

United States Ju-Jitsu Federation

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US JU-JITSU RANK REQUIREMENTS



Member

General Association of International
Sports Federations



Member

Ju-Jitsu International Federation



Member

International World Games
Association

UNITED STATES JU-JITSU FEDERATION

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FOREWORD

Technical Excellence in Martial Arts training is one of USJJF's top priorities. As Leaders in the Martial Arts, it is our sacred responsibility to ensure that all of our students receive the best possible "Mentoring" both in technique and philosophy of the Martial Arts.

Martial Art Training is the cornerstone of knowledge and the basis for credible self-defense skill and the perfection of human character. Training in a comprehensive taxonomy of Ju-Jitsu Skills is the "Key" by which the USJJF's Members develop their Martial Art Proficiency and exercise the collective capabilities required in self-defense or competition. Martial Art Training builds Character Development and, when necessary, prepares the Ju-Jitsuka to "Win" if or when confrontation (or combat) cannot be avoided.

While Senior Yudansha determine the direction and goals of training, it is the Dojo Sensei (& Assistant Sensei) who ensure that every training activity or class is well planned and rigorously conducted. These Rank Requirements are designed to guide and assist the Sensei to accomplish his or her goals in teaching the **US JU-JITSU** system. The **US JU-JITSU** Rank System is divided into sixteen separate divisions of training to include:

- | | |
|--|--|
| 1. Posture and Stances | Tachi Waza |
| 2. Body Movement | Taisabaki Waza |
| 3. Striking Techniques | Ate Waza |
| 4. Kicking Techniques | Geri Waza |
| 5. Blocking Techniques | Uke Waza |
| 6. Vital Point Techniques | Atemi Waza |
| 7. Joint Locking Techniques | Kansetsu Waza |
| 8. Combination Techniques | Renraku Waza |
| 9. Strangulation Techniques | Shime Waza |
| 10. Holding Techniques | Osae Waza |
| 11. Breakfall Techniques | Ukemi Waza |
| 12. Throwing Techniques | Nage Waza |
| 13. Self-Defense Techniques
(counter, escapes, avoidance) | Goshinjitsu Waza
(Kaeshi, Fusegi, Furimi) |
| 14. Formal Exercise | Kata |
| 15. Free Practice | Randori |
| 16. Sparring | Kumite |

The United States Ju-Jitsu Federation, along with the **Ju-Jitsu International Federation**, has established the training doctrine & guidance. The Dojo Sensei should apply these guidelines and assist the USJJF Leadership in the further development & conduct of US JU-JITSU Training. These US JU-JITSU Rank Requirements provide the training & promotion guidelines for USJJF Sensei & students in the areas of martial art history, traditions, techniques, strategy & terminology. From these Rank Requirements, the USJJF will formulate and publish a comprehensive training manual and videos for the US JU-JITSU System.

Our duty as USJJF Leaders is to provide challenging and realistic Martial Arts Training for all of our Members. The National Federation will do its part, and I encourage all US JU-JITSU Sensei to study, understand, and teach the techniques, as well as the Budo Philosophy presented in this manual and on the USJJF Official Website. Sensei at every level must

redouble their commitment to accurate & comprehensive US JU-JITSU Training, remembering, that Technical Excellence is a "Top Priority" in the United States Ju-Jitsu Federation.

I wish to express my most sincere appreciation to Hanshi George E. Anderson, our Federation's Founder, for his extensive contributions and insight in producing this updated US JU-JITSU Rank System. I would also like to recognize and give thanks to Sensei Robert M. Carver, our Vice-President & Webmaster for all of his technical input on Ju-Jitsu and his outstanding efforts to make the US JU-JITSU Rank System accessible to all interested Ju-Jitsuka through the USJJF's Official Website. And in closing, I also want to express my sincere thanks to all Members of our Central Technical Committee for their input and support in producing this most comprehensive ju-jitsu training guide.

Bruce R. Bethers, 8th DAN, SHIHAN
President and CEO
United States Ju-Jitsu Federation
Ju-Jitsu North American Union

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US JU-JITSU Rank Requirements

NEW STUDENT, (WHITE BELT)

General Requirements:

1. This rank is assigned to individuals of good moral character who have been accepted as a student by an officially recognized US JU-JITSU instructor/Examiner of the USJJF
2. No age requirement.
3. Basic knowledge of dojo rules, procedures and hygiene.
4. Regular dojo attendance and training.

