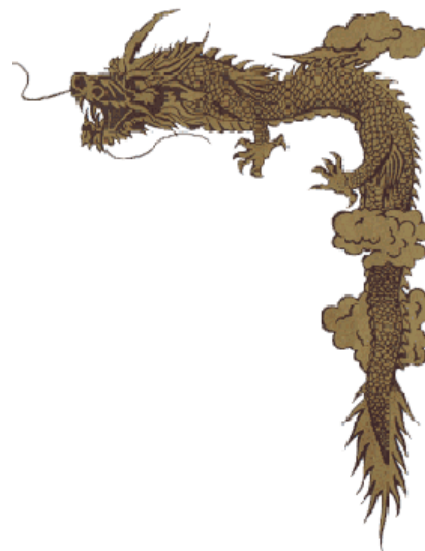


SOUTH COAST MARTIAL ARTS

Zen Ju-Jitsu Ryu



JUNIOR SYLLABUS

WHITE BELT TO YELLOW BELT

SOUTH COAST MARTIAL ARTS

Zen Ju-Jitsu Ryu

CLUB RULES AND ETIQUETTE

- (a) All members will see that they have clean hands, feet, nails cut short also wear no metallic article which may cause injury to an opponent.
- (b) Members will wear a clean suit, belt tied correctly with knot positioned forward.
- (c) Sandals should be worn off the mat at all times.
- (d) Member's will follow the etiquette of bowing:-
 - 1. On entering the dojo (training hall).
 - 2. Getting on or leaving the mat.
 - 3. To the instructor at the start and finish of a class.
 - 4. To the opponent at the start and finish of a contest or randori.
- (e) Members will not smoke in the training hall.
- (f) Any member found misusing equipment or any property within the club grounds will be asked to leave the club.
- (g) Any member found doing the art of Judo, Ju-Jitsu or any other martial art outside the club, for any other reason that set out below could be asked to resign from the club.
 - 1. As a sport, art or display
 - 2. As a way of self-defence from attack.
- (h) A senior member can be asked to take one out of three grades in the kyu grades or be asked to leave the club unless the said person can give a good reason why.
- (i) All members will work under any rules laid out by the S.C.M.A.
- (j) If any member wishes to make a complaint it must be in writing and the member must send it to the secretary before any action can be taken. Without doing this there is no complaint.
- (k) Members or visitors that are taking part in club activities, cannot hold the club or any of it's members responsible for any personal injury or for any loss of property.
- (l) The commands of the controlling instructor will be observed at all times.
- (m) No instructor or helper will leave the mat without first asking the controlling instructor.
- (n) No junior member has the right to vote.
- (o) No pupil has the right to join or leave a class with out the permission of the controlling instructor. In the case of the parent or guardian wishing to remove a junior member from the class the parent or guardian should first ask someone concerned with the class to approach the controlling instructor, so that the instructor concerned may give the junior member permission to leave the class.
- (p) Parent or guardians of a junior are not members of the S.C.M.A. and do not have any rights within the S.C.M.A. and will have signed the application form for membership on behalf of the junior stating the junior will abide by any rules the S.C.M.A. may have.
- (q) Any individual member found breaking the etiquette or rules of a class will be told in front of the class by the controlling instructor that they have broken the rules, so that it is not taken for granted that the member has got away with the offence he/she has committed.
- (r) Any coach or instructor has the right to stop members of the public, members of the S.C.M.A, parents or guardians from entering the dojo when a class is in progress.
- (s) Any situation not covered by these rules will be dealt with directly by Sensei Bruce Heffer, and his decision will be final.

SOUTH COAST MARTIAL ARTS

Zen Ju-Jitsu Ryu

7th KO KYU SYLLABUS **RED/WHITE BELT**

A. DOJO ETIQUETTE

- Belt tied correctly
- Standing Bow
- Kneeling bow

B. BREAKFALLS

- Mae Korobi (Forward rolling breakfall)
- Ushiro Ukemi (Falling backward breakfall)
- Migi Yoko Ukemi (Right side breakfall)
- Hidari Yoko Ukemi (Left Side breakfall)
- Mae Ukemi (Falling forward breakfall)

C. JU-NO-RI KATA OF BLOCKS – first 6 movements only

D. STANCES

- Zenkutsu Dachi (Forward stance)

E. PUNCHING TECHNIQUES

- Oi Zuki (Reverse stepping punch)
- Gyaku Zuki (Reverse punch)

F. KICKING TECHNIQUES

- Mae Geri (Front kick)
- Yoko Geri Kekomi (Side thrust kick)

