

Brown/White Belt Syllabus

Nagewaza

Ura Nage:	Rear Throw
O Soto Makikomi:	Major Outer Winding Throw
Soto Makikomi:	Outer Winding Throw
Yoko Gake:	Side Prop
O Uchi Gake:	Major outer prop
Uchi Mata:	Inner thigh throw
Kami Bisarumi:	Crab scissors
Okuri Ashi Barai:	Rear ankle sweep

Nage No Kata

Koshi Waza:	Hip Techniques
Uki Goshi	
Harai Goshi	
Tsuru Kome Goshi	

Ashi Waza:	Ankle Techniques
Okuri Ashi Barai	
Sasae Tsuru Kome Ashi	
Uchi Mata	

Kubudo

NOT GRADED

Shiho Katana Kata:

Straight Down with draw, Thrust forward, Overhead to rear, Side to R
Overhead to rear, Diagonally up to left, Overhead

Basic use of a jo

Baton defences against two unarmed attackers

Baton defences against sharp weapons

Knife to face: Ude Gaeshi

Knife to groin: trap wrist, drop to floor and hold

Forehand slash: Ushiro Te Guruma / Shiho Nage

Backhand slash: Hiji Makikomi

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Waza

Counter to Shimes

- 1) Turn body dropping weight through arm, turn into Kote Gaeshi/Hiji Tori
- 2) Strike solar plexus, then chin, break arms up and down, throw with O Soto Gari
- 3) Strike groin, throw Yoko Soto Gari
- 4) Kote Gatami and knee in solar plexus
- 5) Ippon Seoi Nage
- 6) Ippon Seoi Nage
- 7) Seoi Otoshi

Throw Combinations:

Koshi Guruma	into	Kubi Nage
Ko Uchi Gare	into	Heni Goshi
Harai Goshi	into	Kami Bisarmi
O Uchi Gare	into	Koshi Guruma
Harai Goshi	into	O Soto Gari

Defences

Boxer	Jabbing and punching
Machete	Diagonally down, roundhouse
Gun	Stomach, small of back, back of head, front of head, Execution style

Middle Work

- 2 armed attackers (dissimilar weapons)
- Stalking with tanto
- Live broken bottle

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History of Ju Jitsu

- Ju Jitsu is originated between 8th and 16th Century in Japan.
- Japan was in a state of civil war and close fighting methods were developed alongside weapon systems.
- The first publicly recognised Ju Jitsu Ryu was formed by Takenouchie Hisamori in 1532.
- Because these techniques were designed for combatants wearing armour, the large leaping and kicking movements found in many other martial arts were not used in Ju Jitsu.
- The name Ju-Jutsu or Yawara (flexible) first started to be used around 1600.
- In 1603, [Tokugawa Ieyasu](#) formed Tokugawa military government with a commitment to bring peace and economic and political stability. This marked the beginning of the Edo period of Japanese history (1603-1868), during which warring ceased to be a dominant feature of Japanese life.
- Many samurai became teachers of the martial arts - shifting from weaponed to weaponless styles. These weaponless styles were developed from the grappling techniques of the weaponed styles and were collectively known as ju-jutsu.
- During the height of the Edo period, there were more than 700 systems of Jitsu (725 styles were officially recognised). The styles differed in their emphasis on kicking, punching, throwing, locks and take-downs.
- In 1868 the Tokugawa regime was toppled in an abortive civil war known as the Meiji Restoration.
- Emperor Meiji introduced the "[Imperial Oath of Five Articles](#)" which started the process of dismantling the Samurai class.
- An Imperial edict was issued declaring it a criminal offence to practice the old style combative martial arts. Under this edict Ju Jitsu and many other martial arts were almost lost. However, some masters continued to practice their art in secret, or moved to other countries, allowing the style to continue. It was during this oppression that the first Japanese exponents of the art arrived in Britain. Following the end of American occupation in 1951, the ban on Jitsu was lifted, allowing the free practice of the art.
- During the US occupation, the various 'jutsu' styles (*ju-jutsu, karate-jutsu, ken-jutsu, aiki-jutsu...*) were banned for practical reasons and it was thought they might contribute to Japanese militarism. At this point the more sporting and competitive 'do' styles started to gain popularity (*judo, karate-do, aikido...*).