



White Belt Syllabus For promotion to Rokyū (Yellow Belt)

Fundamentals

1. Warm up exercises
2. Dojo etiquette
3. Falling techniques
 - Back (Koho)
 - Front (Zempo)
 - Side (Yoko)
 - Forward Rolling (Zempo Kaiten)

Striking Techniques (Atemi Waza)

1. Using the head (Kubi-uchi)
2. Using the hand (Oai-tsuki)
3. Using the hammer fist (Tetsie-uchi)
4. Using the back fist (Hiraken-uchi)
5. Using the elbow (Empi-uchi)
6. Using the palm heel (Teisho-uchi)
7. Using the knee (Hiza-geri)
8. Using the front kick (Mae-geri)
9. Using the side kick (Yoko-geri)
10. Using the stomping kick (Fuma-komo-geri)
11. Using the back kick (Ushiro-geri)

Throwing Techniques (Nage Waza)

Hand Techniques (Te Waza)

Shoulder throw (Seoi-nage)

Hip Techniques (Koshi Waza)

Floating hip throw (Uki-goshi)

Foot Techniques (Ashi Waza)

Advanced foot sweep (Deashi-harai)

Grappling Techniques (Katame Waza)

Holding Techniques (Osae-komi Waza)

Scarf lock (Kesa-gatame)

Choking Techniques (Shime Waza)

Normal Cross Choke (Name-juji-jime)

Joint Locks (Kansetsu Waza)

Wrist lock (2) (Kote-hineri)

Vocabulary

Ukemi waza– falling techniques



Heike-Ryu Jiu Jitsu

Atemi waza – striking techniques

Vocabulary continued:

Nage waza – throwing techniques

Katame waza – grappling techniques

Vocabulary continued:

Sensei – instructor (generally fourth degree black belt and higher)

Dojo – practice hall

Gi – uniform

Obi – belt

Kiyotsuke - attention

Rei – bow

Rokyu – sixth class rank

Gokyu – fifth class rank

Yonkyu – fourth class rank

Sankyu – third class rank

Nikyu – second class rank

Ikkyu – first class rank



Yellow Belt Syllabus For promotion to Gokyu (Orange Belt)

Fundamentals

All previous

Striking Techniques

All previous

Basic blocks against striking techniques

Throwing Techniques

All previous plus:

Hip Techniques (Koshi Waza)

Major hip (O-goshi)

Hip wheel (Koshi-guruma)

Foot Techniques

Knee wheel (Hiza-guruma)

Major outside reaping (Osoto-gari)

Grappling Techniques

All previous plus:

Holding Techniques (Osae-komi Waza)

Shoulder hold (Kata-gatame)

Choking Techniques

Reverse cross choke (Gyaku-juji-jime)

Half cross choke (Kata-juji-jime)

Bare hand choke (Hadaka-jime) (2)

Joint Locks

Shoulder technique – chicken wing (Hiji-kime)

Arm bar technique – Fore arm lock (Sempaku-gatame)

Arm bar technique – Arm pit lock (Waki-gatame)

Defensive Situations

Vocabulary

All previous plus:

Seiza – sitting on knees

Anza – sitting cross legged

Hidari – left

Migi – right

Shizen Hontai – fundamental natural posture

Jigo Hontai – fundamental defensive posture

Kuzushi – off balance



Heike-Ryu Jiu Jitsu

Vocabulary continued:

Tsukuri – entry into a throw

Kake – execution of a throw

Nage – throw

Waza – technique

Te – hand

Ashi – foot

Goshi – hip

Ki - spiritual energy

Kiai – shout to gather strength



Orange Belt Syllabus
For promotion to Yonkyu (Green Belt)

Fundamentals

All previous

Striking Techniques

All previous

Throwing Techniques

All previous plus:

Hip Techniques (Koshi Waza)

Sweeping hip (Harai-goshi)

Foot Techniques (Ashi Waza)

Supporting lift-pull foot (Sasae-tsurikomi-ashi)

Major inner reap (Ouchi-gari)

Grappling Techniques

All previous plus:

Holding Techniques (Osae-komi Waza)

Side hold (Yokoshiho-gatame)

Choking Techniques

Sliding lapel choke (Okuri-eri-jime)