JUKYU (Yellow Belt -10th CLASS)

Tenth Class:

General Requirements:

1. This rank is assigned to individuals of good moral character who have been accepted as a student by an officially recognized US JU-JITSU Instructor/Examiner of the USJJF.
2. No age requirement.
3. Basic knowledge of dojo rules, procedures and hygiene.
4. Regular dojo attendance and training.
5. **Must be Member in good standing with the USJJF.**
6. Minimum time in grade & training requirement as a White Belt, two months.

General Knowledge:

1. Origin of Ju-Jitsu (China)
2. Translation of “Ju-Jitsu” (The Gentle Art)
3. Known length of Ju-Jitsu’s history. (2,000 years)
4. Official National System of Ju-Jitsu as taught by the United States Ju-Jitsu Federation. (**US JU-JITSU**)

Understand Fundamentals of:

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Formal Exercise	Kata	ka-tah
2. Natural Posture	Shizen Hontai	shee-zehn han-teye
3. Defensive Posture	Jigohontai	jee-goh hon-teye

General Terminology & Phases

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Teacher	Sensei	sehn-say
2. Bow	Rei	ray
3. Please work with me	Onegai Shimasu	Oh-neguy-ee shee-mas
4. Thanks you very much	Arigato Gozaimashita	ah-ray-got-toe gozimas-ta
5. Attention	Kiostuke	kee-os-kaa
6. Technique	Waza	wa-za
7. Stop	Matte	ma-teh

WAZA - Techniques

Students will demonstrate the following techniques:

TAISABAKI – Body Movements

- | | | |
|--------------------|------------|--------------------|
| 1. Natural Walking | Ayumi Ashi | Ah-yoo-mae ah-shee |
| 2. Sliding Step | Tsuri Ashi | soo-reei ah-shee |

ATE WAZA – Striking Techniques:

- | | | |
|----------------------|--------------|----------------------|
| 1. Knife Hand Strike | Shuto Uchi | shoo-toh oo-chee |
| 2. Hammerfist Strike | Tettsui-Uchi | teht-soo-ee oo-chee |
| | or | |
| | Kentsui-Uchi | kehnt-soo-ee oo-chee |
| 3. Forefist Punch | Seiken-Zuke | say-kehn zoo-keh |

GERI WAZA – Kicking Techniques:

- | | | |
|---------------|-----------|-----------------|
| 1. Front Kick | Mae Geri | mah-eh geh-ree |
| 2. Side Kick | Yoko Geri | yoh-koh geh-ree |

UKE WAZA – Blocking Techniques:

- | | | |
|------------------|-----------|-----------------|
| Knife Hand Block | Shuto Uke | shoo-toh oo-keh |
|------------------|-----------|-----------------|

ATEMI WAZA – Vital Point Techniques

(Students will point out each of the below “Targets” & know the correct methods of striking the target areas.)

- | | | |
|----------------------------|--------|--------------|
| 1. Vital Spots of the Body | Kyusho | Kee-yoo-shoh |
| 2. Temple | Kasumi | kah-soo-mee |

KANSETSU WAZA – Joint Locking Techniques:

- | | | |
|---------------------|------------|------------------|
| 1. Arm Lock | Ude Gatame | oo-day ga-ta-mee |
| 2. Arm Entanglement | Ude Garami | oo-deh ga-ra-meh |

SHIME WAZA – Choking Techniques:

(Not Applicable. Begins at Rokyū Level.)

OSAE WAZA – Holding Techniques:

- | | | |
|----------------------|-------------|---------------------|
| Scarf Hold (& Escape | Kesa Gatame | keh-sah gah-tah-meh |
|----------------------|-------------|---------------------|

UKEMI WAZA – Breakfalling Techniques:

- | | | |
|-------------------------|------------|--------------------|
| 1. Basic Rear Breakfall | Koho Ukemi | koh-hoh oo-keh-mee |
| 2. Basic Side Breakfall | Yoko Ukemi | yoh-koh oo-keh-mee |

NAGE WAZA – Throwing Techniques:

- | | | |
|------------------------|---------------|----------------------|
| 1. Advanced Foot Sweep | De Ashi Harai | deh-ah-she-hah-rahee |
| 2. Major Outer Reaping | O Soto Gari | oh-soh-toh-gah-ree |

GOSHINJITSU – Self Defense Techniques:

(Students will demonstrate a “Basic” self defense technique for each type of attack, “first for form” & “second with speed & power”. Each technique will include a block, escape or counter with take-down or throw, followed by a control hold or strike.)

