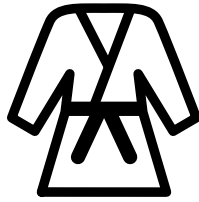


JU-JITSU SYLLABUS



INTRODUCTION



At Combat Academy UK, our grading syllabus has its origins in traditional ju-jitsu. To progress through the belts, you will perform a 'Grading Duo'. In the traditional ju-jitsu art, the Duo System has three competition categories: male, female or mixed, and the athletes are judged for their speed, accuracy, control and realism. It is arguably the most spectacular form of ju-jitsu competition and it requires great technical preparation, synchronism and elevated athletic qualities.

Once you have fulfilled the criteria of the syllabus, your instructor will nominate you to attend an official grading held on a number of occasions throughout the year. Here, you will perform your grading duo to a panel of instructors and masters and will be assessed for your next belt.

Each grading syllabus outlines a content for you to base your demonstration techniques around. As we are a freestyle Ju-jitsu system, you may build your own display which you will perform with a partner. Your display must be based around the structure that appears at each belt listed here in your licence.

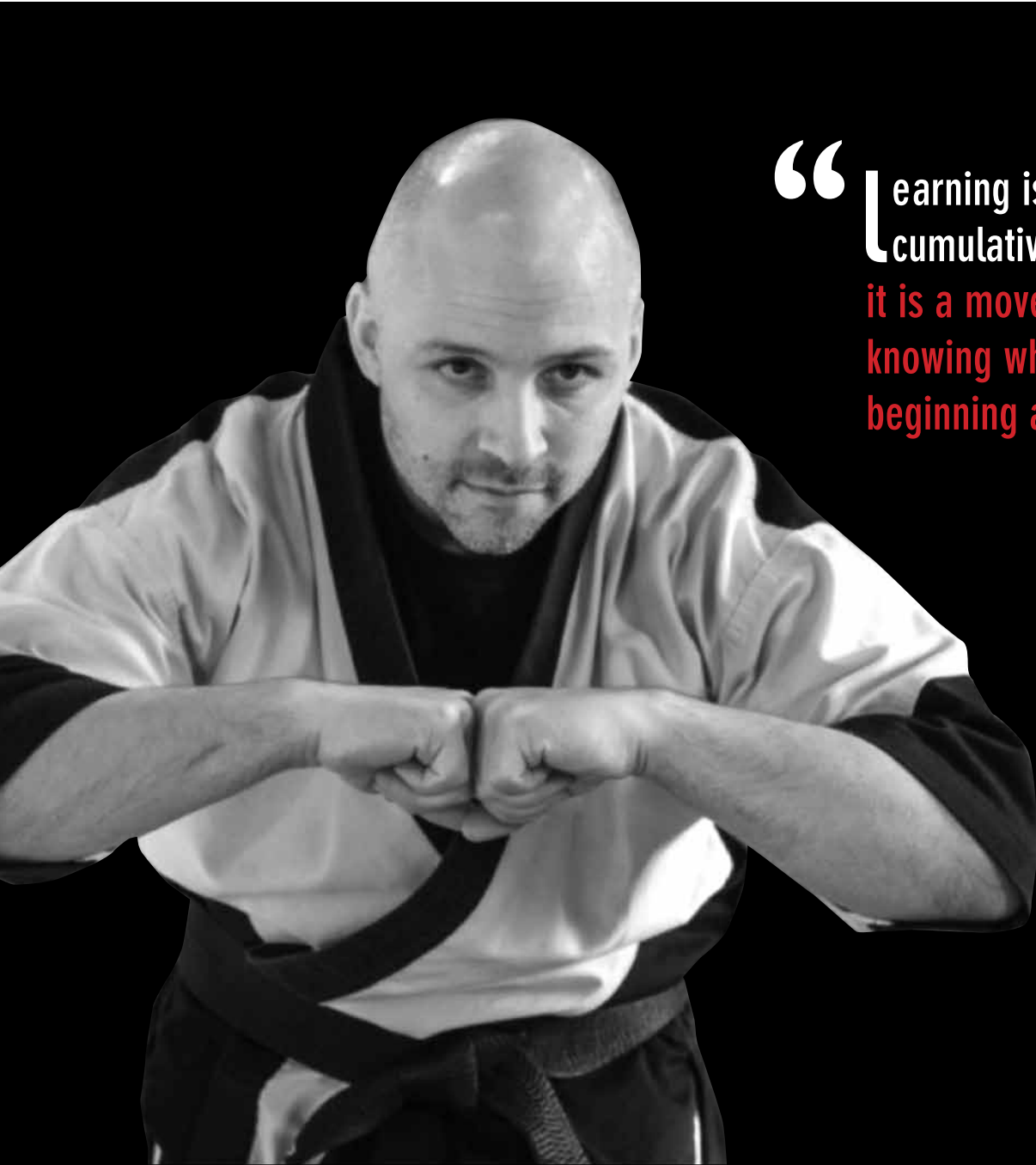
When building your syllabus duo it is important to make sure that the level of techniques that are performing is relevant to your grade, and is performed with absolute control and care of your duo partner. Junior grades are not permitted to apply any force to any lock. Striking throughout the syllabus must be delivered with 'meaning' and should be crisp and clean in delivery. There are some additional adaption's to make our syllabus suitable for children, your instructor will help with these.