Single wing choke (Kataha-jime)

Joint Locks

Shoulder technique – under arm figure four (Tenkai-kote-hineri)

Shoulder technique – over arm figure four (Ude-garami)

Vocabulary

All previous plus:

Bushido – way of the warrior

Martial arts – Budo

Class of belt ranks below black belt – kyu

Degree of black belt rank – dan

Yudanshakai – black belt association

Zarei – kneeling bow

Ritsurei – standing bow

Katame waza - Grappling techniques

Osae waza - Holding techniques

Shime waza – choking techniques

Kansetsu waza – joint locking techniques



Green Belt Syllabus
For promotion to Sankyu (Third Class Brown Belt)

Fundamentals

All previous

Striking Techniques

All previous

Throwing Techniques

All previous plus:

Hand Techniques (Te Waza)

Body drop (Tai-otoshi)

Shoulder wheel (Kata-guruma)

Foot Techniques (Ashi Waza)

Minor outer reap (Kosoto-gari)

Minor inner reap (Kouchi-gari)

Sacrifice techniques (Sutemi Waza)

Circle throw (Tomoe-nage)

Grappling Techniques

All previous plus:

Holding Techniques (Osae-komi Waza)

Straddling hold (Tateshiho-gatame)

Joint Locks

Arm bar technique – Pump handle lock underarm (Ude-gatame)

Arm bar technique – Pump handle lock overarm (Ude-hineri)

Arm bar technique – Over shoulder lock (Ude-gatame)

Arm bar technique – Stomach bar (Hara-gatame)

Arm bar technique – Cross lapel lock (Te-gatame)

Defensive Situations

Defense against a fist attack – wrist lock (Kote-gaeshi)

Defense against a fist attack – straight punch arm bar (Ude-gatame)

Defense against a fist attack – moving foot sweep (Ko-soto-gari)

Defense against a fist attack – shoulder throw (Seoi-nage)

Defense against a kicking attack – step on toes

Defense against a kicking attack – foot sweep (Ko-soto-gari)

Defense against a kicking attack – inside block to inner reap throw (O-uch-gari)

Defense against a purse snatcher – outer reaping throw (O-soto-gari)

Defense against a purse snatcher – wrist lock (Kote-gaeshi)

Defense against a purse snatcher – floor arm bar

Defense against a front attack handshake – thumb jamb



Defensive Situations continued:

- Defense against a front attack handshake – knuckle against the hand
- Defense against a front attack handshake – scissoring the thumb
- Defense against a front attack handshake – wrist lock (Kote-gaeshi)
- Defense against a front attack wrist grab – break through thumb
- Defense against a front attack wrist grab – arm bar (2) (Sempaku-gatame)
- Defense against a front attack wrist grab – wrist lock (2) (Kote-hineri)
- Defense against a front attack wrist grab – dislocate thumb

Vocabulary

All previous plus:

Mokuso – meditate

Tachi waza – throwing from a standing position

Sutemi waza – throwing techniques done by falling on one's back or side

Maitta – I surrender



Third Class Brown Belt Syllabus
For promotion to Nikyu (Second Class Brown Belt)

Fundamentals

All previous plus:

Striking Techniques

All previous plus:

Throwing Techniques

All previous plus:

Hip Techniques

Spring Hip (Hane-goshi)

Sacrifice techniques

Scissors Throw (Kani-basame)

Side Drop (Yoko-otoshi)

Valley Drop (Tani-otoshi)

Reverse Scissors Throw (Gyaku-kani-basame)

Grappling Techniques

All previous plus:

Holding Techniques (Osae-komi Waza)

Upper four corner hold (Kamishiho-gatame)

Defensive Situations

Defense against a fist attack – outer reap (O-soto-gari)

Defense against a fist attack – arm bar

Defense against a fist attack – hip throw (O-goshi)

Defense against a fist attack – inner reap (O-uchi-gari)

Defense against a fist attack – step on toes

Defense against a kicking attack – kick against shin (Yoko-geri)