1. Single Punch (upper & mid body)
2. Single Normal Wrist Grab (2ea)
3. Single Lapel Grab (2ea)

KUKYU (Yellow Belt - 9th CLASS)

Ninth Class:

General Requirements:

1. This rank is assigned to individuals of good moral character who have been accepted as a student by an officially recognized US JU-JITSU Instructor/Examiner of the USJJF.
2. No age requirement.
3. Basic knowledge of dojo rules, procedures and hygiene.
4. Regular dojo attendance and training.
5. **Must be Member in good standing with the USJJF.**
6. Minimum time in grade & training requirement as Jukyū, three months.

General Knowledge:

1. **US JU-JITSU**, “The Official USJJF National Ju-Jitsu System”.
2. Brief overview of the development of US JU-JITSU and its historical origins. Refer to the USJJF Official Website: **www.usjujitsu.net**
3. Basic martial arts etiquette, (same as #2).

Understand Fundamentals of:

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
Body Movement/ Pivoting	Tai Sabaki	tehee sah-bah-kee

General Terminology & Phases

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Master Teacher	Shihan	shee-han
2. Place of Honor	Kamiza	kah-mee-zah
3. Shout (Union of Energy)	Kiai	kee-ahee
4. Place of Learning	Dojo	doh-joh
5. Throwing	Nage	nah-geh
6. Vital Point Techniques	Atemi Waza	ah-teh-mee wah-zah

WAZA - Techniques

Students will demonstrate the following techniques:

TAISABAKI (Body Movement)

- | | | |
|--------------------|-----------|--------------------|
| 1. Pivoting (90°) | Taisabaki | tah-ee-sah-bah-kee |
| 2. Pivoting (180°) | Taisabaki | tah-ee-sah-bah-kee |

ATE WAZA – Striking Techniques:

- | | | |
|---------------------|-------------|-----------------|
| 1. Palm Heel Strike | Teisho Uchi | tay-soh oo-chee |
| 2. Elbow Strike | Empi Uchi | ehm-pee oo-chee |
| | Or | |
| | Hiji Ate | hee-jee ah-tay |

GERI WAZA – Kicking Techniques:

(Improved ability of the following techniques)

- | | | |
|---------------|-----------|-----------------|
| 1. Front Kick | Mae Geri | mah-eh geh-ree |
| 2. Side Kick | Yoko Geri | yoh-koh geh-ree |

UKE WAZA – Blocking Techniques:

- | | | |
|------------------|----------|----------------|
| 1. Outside Block | Soto Uke | soh-toh oo-keh |
| 2. Inside Block | Uchi Uke | oo-chee oo-keh |

ATEMI WAZA – Vital Point Techniques

(Students will point out each of the below “Targets” & know the correct methods of striking the target areas.)

- | | | |
|---------|------|---------|
| 1. Nose | hana | hah-nah |
| 2. Ear | Mimi | me-me |

KANSETSU WAZA – Joint Locking Techniques:

- | | | |
|------------------------|-----------|------------------|
| 1. Pressing Wrist Lock | Kote Jime | koh-teh jee-meh |
| 2. Elbow Press | Ude Osae | oo-deh oh-sah-eh |

SHIME WAZA – Choking Techniques:

(Not Applicable. Begins at Rokyū Level.)

OSAE WAZA – Holding Techniques:

Reverse Scarf Hold	Ushiro Kesa Gatame	oo-shee-roh keh-sah gah ta-meh
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UKEMI WAZA – Breakfalling Techniques:

Rolling Breakfalls	Zempo Ukemi	zehm poh oo-keh-mee
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NAGE WAZA – Throwing Techniques:

1. Major Hip Throw	O Goshi	oh-goh-shee
2. Major Inner Reap	O Uchi Gari	oh-oo-chee-ga-ree

GOSHINJITSU – Self Defense Techniques:

(Students will demonstrate a “Basic” self defense technique for each type of attack, “first for form” & “second with speed & power”. Each technique will include a block, escape or counter with take-down or throw, followed by a control hold or strike.)