It's important that you understand this element of the structure so if you are unsure in anyway make sure you check with your instructor. Safety and care of each other must always come first!

A handwritten signature in black ink that reads "I. M. Gaudie". The signature is written in a cursive, flowing style.

Master Ian Gaudie,
Head Instructor C.A.UK

JU-JITSU SYLLABUS



“ Learning is never cumulative,
it is a movement of knowing which has no beginning and no end ”

RED BELT



1 CORRECT BOW AND ETIQUETTE

Where and when to bow – clean and presentable club uniform

2 ALL ATTACKING AND DEFENDING STANCES INCLUDING CENTRE POSTURE

Demonstration of attacking and defending stances – stances must be effective.

3 FORWARD BREAK ROLL ON DOMINANT ARM

An effective technique demonstrating that you have control throughout the roll

4 SIMPLE LEFT AND RIGHT ARM BREAK FALLS

From standing position demonstrating safe and effective technique

5 8 TECHNIQUES TO INCLUDE;

EFFECTIVE USE OF PUNCH AND PALM STRIKES

SWEEP

HIP THROW

OUTSIDE WRIST LOCK



OVERALL AIM – DEMONSTRATION OF STRONG STANCES

Mastering your balance is the first step of learning Martial Arts.

Demonstrating that you are standing in good 'base' will score higher marks at your assessment

JU-JITSU SYLLABUS

“Life itself is your teacher,
and you are in a state of
constant learning”



YELLOW BELT



1 DEMONSTRATION OF PREVIOUS SYLLABUS

Perform previous syllabus to a high standard

2 BACKWARD BREAK ROLL

An effective technique demonstrating that you have control of your fall throughout

3 8 TECHNIQUES FROM DOUBLE JACKET ATTACK TO INCLUDE;

EFFECTIVE USE OF ELBOW STRIKES

HALF SHOULDER THROW (SINGLE ARM)



OVERALL AIM – THE MOVEMENT OF STRONG STANCES

You should demonstrate that you can maintain your stance even as you move around the attacker. A strong stance is important but if you can't move it, it may become restrictive

JU-JITSU SYLLABUS

“**A**bsorb what
is useful,
discard what is
useless,
and add what is
specifically your
own ”



ORANGE BELT



1 DEMONSTRATION OF PREVIOUS SYLLABUS

Perform previous syllabus to a high standard

2 FRONT SLAM BREAK FALL

Standing or kneeling position. Fall must be effective and safe

3 8 TECHNIQUES FROM SINGLE STRANGLE TO INCLUDE;

EFFECTIVE USE OF BACK FIST STRIKES

FULL SHOULDER THROW (DOUBLE ARM)

UNDER ARM HEAD THROW

4 CORE LOCKS

Demonstration of the 8 syllabus core locks from kneeling position, both left and right handed. Locks must be performed with correct detail and must be 'patterned' only by junior members and not applied with force. You must use the 8 core locks now to form the basis of your grading duo



OVERALL AIM – DETAILED TECHNICAL SKILL

You are expected to apply effective locks. Note that children are to show the pattern of the technique only and are not permitted to apply any positions with force

JU-JITSU SYLLABUS

“Mistakes are always forgivable, if one has the courage to admit them”



GREEN BELT



1 DEMONSTRATION OF PREVIOUS SYLLABUS

Perform previous syllabus to a high standard

2 FORWARD BREAK ROLL ON NON-DOMINANT ARM

An effective technique demonstrating that you have control throughout the roll

3 8 TECHNIQUES FROM DOUBLE FRONT STRANGLE TO INCLUDE;

EFFECTIVE USE OF SPEAR-HAND STRIKE

JACKET SHOULDER THROW

CRAB SCISSORS



OVERALL AIM – FLOW OF TECHNIQUE (ADAPTATION)

