

# Brackley Ju-jitsu Club - Training Syllabus



## White Belt

1. Mat etiquette
2. Basic exercises
3. Side break-falls
4. Breaking a back strangle (2)
5. Breaking a front strangle (2)
6. Hip throw
7. Recumbent ankle throw
8. Straight arm lock
9. Basic back stance, punches and kicks
10. Four flap break-fall
11. Shoulder lock

## Yellow Belt

1. Hip throw with shoulder arm lock
2. Hip throw with cross over arm lock
3. Defence against kicks to the head whilst on the ground (inner and outer leg)
4. Three arm locks from a standing position
5. Reclining leg throw with strikes
6. Breaking three ground strangles
7. Wrist throw with lock
8. Reaction training
9. Shoulder arm lock

## Orange Belt

1. First eight moves from kata
  2. Rolling break falls
  3. Body drop
  4. Half shoulder
  5. Leg throw with lock and strike
  6. Attacking and defensive sweeping loin
  7. Cross hock (right and left)
  8. Inside hock with cross block
  9. Hold down with double arm lock
  10. Rice bail throw
  11. Three wrist locks
  12. Front snap kick
  13. Side thrust kick
  14. Stamp throw
- Adults only*
15. Bar chokes (2)
  16. Drawing ankle
  17. Scissors and naked choke hold

## Green Belt

1. 2 moves from kata
2. Dropping version of full shoulder (both sides)
3. Crab claw scissors
4. Two escapes when held over and under the arms (front and rear)
5. Five variations of shoulder throw - cross block; stamp; sweep; lapel; body drop (three for juniors)
6. Escape from full and half nelson
7. Front scissors throw
8. Downward, inside forearm block with punch
9. Two defences from a front kick (one for juniors)
10. Combination hip throw
11. Combination straight arm lock
12. Back hammer lock

## Blue Belt

### Stage 1

1. 20 moves from kata
  2. Loin/hip wheel
  3. Six escapes from a head chancery (two front, four rear (left and right))
  4. Breaking strangles and chokes on the ground (six)
  5. Dropping version of a body drop with cross block
  6. Indian death lock
  7. Roundhouse kick to ribs from punch (both sides)
  8. Any attack from behind
- Adults only*
9. Restraining hold from a head chancery
  10. Counters to garrotting (front and back)
  11. Sleeper hold from a head chancery

### Stage 2

1. Valley drop (both sides)
2. Three different blocks with the same blocking arm
3. Reaction training - two attackers, both sides
4. Spring hip throw
5. Scooping throws (front and back)
6. Roundhouse kick to solar plexus whilst walking (both sides)
7. Outside forearm block and elbow to ribs (both sides)
8. Left palm-heel block to outside arm and punch to ribs
9. Two blocks with transitional hip throw
10. Six variations of holding down and revision
11. Back kick when held by both arms from behind

## Purple Belt

### Stage 1

1. Counter to straight arm lock (three)
2. Roundhouse kick to kidneys
3. Front kick followed by side kick
4. Wedge block
5. Winding throws (inner and outer)
6. Rear throw from a punch and attacking from rear
7. Outer hook throw
8. Side snap kick to kneecap using side of foot
9. Counter to a front kick (two)
10. 30 moves from kata
11. Upward kick to kneecap using heel

### *Adults only*

12. Shoulder wheel

### Stage 2

1. Counter to back arm and collar hold (three)
2. Upward forearm block (both arms)
3. Full shoulder and reverse full shoulder
4. Head, hip and knee throw
5. Rolling ankle
6. Variations on leg sweeps (four)
7. Corner throw (both sides)
8. Spinning back kick from punch and on pad
9. Four shoulder dislocations
10. Side snap kick to knee, plexus and back of knee
11. Three step sparring
12. Four throws from a left punch (body drop; hip throw; half shoulder; cross hock)

## Brown Belt

### Stage 1

1. Full kata (42 moves)
2. Outside palm-heel block with strike to side of neck
3. Leg wheel
4. Actions against three or more attackers
5. Back kick when held by both arms from behind
6. Roundhouse kick to solar plexus etc.
7. Arm and shoulder throw
8. Side thrust kick to kneecap then roundhouse kick to ribs
9. Dropping version of a reverse body drop
10. Roundhouse kick from ground

### Stage 2

1. Five step sparring
2. Cross ankle throw (both variations)
3. Outer wheel
4. Variations on stomach throw
5. Several ways of throwing from behind
6. Palm heel knockout blow to chin
7. Attacking the back of the legs
8. Knife-hand to neck with kick to solar plexus (two opponents)
9. All one handed throws
10. Whip throw from knife attack and three other knife defences
11. Left, upward rising block with knife-hand to neck
12. Three different blocks with the same blocking arm