1. Improved ability of the previous requirements.

HACHIKYU (Blue Belt - 8th CLASS)

Eighth Class:

General Requirements:

1. This rank is assigned to individuals of good moral character who have been accepted as a student by an officially recognized US JU-JITSU Instructor/Examiner of the USJJF.
2. No age requirement.
3. Basic knowledge of dojo rules, procedures and hygiene.
4. Regular dojo attendance and training.
5. **Must be Member in good standing with the USJJF.**
6. Minimum time in grade requirement as Kukyu, three months.

General Knowledge:

1. Purpose of Warming Up (Jumbi Undo) and Cooling Off (Shumatsu Undo).

Understand Fundamentals of:

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Off Balancing	Kuzushi	koo-zoo-shee
2. Fitting or Closing	Tsukuri	soo-kur-ee
3. Execution	Kake	kah-kay

General Terminology & Japanese Phases

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Hand Techniques	Ate Waza	ah-teh wah-zah
2. Foot Techniques	Ashi Waza	ah-shee wah-zah
3. Grappling	Katame	kah-tah-meh
4. Break-Falling	Ukemi	oo-keh-mee
5. Begin	Hajime	hah-jee-meh

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

1. Spear Hand	Nukite	noo-kee-teh
2. One-Knuckle Fist Strike	Ippon-Ken Uchi	ee-pohn ken

GERI WAZA - Kicking Techniques:

Back Kick	Ushiro Geri	oo-shee-roh geh-ree
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UKE WAZA - Blocking Techniques:

1. Knife Hand Block	Shuto Uke	shoo-toh oo-keh
2. Upper Block	Jodan Uke	joh-dahn oo-keh

ATEMI WAZA - Vital Point Techniques

(Student will point out each of the below "targets" & know the correct methods of striking the target areas.)

1. Windpipe	Hichu	hee-chu
2. Groin	Kinteki	Ken-teh-kee

KANSETSU WAZA – Joint Locking Techniques:

1. Elbow Lock	Wake Gatame	wah-keh gah-tah-meh
2. Major Outer Press	O Soto Osae	oh-soh-toh oh-sah-eh

SHIME WAZA – Choking Techniques:

(Not Applicable. Begins at Rokyū Level.)

OSAE WAZA - Holding Techniques:

1. Shoulder Hold (& Escape)	Kata Gatame	kah-tah ga-tah-meh
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UKEMI WAZA – Breakfalling Techniques:

Improved ability of the previous techniques

NAGE WAZA – Throwing Techniques:

1. Knee Wheel Throw	Hiza Guruma	hee-zah-goo-roo-mah
2. Foot Stop Throw	Sasae Tsuru Komi Ashi	sah-sai soo-ree koh-mee ah-shee
3. Floating Hip Throw	Uki Goshi	oo-kee goh-shee

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a "Basic" self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold or strike.

1. Front Choke (2ea)
2. Rear Choke (2ea)

SHICHIKYU (Blue Belt - 7th CLASS)

Seventh Class:

General Requirements:

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. **Must be Member in good standing with the USJJF.**
5. Trained & examined by a certified USJJF Instructor/Examiner.
6. Minimum time in grade requirement as Hachikyu, three months.

General Knowledge:

1. USJJF Belt Rank System by belt colors. (English & Japanese terminology for ranks through 10th Dan).
2. Understanding of "Student – Teacher" relationship in the Martial Arts. (Refer to the USJJF Website, www.usjijitsu.net)

Understand Fundamentals of:

1. Understand the Philosophy of Ju-Jitsu. (Refer to USJJF Website, www.usjijitsu.net)
2. Understand the "Six-Step Process" of learning Martial Arts. (Same as #1)

General Terminology & Japanese Phases

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Upper	Jodan	joh-dahn
2. Middle	Chudan	choo-dahn
3. Lower	Gedan	geh-dahn
4. Stance	Dachi	dah-chee
5. Holding	Osae	oh-sah-eh
6. Strangling or Choking	Shime	shee-may

WAZA - Techniques

Students will demonstrate the following techniques:

KANSETSU WAZA – Joint Locking Techniques:

1. Inward Wrist Lock	Kote Hineri	koh-teh hee-neh ree
2. Outward Wrist lock	Kote Gaeshi	koh-teh gah-ee-shee

SHIME WAZA – Choking Techniques:

1. (Not Applicable. Begins at Rokyū Level.)