You should always be able to adapt and change your technique at any time. Move from one technique to another to demonstrate that you have mastered the ability to be adaptable. Move from a lock to a throw for example – seamless, graceful transitions

JU-JITSU SYLLABUS

“**d**efeat is a state of mind; **no one** is ever defeated until defeat has been accepted as reality”



BLUE BELT



- 1 DEMONSTRATION OF PREVIOUS SYLLABUS**
Perform previous syllabus to a high standard
- 2 A FORWARD BREAK ROLL WITHOUT THE USE OF HANDS (BODY ROLL)**
A high level of break falling skills to be demonstrated
- 3 8 TECHNIQUES FROM SINGLE ROUNDHOUSE PUNCH TO INCLUDE;**
EFFECTIVE USE OF RIDGE-HAND STRIKES
THROWS FROM WRIST AND ARM LOCK POSITION



OVERALL AIM – SPEED OF TECHNIQUE (PERFORMED SAFELY TO HIGH GRADE STANDARD)

You will be required to perform a high standard of technique against multiple attackers

DEMONSTRATION OF THROWS

Demonstration of effective throwing technique

GROUND FIGHTING BOUTS

Ground fighting bouts under referee supervision with an emphasis on controlled technique

KICKBOXING BOUTS

Kickboxing bouts under referee supervision with an emphasis on controlled technique

JU-JITSU SYLLABUS



“ Always be yourself, express yourself, have faith in yourself, **do not go out and look for a successful personality and duplicate it** ”

BROWN BELT



1 DEMONSTRATION OF PREVIOUS SYLLABUS

Perform previous syllabus to a high standard

2 WEAPON DEFENCES AGAINST BATON AND TANTO ATTACK

Indicated attacks from multiple attackers – training weapons are used. Display must include entire syllabus principles to expected level. You must have also held the grade of blue belt for a minimum of 12 months



OVERALL AIM – DEMONSTRATE EFFECTIVE AND CREDIBLE WEAPON DEFENCES

To include effective general strikes

DEMONSTRATION OF THROWS

Demonstration of effective throwing technique

GROUND FIGHTING BOUTS

Ground fighting bouts under referee supervision with an emphasis on controlled technique. You will also be required to demonstrate fighting mounts and a variety of lock positions

