

Bexley Ju Jitsu

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Adult Grading and Training Syllabus

Bexley Ju Jitsu

8th Kyu

Break Falls:	(5)
Rolling	
Back	
Front	
Sides	
Foreflap	
Breaking Front Strangles	(2)
Breaking Ground Strangles:	(2)
Arms Pinned	
Sitting on Stomach	
Breaking Back Strangles	(2)
Arm Locks:	(2)
From a wrist grab	
Arm & Collar	
Hip Throw with locks	
Recumbant Ankle from a push	
Shoulder Locks:	(2)
From a right hook punch	
From a grab & punch	
Knife Defence:	(1)
Wrist Throw with lock from knife attack – long stab	
Kata of Blocks	
Kata of Strikes	
Kicks:	(2)
Front Thrust	
Front Snap	
Basic Ground Holds:	(3)

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Guard

Side Mount

Full Mount

Randori – freestyle combat/continuous techniques

Kumite – freestyle sparring

Resuscitation/basic first aid

Dojo Etiquette

Club Safety

Bexley Ju Jitsu

7th Kyu

Avoidance Hip Throw with Shoulder Arm Lock

Avoidance Hip Throw with Cross Over Arm Lock

Defence against Kicks to the Head Whilst on the ground (4)

Wrist Locks: (3)

From a grab punch

From a wrist grab

From a push

Arm Locks: (3)

From a wrist grab

From an overhead strike

Arm & Collar

Shoulder Arm Locks (2)

Reclining Leg Throw with Strikes

Breaking Ground Strangles: (5)

Arms pinned

Sitting on the stomach

Above the head

At the side

Between the legs

Breaking Hair Grabs: (2)

Front

Rear

Kicking Kata

Blocking and Striking Kata

Kicks: (3)

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Bexley Ju Jitsu

Front Thrust
Front Snap
Round House

Knife Defence: (2)
Wrist throw with lock from knife attack – long & short stab

Basic Ground escapes (3)
Escape from Guard
Escape from Side Mount
Escape from Full Mount

Randori – freestyle combat/continuous techniques
Kumite – freestyle sparring

Resuscitation/basic first aid

Bexley Ju Jitsu

6th Kyu

Half Shoulder Throws	(2)
Body Drop	(2)
Leg Throws: Attacker's Left Leg Forward Attacker's Right Leg Forward	(2)
Dropping Full Shoulder	
Back Hammer Lock with various finishes	
Back Scissors Throw	(2)
Sweeping Loin: Attacking Defending	(2)
Outside Hock	
Drawing Ankle	
Stamp Throw	
Palm Locks: Both wrists held Straight punch	(2)
Kicks: Front Thrust Front Snap Round House Side	(4)
Knife Defence: Wrist throw with lock from knife attack – Long & short stab Single slash to the face Double slash to the face	(4)

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Randori – freestyle combat/continuous techniques

Kumite – freestyle sparring

Resuscitation/basic first aid

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5th Kyu

Escape from arms Pinned & Unpinned front & rear (8)

Knee Wheel

Bar Chokes (2)

Shoulder Throws: (3)

Full shoulder from a straight/overhead

From a grab punch

From a right hook punch (with strike to collar bone)

Strangles and Chokes: (10)

2 x standing

8 x on the ground

Rice Bail Throws (2)

Escape from Full Nelson (2)

Front Scissors Throw (2)

Escape from Half Nelson (2)

Locking Techniques on the Ground (15)

Kicks: (5)

Front Thrust

Front Snap

Round House

Side

Back

Knife Defence: (5)

Wrist throw with lock from knife attack – Long & short stab

Single slash to the face

Double slash to the face

Threatening to the face

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Bexley Ju Jitsu

Randori – freestyle combat/continuous techniques

Kumite – freestyle sparring

Freestyle Ground Sparring

Resuscitation/basic first aid

Bexley Ju Jitsu

4th Kyu

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Loin Throw

Escape from Head Chancery's:

Front (3)

Rear (2)

Escape From Garrotting:

Front (2)

Rear (2)

Breaking Ground Strangles and Chokes (6)

2 x sitting on the stomach

3 x in between the legs

1 x sitting up

Dropping Body Drop

Scissors and Naked Choke

Spring Hip Throws: (3)

Single Leg Spring

Double Leg Spring

Knee Push

Scoop Throws: (2)

Front

Rear

Side Scoop with Double Leg Lock

Wrist Locks: (3)

Palm Up

Side with Elbow

Rear

Knife Defence: (6)

Wrist throw with lock from knife attack – Long & short stab

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Single slash to the face

Double slash to the face

Threatening to the face

Threatening to the throat

Kicks on both sides/legs:

(5)