OSAE WAZA – Holding Techniques

Side Quarters Hold (& Escape)	Yoko Shiho Gatame	yoh-koh sheehoh gah-tah-meh
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UKEMI WAZA – Breakfalling Techniques

Standing Side Breakfalling	Tachi Ukemi	tah-chee oo-keh-mee
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NAGE WAZA – Throwing Techniques:

1. Shoulder Throw	Seoi Nage	see-oh-ee nah-geh
2. Elbow Drop	Hiki Otoshi	hee-kee oh-toh-shee

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a "Basic" self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold or strike.

1. Front Bear Hug Attack (arms free)
2. Rear Bear Hug Attack (arms free)

ROKYU (Green Belt - 6th CLASS)

Sixth Class:

General Requirements:

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. **Member in good standing with the USJJF.**
5. Trained & examined by a certified USJJF Instructor/Examiner.
6. Minimum time in grade requirement as Shichikyu, three months.

General Knowledge:

1. Understanding the purpose of breakfalling. (Ukemi).
2. Understand the importance of "Center" (Hara).
3. Understanding of "Spirit" (Ki).

Understand Fundamentals of:

1. Understand the basic concept of breaking your opponent's balance & controlling his off-balance. (Happo-No-Kuzushi).
2. Understand the training concept of the "Attacker" (Uke) & the "Defender" (Tori).
3. Introductory Randori skills (recommended as supplemental training).

General Terminology & Japanese Phases

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Joint-Locking	Kansetsu	kan-seht-soo
2. Hand	Te	teh
3. Foot (or Leg)	Ashi	ah-shee
4. Sweeping	Harai	ha-rahee

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

1. Uppercut Strike	Uraken Shomen-Uchi	oo-rah-kehn shoh-mehn-oo-chee
2. Backfist Strike	Uraken Uchi	oo-rah-kehn oochee

GERI WAZA - Kicking Techniques:

1. Groin Kick	Kin Geri	Keehn-geh-ree
2. Cutting Kick	Fumi kiri	foo-mee-keh-ree

UKE WAZA - Blocking Techniques:

Palm Heel Block	Shotei Uke	Shoh-teh-ee oo-keh
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ATEMI WAZA - Vital Point Techniques:

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

1. Forearm Nerve	Shakutaku	shah-koo-tah-koo
2. Eye	Me	Meh
3. Knee	Hiza	Hee-zah

KANSETSU WAZA - Joint Locking Techniques:

1. Circular Wrist Lock	Kote Mawashi	Koh-teh mah-wah-shee
2. Leaf Turning Wrist Lock	Kanoa Gaeshi	kah-noh-ah gai-eh-shi
3. Hand Mirror	Te Garami	teh gah-rah-mee
4. Arm Wing Lock	Ude Henkan Gatame	oo-deh hehn-kahn gah-tah-mee

SHIME WAZA - Choking Techniques:

Single Cross Lock (#1)	Kata-Juji-Jime (Sho)	kah-tah joo-jee jee-meh
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OSAE WAZA - Holding Techniques:

Upper Quarters Hold (& Escape)	Kami Shiho Gatame	kah-mee shee-hoh gah-tah-meh
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UKEMI WAZA - Breakfalling Techniques:

1. Standing Side Breakfalling	Tachi Ukemi	tah-chee oo-keh-mee
2. Back Roll Breakfalling	Ushiro Zempo Ukemi	oo-shee-roh zehm-poh oo-keh-mee
3. Basic Front Breakfalling	Mae Ukemi	mah-eh oo-keh-mee

NAGE WAZA - Throwing Techniques:

- | | | |
|--------------------------------|--------------|-----------------------|
| 1. Minor Outside Reaping Throw | Ko Soto Gari | (koh-soh-toh-gah-ree) |
| 2. Minor Inside Reaping Throw | Ko Uchi Gari | (koh-oo-chee-ga-ree) |

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Single Cross Wrist Grab
2. Double Grab on One Arm
4. Double Wrist Grab

GOKYU (Green Belt - 5th CLASS)

Fifth Class:

General Requirements:

2. Sound moral character.
3. No age requirement.
4. Regular dojo attendance and training.
5. **Member in good standing with the USJJF.**
6. Trained & examined by a certified USJJF Instructor/Examiner.
7. Minimum time in grade requirement as Rokyū, four months.