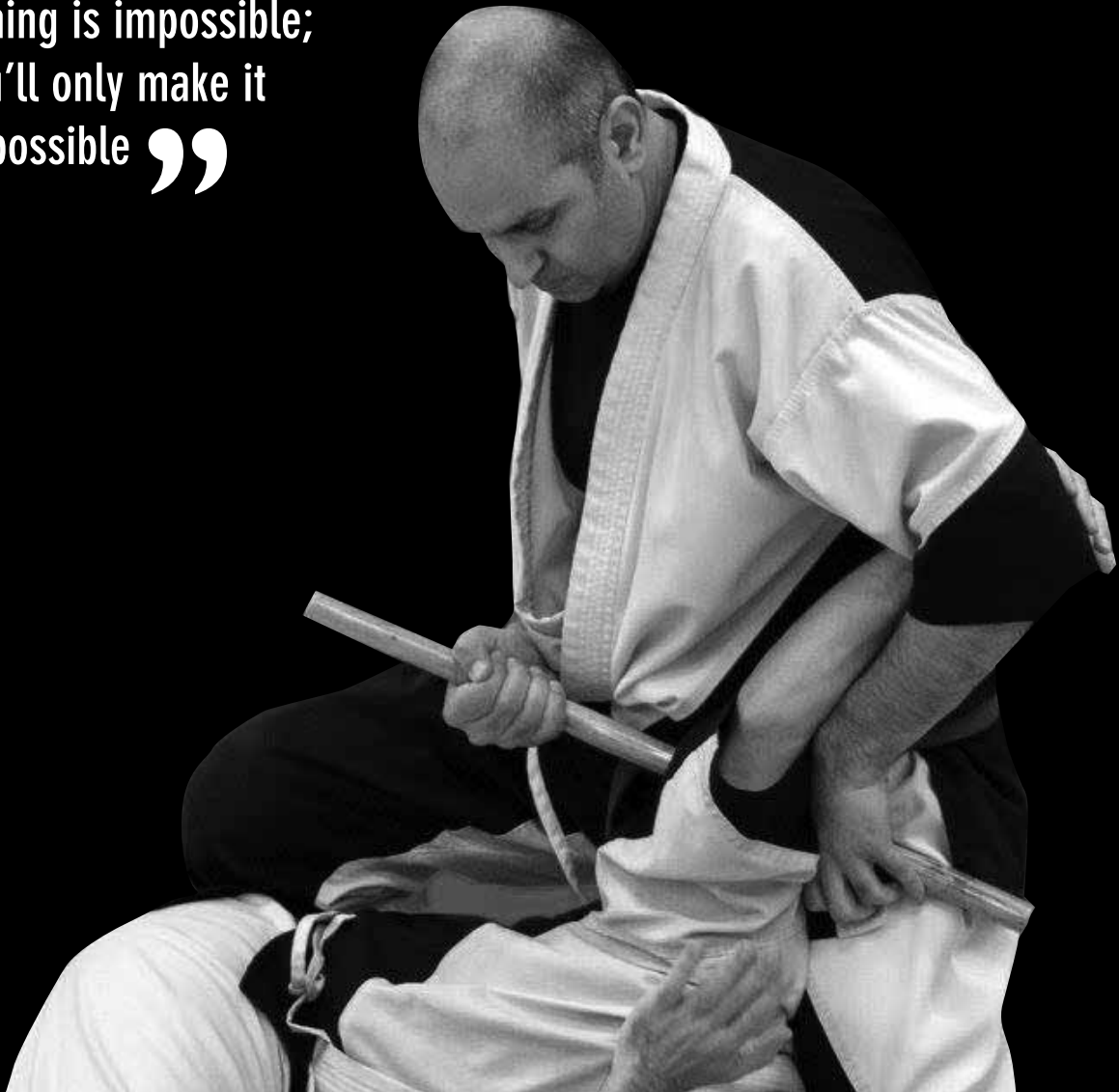
KICKBOXING BOUTS

Kickboxing bouts under referee supervision with an emphasis on controlled technique

Testimonial (and grading nomination) from your instructor that you have gained experience as a supervised assistant instructor (see coaching awards information for details.)

JU-JITSU SYLLABUS

“ If you think a
thing is impossible;
you’ll only make it
impossible ”



BLACK BELT





JU-JITSU SYLLABUS BLACK BELT



The Black Belt assessment is an extremely demanding physical test requiring demonstration of the complete syllabus following a minimum of two years of preparation with a minimum for 12 months training at both blue and brown belt

Applicants will only be accepted if in good standing with the Association, and will be required to have a high standard of technique and moral character

Controlled sparring against two opponents at once forms part of the assessment

JU-JITSU SYLLABUS

“Knowing is not enough, we must apply. **Willing is not enough, we must do**”



BLACK BELT – 1st Dan to 3rd Dan





All dan grades will be awarded on evidence of self-development and a continued training and study within Combat Academy UK. By fulfilling any or all requirements, candidates will be considered eligible for a dan grade award. Dan grades may also be awarded outside of this guide to individuals who demonstrate outstanding service to our clubs and time served at grade (Service grade)

Any aspect of service which the candidate considers to form part of any eligibility criteria (e.g. service at a grading as an Instructor) must be recorded in their official CAUK licence which must be presented for review as part of this process. The candidate may not make any entries to their own licence, entries must be recorded by a member of the grading board, the senior grade at an event, or a MAUK level one instructor. It remains the responsibility of the candidate to ensure that their licence is updated, in date and all evidence is recorded

For dan grades (1st dan to 3rd dan) candidates will need to have attended a Master class and dan grade assessment and be 16 years of age and over. Those who are successful at this preliminary assessment will be invited to grade at the next available grading. Candidates will be required to perform the entire syllabus to the expected level in the opinion of the senior dan grades and master instructor (Assessed grade)

Additional elements that will also need to be taken into account are:

- 1** Successful completion of MAIUK level 2/1
- 2** Evidence of consistent and adequate training/teaching at official CAUK club
- 3** Evidence of continued personal development as recorded in club licence. This includes training in high grade environments such as high grade classes and courses
- 4** Good standing within CAUK
- 5** A minimum of 12 months of continued training and/or teaching for each dan grade awarded. (ie. Candidates for 2nd dan must have held 1st dan for a minimum of 2 years)
- 6** Grades of 4th dan and higher are awarded on further dedication and service to Combat Academy UK as deemed appropriate by senior dan grades

You must be shapeless, formless, like water. When you pour water in a cup, it becomes the cup. When you pour water in a bottle, it becomes the bottle. When you pour water in a teapot, it becomes the teapot. Water can drip and it can crash.

Become like water my friend.

BRUCE LEE



www.combatacademy.co.uk
contact@combatacademy.co.uk
M. 07711 681218