G. DEFENCE BLOCKING AND STRIKING TECHNIQUES - from being attacked.

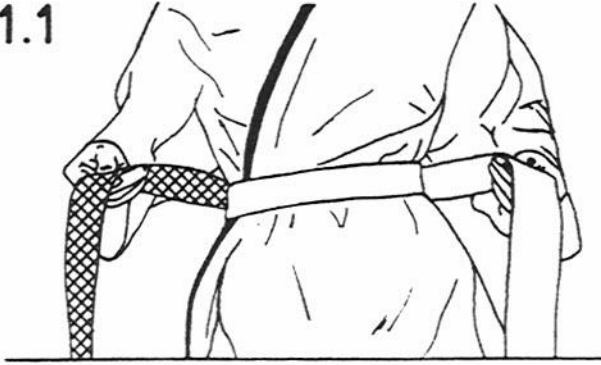
H. RELAXED RANDORI / FREESTYLE

SOUTH COAST MARTIAL ARTS

Zen Ju-Jitsu Ryu

Belt Tying

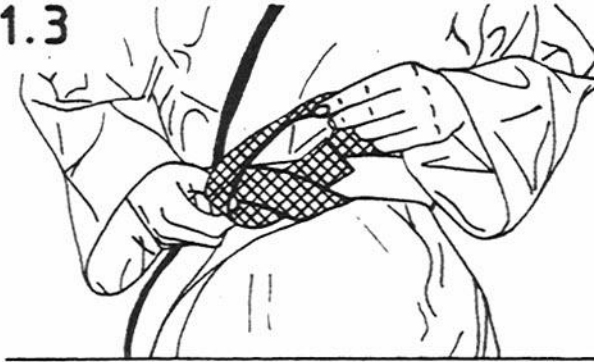
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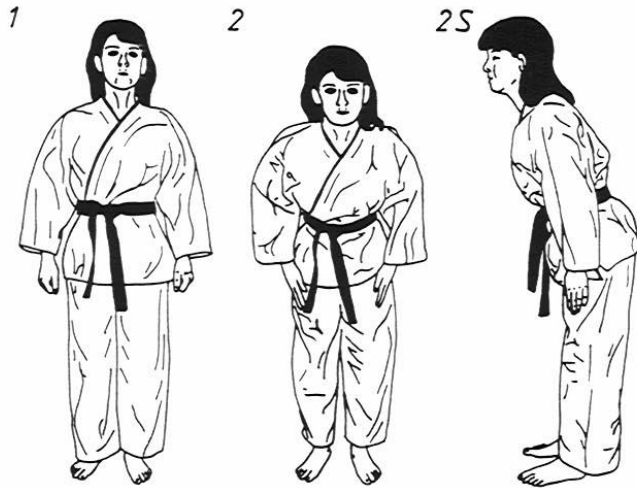
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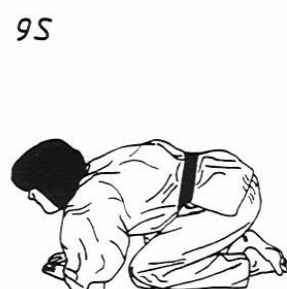
SOUTH COAST MARTIAL ARTS

Zen Ju-Jitsu Ryu

STANDING BOW.



KNEELING BOW.



SOUTH COAST MARTIAL ARTS

Zen Ju-Jitsu Ryu

6th KO KYU SYLLABUS **RED BELT**

- A. BREAKFALLS.
- B. JU-NO-RI KATA OF BLOCKS – First 12 movements only.
- C. PRINCIPLES OF BALANCE.
- D. THROWING TECHNIQUES.



KUBI NAGE



ASHI GAKE

- E. GROUND WORK TECHNIQUES



KESA GATAME



KATA GATAME

SOUTH COAST MARTIAL ARTS

Zen Ju-Jitsu Ryu

F. STANCES

- Zenkutsu Dachi (Forward Stance)
- Kiba Dachi (Horse Stance)
- Kokutsu Dachi (Back Stance)

G. PUNCHING TECHNIQUES

- Oi Zuki (Reverse stepping punch)
- Gyaku Zuki (Reverse punch)
- Kagi Tzuki (Hook punch)

H. KICKING TECHNIQUES

- Mika Zuki Geri (Crescent Kick)
- Ushiro Geri (Back Kick)

I. 5 Defence techniques from a selection of the above at the examiners discretion

J. RELAXED RANDORI / FREESTYLE

SOUTH COAST MARTIAL ARTS

Zen Ju-Jitsu Ryu

5th KO KYU SYLLABUS **YELLOW BELT**

- A BREAKFALLS
- B JU-NO-RI KATA OF BLOCKS – First 12 movements only
- C PRINCIPLES OF BALANCE
- D THROWING TECHNIQUES



KUBI NAGE



ASHI GAKE



TAI OTOSHI



KO UCHI MAKI KOMI

- E THROWING TECHNIQUES 2's

SOUTH COAST MARTIAL ARTS

Zen Ju-Jitsu Ryu

F 2 x GROUND WORK TECHNIQUES

G SHIME WAZA – (Strangling techniques)

- 1 From front
- 1 From rear

H KICKING TECHNIQUES

- Mae Geri (Front kick)
- Ushiro Geri (Back kick)
- Mawashi Geri (Round house kick)
- Yoko Geri Kekomi (Side snap kick)
- Mika Zuki Geri (Crescent kick)

I DEFENCE TECHNIQUES - including the use of strangles and kicks.

J RELAXED RANDORI / FREESTYLE

SOUTH COAST MARTIAL ARTS

Zen Ju-Jitsu Ryu

PRINCIPLES OF BALANCE.

REQUIREMENTS

The principles of balance are necessary to allow Tori (defender) to take control of the Uke (attacker).

DIRECTIONS

There are eight directions in which to affect the Uke's posture (balance).

Foreward

Backward

Sidwards - Right

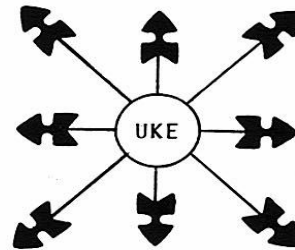
Left

4 Diagonal directions - Front right corner

Front left corner

Rear right corner

Rear left corner



USAGE

The knowledge of the principles of balance is important in order for the Tori to effectively throw, lock, strangle or strike the Uke.

METHOD

This is achieved by one or a combination of the following :-

Pulling

Pushing

Avoiding / diverting

Striking

the Uke.