General Knowledge:

Understand the fundamentals of escapes (fusegi waza), counters (kaeshi waza) and combination (renroku waza) techniques.

Understand Fundamentals of:

1. Understand the fundamental concept of "Movement Strategy" (fumiri waza and taibasaki waza) in Ju-Jitsu. (Refer to the USJJF Website: www.usjijitsu.net)
2. Understand the fundamental "key" points of Ju-Jitsu techniques and how to perform with maximum efficiency. (same as #1)
3. Introductory Kumite skills (recommended as supplemental training).

General Terminology & Japanese Phases

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Counter Technique	Kaeshi Waza	kah-eh-shee wah-zah
2. Attacker (in training)	Uke	oo-keh
3. Defender (in training)	Tori	toh-ree
4. Repetition Fitting Practice	Uchi-Komi	oo-chee-koh-mee
5. Escapes	Fusegi	foo-see-gee

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

- | | | |
|-----------------------------|--------------|----------------------|
| 1. Fore-Knuckle Fist Strike | Hiraken-Uchi | hee-rah-kehn oo-chee |
| 2. Ridge Hand Strike | Haito-Uchi | hahee-toh oo-chee |

GERI WAZA - Kicking Techniques:

- | | | |
|-------------------------|--------------------|---------------------------------|
| 1. Roundhouse Kick | Mawashi Geri | mah-wah-shee geh-ree |
| 2. Inside Crescent Kick | Uchi Mikazuki Geri | oo-chee mee-kah-zoo-kee geh-ree |

UKE WAZA - Blocking Techniques:

- | | | |
|---------------|----------|----------------|
| 1. Hook Block | Kake Uke | kah-keh oo-keh |
|---------------|----------|----------------|

ATEMI WAZA - Vital Point Techniques:

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

- | | | |
|---------------------|--------|------------|
| 1. Between The Eyes | Uto | oo-toh |
| 2. Chin | Ago | ah-goh |
| 3. Temple | Kasumi | kahsoo-mee |

KANSETSU WAZA - Joint Locking Techniques:

- | | | |
|-----------------------------|-----------------|----------------------------|
| 1. Thumb Lock | Yubi Gatame | yoo-bee gah-tah-meh |
| 2. Elbow Lock | Hiji Gatame | hee-jee gah-tah-meh |
| 3. Outward Elbow Twist Lock | Soto Ude Gaeshi | soh-toh oo-deh gah-eh-shee |

SHIME WAZA - Necklock or Choking Techniques:

- | | | |
|----------------------------|-----------------------|---------------------------|
| 1. Reverse Cross Lock (#1) | Gyaku-Juji-Jime (Sho) | Geeah-koo joo-jee jee-meh |
|----------------------------|-----------------------|---------------------------|

OSAE WAZA - Holding Techniques:

- | | | |
|--------------------------------|--------------------|---------------------------------|
| Modified Scarf Hold (& Escape) | Kuzure Kesa Gatame | koo-zoo-reh keh-sah gah-tah-meh |
|--------------------------------|--------------------|---------------------------------|

UKEMI WAZA - Breakfalling Techniques:

1. Front Breakfalling	Mae Ukemi	mah-eh oo-kehmee
2. Forward Roll Breakfalling	Zempo Kaiten Ukemi	zehm-poh kahee-tehn oo-kehmee

NAGE WAZA - Throwing Techniques:

1. Hip Wheel Throw	Koshi Guruma	koh-shee-guh-roo-muh
1. Lifting Pulling Hip Throw	Tsuri Komi Goshi	tsoo-ree-koh-mee goh- shee

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Improved ability on all previous Goshinjitsu requirements
2. Front Bear Hug Attack (arms locked)
3. Rear Bear Hug Attack (arms locked)

YONKYU (Purple Belt - 4th CLASS)

Fourth Class:

General Requirements:

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. **Member in good standing with the USJJF.**
5. Trained & examined by a certified USJJF Instructor/Examiner.
6. Minimum time in grade requirement as Gokyu, four months.