Front Thrust

Front Snap

Round House

Side

Back

Randori – freestyle combat/continuous techniques

Kumite – freestyle sparring

Freestyle Ground Sparring

Resuscitation/basic first aid

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3rd Kyu

Valley Drop:	(2)
From a pull back	
From a right hook punch	
Counters to Straight Arm Lock	(2)
Counters to Back Arm and Collar Hold	(4)
Counters to Bar Chokes	(2)
Head Hip Knee	
Wedge Blocks	(2)
Shoulder Wheels	(2)
Locking Techniques Standing and on the Ground	(15)
Freestyle Knife Blocking	
Defence against Kicking Techniques	(8)
Knife Defence:	(7)
Wrist throw with lock from knife attack – Long & short stab	
Single slash to the face	
Double slash to the face	
Threatening to the face	
Threatening to the throat	
Straight to the stomach – 1 st version, no pull back	
Randori – freestyle combat/continuous techniques	
Kumite – freestyle sparring	
Freestyle Ground Sparring	
Resuscitation/basic first aid	

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2nd Kyu

Corner Throw

Rear Throw (2)

Cross Ankle Throw (2)

Rolling Ankle Throw

Outer Wheel

Leg Wheels: (2)

Front

Rear

Outer Hook Throw

Throwing Opponent from Behind (8)

Shoulder Crash (2)

Finger and Thumb Locks (Various)

Shoulder Throws (Various)

Knife Defence: (8)

Wrist throw with lock from knife attack – Long & short stab

Single slash to the face

Double slash to the face

Threatening to the face

Threatening to the throat

Straight to the stomach – 1st version, no pull back

Straight to the stomach – 2nd version, with pull back

Randori – freestyle combat/continuous techniques

Kumite – freestyle sparring

Freestyle Ground Sparring

Resuscitation/basic first aid

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1st Kyu

Continuous Throwing	(20)
Winding Throws Inner & Outer	(2)
Stomach Throws: Single leg (left & right) Double leg	(3)
Nerve and Pressure Points	(Various)
Dropping Version of Reverse Body Drop	
Shoulder Charge Throw	
Defence against knife attacks using kicks	(Various)
Escape from Both Wrists Held from the Rear	(6)
Kicks from the Ground	(Various)
Shoulder and Arm Takedown with Dislocations	
One Handed Throws	(6)
Leg Sweeps Front/Rear	(Various)
Knife Defence:	(10)
Wrist throw with lock from knife attack – Long & short stab	
Single slash to the face	
Double slash to the face	
Threatening to the face	
Threatening to the throat	
Straight to the stomach – 1 st version, no pull back	
Straight to the stomach – 2 nd version, with pull back	
Stab to the neck	
Slash to the body	

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Randori – freestyle combat/continuous techniques

Kumite – freestyle sparring

Freestyle Ground Sparring

Resuscitation/basic first aid

Bexley Ju Jitsu

1st Dan

Continuous Throwing	(25)
Counters to Major Throws	
Hip Throw	(2)
Drawing Ankle	(2)
Shoulder Wheel	(2)
Full Shoulder Throw	(2)
Body Drop	(2)
Counters to Various Kicks	
Back Kick	(2)
Front Kick	(2)
Round House Kick	(2)
Side Kick	(2)
Inside Leg Sweeps	(2)
Combination Throws	(4)
One Handed Throat Throws	(2)
Lunge Punch Reverse Punch	
X-Block Pulling onto Round House Kick	
X-Block Pulling onto Knee Strike and Strike to Head	
Punching Combination - Body, Face, Body	
Palm Heel Blocks with Counters from Attacks	(Various)
Attacking Different Parts of the Body using various Combinations of Open/Closed Hands/Bottom Fist & Elbow Strikes	
Basic Anatomy of the Human Body & resuscitation	
All previous techniques	
Randori & kumite	

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Freestyle Ground Sparring

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2nd Dan

Left-handed Throws	(10)
Defence against Knife Attacks	(10)
Defence against Grabs	(Indiscriminate)
Kempo Waza	(8)
Weapons (optional)	
Randori – freestyle combat/continuous techniques	
Kumite – freestyle sparring	
Freestyle Ground Sparring	
Resuscitation/basic first aid	
Basic Anatomy of the Human Body	
All previous techniques as required	

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3rd Dan

Knife defences using weapons	(8)
Knife defences (without weapons)	(6)
Standing defences from various grabs	(Indiscriminate)
Kneeing defences from various attacks & grabs	(Indiscriminate)
Randori – freestyle combat/continuous techniques	
Kumite – freestyle sparring	
Freestyle Ground Sparring	
Resuscitation/basic first aid	
All previous techniques as required	

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