Defense against a kicking attack – cross block to throw

Defense against a kicking attack – outside block to throw

Defense against a front attack handshake – hand against the chest

Defense against a front attack handshake – bend the hand back

Defense against a front attack handshake – wrist lock to wing lock

Defense against a front attack grabs both wrists – twist upwards

Defense against a front attack lapel grab – thumb jamb

Defense against a front attack lapel grab – wrist lock (2) (Kote-hineri)

Defense against a front attack lapel grab – arm pit lock (Waki-gatame)

Defense against a front attack lapel grab – fore arm lock (Sempaku-gatame)

Defense against a front attack lapel grab – hip throw (O-goshi)

Defense against a front attack hair grab – thumb into wrist

Defense against a front attack hair grab – arm pit bar (Waki-gatame)



Vocabulary

All previous plus:

Shodan – first degree black belt

Nidan - second degree black belt

Sandan – third degree black belt

Yodan – fourth degree black belt

Godan – fifth degree black belt

Rokudan – sixth degree black belt

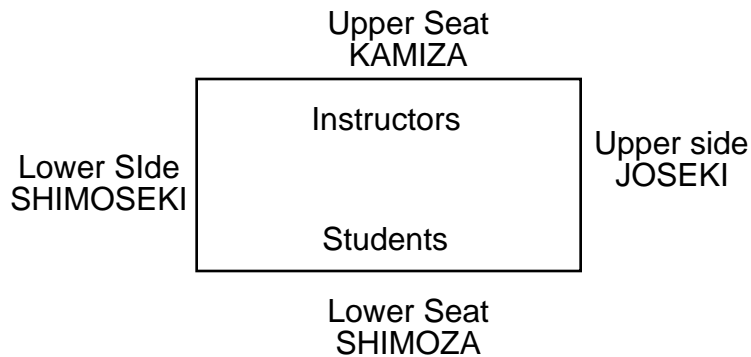
Shichidan – seventh degree black belt

Hachidan – eighth degree black belt

Kudan – ninth degree black belt

Judan – tenth degree black belt

Dojo layout:





Second Class Brown Belt Syllabus For promotion to Ikkyu (First Class Brown Belt)

Fundamentals

All previous

Striking Techniques

All previous

Throwing Techniques

All previous plus:

Sacrifice techniques

Corner throw (Sumi-gaeshi)

Back throw (Tawara-gaeshi)

Side sacrifice wheel throw (Yoko-guruma)

Grappling Techniques

All previous

Defensive Situations

Defense against a front attack hair grab – figure four lock (Ude-garami)

Defense against a front attack one hand shove – trap and bow

Defense against a front attack one hand shove – cup elbow and bow

Defense against a front attack one hand shove – two hand cup and bow

Defense against a front attack two hand shove – hip throw (O-goshi)

Defense against a front attack one hand choke – the turn away

Defense against a front attack one hand choke – wrist lock (Kote-mawashi)

Defense against a front attack two hand choke – the turn away

Defense against a front attack two hand choke – wrist lock (Kote-mawashi)

Defense against a front attack two hand choke – springing hip throw (Hane-goshi)

Defense against a front attack over arm bear hug – hip throw (O-goshi)

Defense against a front attack under arm bear hug – attack vital points

Defense against a front attack under arm bear hug – minor outer reap throw
(Ko-soto-gari)

Defense against a front attack under arm bear hug – major outer reap throw (O-soto-gari)

Defense against a front attack front head lock – shoulder wheel throw (Kata-guruma)

Defense against a front attack front head lock – wrist lock (Kote-mawashi)

Defense against a front attack front head lock – finger lock

Defense against a front attack side head lock – work against nose

Defense against a front attack side head lock – leg scoop (Sukui-nage)

Defense against a front attack side head lock – hip throw (O-goshi)

Defense against a front attack side head lock – side wheel throw (Yoko-guruma)

Taking out a big man – sliding lapel choke (Okuri-eri-jime)



Heike-Ryu Jiu Jitsu

Defensive Situations continued:

Taking out a big man – bare hand choke (Hadaka-jime)

Taking out a big man – leg scissors (Kani-basami)

Vocabulary

All previous



First Class Brown Belt Syllabus
For promotion to Shodan (First Degree Black Belt)

Fundamentals

All previous plus:

History of Heike-Ryu Jiu Jitsu

Striking Techniques

All previous

Throwing Techniques

All previous

Grappling Techniques

All previous

Defensive Situations

All previous plus:

Defense against a rear attack rear choke – shoulder throw (Seoi-nage)

Defense against a rear attack rear choke – scooping throw (Sukui-nage)

Defense against a rear attack over arm bear hug – shoulder throw (Seoi-nage)

Defense against a rear attack over arm bear hug – scooping throw (Sukui-nage)

Defense against a rear attack under arm bear hug – scooping throw (Sukui-nage)

Defense against a rear attack under arm bear hug – wrist lock (Kote-hineri)

Defense against a rear attack under arm bear hug – ankle pick

Defense against a rear attack full nelson – wrist lock (Kote-hineri)

Defense against a rear attack half nelson – arm bar (Waki-gatame)

Defense against a rear attack half nelson – wrap around throw (Soto-makikomi)

Defense against a rear attack hair grab – thumb into wrist

Defense against a rear attack hair grab – chicken wing lock (Tenkai-kote-hineri)

Defense against a rear attack strong arm – scooping throw (Sukui-nage)

Defense against a rear attack hammer lock – major outer reap (O-soto-gari)

Defense against a rear attack hammer lock – arm bar (Hara-gatame)

Defense against a rear attack wrist hold – arm bar (3) (Te-gatame)

Defense against a rear attack pick pocket – wrist lock (2) (Kote-hineri)

Defense against a rear attack masher – major hip throw (O-goshi)

Demonstration of restraining holds – come alongs

Vocabulary

All previous



Shodan (First Degree Black Belt)
Syllabus
For promotion to Nidan (Second Degree Black Belt)

Fundamentals

All previous

Striking Techniques

All previous

Throwing Techniques

All previous

Grappling Techniques

All previous

Defensive Situations

All previous plus:

Defense against weapons, guns, knives, clubs:

Defense for knives

Under arm knife thrust

Knife at throat

Overhand knife thrust

Knife at throat behind

Gun not drawn

Gunman in front

Gunman in back

Defense against clubs

Defense against multiple attackers:

Unarmed

Armed with gun

Armed with gun and knife

Vocabulary

All previous



Heike-Ryu Jiu Jitsu no Kata

1. Defense against a front attack handshake – scissoring the thumb into Floor arm bar
2. Defense against a front attack wrist grab – mirror hand, front kick, break through thumb, Kote Hineri to the ground
3. Defense against a front attack wrist grab – opposite hand, side kick, Sempaku-gatame) to the ground
4. Defense against a front attack lapel grab – thumb jamb, palm strike, (O-Soto-gari, Ude Garame)
5. Defense against a front attack hair grab – thumb into wrist, bow, (Waki Gatame)
6. Defense against a front attack two hand choke – wrist lock (Kote-mawashi)
7. Defense against a front attack side head lock – side wheel throw (Yoko-guruma)
8. Defense against a rear attack rear choke-over shoulder lock (Ude-hineri, Kote-hineri)
9. Defense against a rear attack over arm bear hug – scooping throw (Fuma-komogeri, Sukui-nage)
10. Defense against a rear attack hair grab – chicken wing lock (Tenkai-kote-hineri)
11. Defense against a rear attack half nelson – wrap around throw (Soto-makikomi) to groin strike
12. Defense against a front attack two hand shove – hip throw (O-goshi) knee to throat, Hara gatame
13. Defense against a fist attack, jab – straight punch arm bar (Ude-gatame)
14. Defense against a fist attack, hook – wrist lock (Kote-gaeshi) turn-over into Kote-hineri
15. Defense against a fist attack, over head – shoulder throw (Seoi-nage, Kote-hineri)
16. Defense against a front kick attack – inside block to inner reap throw (O-uch-gari, Ankle bar)



17. Defense against a side kick attack – foot sweep (Ko-soto-gari)
18. Defense against an Under arm knife thrust- Sempaku-gatame) to the ground
19. Defense against an Overhand knife thrust- (Hiji-kime)
20. Defense against Knife at throat-(Kote-gaeshi)
21. Defense against a gunman in front-left hand across, disarm with right hand, strike with gun
22. Defense against a gunman in back-elbow lock to (O-soto-gari)