koshi Nage - Forward Hip Throw (1 - 8)

Test Requirements
San Kyu - Brown Belt 1 Black Tab

Body Grabs

Break Falls - Ukemi Waza

In Marui

Boubisuru Taisabaki - Straight/cross block (1 - 8)

Pad Work

Any Kick

Any Punch

From Favoured Side

In Marui

Kansetsu Waza - Joint Locking (1 - 10)

Kote Gaeshi - wrist reversal (1 - 10)

Kote Mawashi - wrist turning (1 - 10)

Ude Garamme - Arm Entanglement (1 - 10)

Shimi Waza - -Strangles (1 - 10)

In Marui

Aiki Otoshi - Lower Leg Sweep or Drop (1 - 10)

Irimi Nage - Entering Throw (1 - 10)

Kokyu Nage - Breathing Throw (1 - 10)

Kaiten Nage - Wheel Throw (1 - 10)

Shiho Nage - Four Directions Throw (1 - 10)

Koshi Nage - Forward Hip Throw (1 - 10)

Tenshi Nage - Heaven and Earth Throw (1 - 10)

Test Requirements
Ni Kyu - Brown Belt 2 Black Tabs

Body Grabs

Break Falls - Ukemi Waza

In Marui

Boubisuru Taisabaki - Straight/cross block (1 - 8)

Pad Work

Any Kick

Any Punch

From Favoured Side

In Marui

Kansetsu Waza Tenkan - Joint Locking (1 - 10)

Kote Gaeshi - wrist reversal “Cross Block” (1 - 10)

Kote Mawashi - wrist turning (1 - 10)

Ude Garamme - Arm Entanglement (1 - 10)

Shimi Waza - -Strangles (1 - 10)

In Marui

Aiki Otoshi - Lower Leg Sweep or Drop (1 - 10)

Irimi Nage - Entering Throw (1 - 10)

Kokyu Nage - Breathing Throw (1 - 10)

Kaiten Nage - Wheel Throw (1 - 10)

Shiho Nage - Four Directions Throw (1 - 10)

Koshi Nage - Forward Hip Throw (1 - 10)

Tenshi Nage - Heaven and Earth Throw (1 - 10)

Yama Arashi – Mountain Storm (1 – 10)

Defence Against Kicks using Ashi Keiraku

When working in Marui students should demonstrate at least one tenkan and one cross block per form.

Test Requirements
Ik Kyu - Brown Belt 3 Black Tabs

Body Grabs

Break Falls - Ukemi Waza

In Marui

Boubisuru Taisabaki - Straight/cross block (1 - 8)

Pad Work

Any Kick

Any Punch

Any Side

In Marui

Kansetsu Waza Tenkan - Joint Locking (1 - 10)

Kote Gaeshi - wrist reversal (1 - 10)

Kote Mawashi - wrist turning “Cross Block” (1 - 10)

Ude Garamme - Arm Entanglement (1 - 10)

Shimi Waza - -Strangles (1 - 10)

Aiki Otoshi - Lower Leg Sweep or Drop (1 - 10)

Irimi Nage - Entering Throw (1 - 10)

Kokyu Nage - Breathing Throw (1 - 10)

Kaiten Nage - Wheel Throw (1 - 10)

Shiho Nage - Four Directions Throw (1 - 10)

Koshi Nage - Forward Hip Throw (1 - 10)

Tenshi Nage - Heaven and Earth Throw (1 - 10)

Yama Arashi – Mountain Storm (1 – 10)

Sumi Otoshi – Corner Drop (1 – 10)

Defence Against Kicks using Aiki Otoshi

Combination Techniques Sankyo to Koshi Nage (1 – 10)

When working in Marui students should demonstrate at least one tenkan and one cross block per form.

Test Requirements
Shodan – Black Belt – one Red Tab

Break Falls

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Body Grabs

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In Marui

Taisabaki moving from 1st control through to 6th control (1 – 10)

Pad Work

Any Strike any Side

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In Marui

Any technique from the syllabus students should demonstrate at least one tenkan and one cross block per form.

Demonstrate Keiraku (pressure points) on Kao (head) Do (torso)
Ude (arm) and Ashi (leg)

Show understanding of Sen Sen no Sen, Go no sen no sen, sen zen no sen and Sutemi principles

Randori

Two person attacks, Rear Grab + Lapel Grab and Punch, Rear Grab + Double Lapel Grab, Double Grab Arm Left and Right