General Knowledge:

2. Know the sixteen major divisions of techniques in US Ju-Jitsu training:

1. Posture and Stances	Tachi Waza
2. Body Movement	Taisabaki Waza
3. Striking Techniques	Ate Waza
4. Kicking Techniques	Geri Waza
5. Blocking Techniques	Uke Waza
6. Vital Point Techniques	Atemi Waza
7. Joint Locking Techniques	Kansetsu Waza
8. Combination Techniques	Renraku Waza
9. Strangulation Techniques	Shime Waza
10. Holding Techniques	Osae Waza
11. Breakfall Techniques	Ukemi Waza
12. Throwing Techniques	Nage Waza
13. Self-Defense Techniques (counter, escapes, avoidance)	Goshinjitsu Waza (Kaeshi, Fusegi, Furimi)
14. Formal Exercise	Kata
15. Free Practice	Randori
16. Sparring	Kumite

2. Know the Historical Development of Ju-Jitsu. (Provide a written essay w/bibliography on the history of Ju-Jitsu Development.)

Understand Fundamentals of:

1. Understand the fundamental "key" points of Ju-Jitsu techniques and how to perform with maximum efficiency. (same as #1)
2. Continued introductory Randori skills (recommended as supplemental training).

General Terminology & Japanese Phases

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Form Training	Kata	kah-tah
2. Free Practice	Randori	rahn-doh-ree
3. Dojo Etiquette	Reigisaho	rahee-gee-sa-hoh
4. Continuation	Renraku Waza	rehn-rah-koo wah-zah

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

1. Bear-Paw Strike	Kumade Uchi	koo-ma-deh oo-chee
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GERI WAZA - Kicking Techniques:

1. Heel Round Kick	Kakato Mawashi Geri	kah-kah-toh mah-wa-shee geh-ree
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UKE WAZA - Blocking Techniques:

1. Pressing Block	Osae Uke	oh-sah-eh oo-keh
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ATEMI WAZA - Vital Point Techniques:

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

1. Upper Arm	Udenarashi	oo-deh-nah-rah-shee
2. Shin	Mukouzune	moo-koh-zoo-neh

KANSETSU WAZA - Joint Locking Techniques:

1. Inward Elbow Twist Lock	Uchi Ude Gaeshi	oo-chee oo-deh gah-eh-shee
2. Wrist Twisting Lock	Kote Hineri	koh-teh hee-neh ree

SHIME WAZA - Necklock or Choking Techniques:

- | | | |
|------------------------------|----------------------|-------------------------|
| 1. Normal Cross Lock
(#1) | Nami-Juji-Jime (Sho) | nah-mee joo-jee jee-meh |
|------------------------------|----------------------|-------------------------|

OSAE WAZA - Holding Techniques:

- | | | |
|-----------------------------------|--------------------|------------------------------------|
| Modified Scarf Hold (&
Escape) | Kuzure Kesa Gatame | koo-zoo-reh keh-sah
gah-tah-meh |
|-----------------------------------|--------------------|------------------------------------|

UKEMI WAZA - Breakfalling Techniques:

- | | | |
|---------------------------------|--------------------|------------------------------------|
| 1. Forward Roll
Breakfalling | Zempo Kaiten Ukemi | zehm-poh kah ee-tehn
oo-keh-mee |
|---------------------------------|--------------------|------------------------------------|

NAGE WAZA - Throwing Techniques:

- | | | |
|-------------------------|------------|-----------------|
| 1. Four Direction Throw | Shiho Nage | shee-hoh nahgeh |
|-------------------------|------------|-----------------|

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Side Choke (2ea)
2. Double Lapel Grab

SANKYU (Purple Belt - 3rd CLASS)

Third Class:

General Requirements:

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. **Member in good standing with the USJJF.**
5. Trained & examined by a certified USJJF Instructor/Examiner.
6. Minimum time in grade requirement as Yonkyu, four months.

General Knowledge:

1. Improved ability in previous rank requirements.
2. Ability to teach the fundamental Ju-Jitsu skills.
3. Ability to explain the general concepts & foundations of US JU-JITSU.
4. Japanese terminology for all techniques required.

Understand Fundamentals of:

1. Understand the basic concept of Body Movements - Dodging Technique - Furimi Waza. (Refer to the USJJF Website, www.usjujitsu.net)
2. Continued introductory Kumite skills (recommended as supplemental training).

General Terminology & Japanese Phases

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Way of the Warrior	Bushido	boo-shee-doh
2. Martial Arts	Budo	boo-doh
3. The Way	Do	Doh
4. Ranks <u>below</u> Black Belt	Mudansha	moo-dahn-shah
5. Black Belt Grades	Yudansha	yoo-dahn-shah
6. Standing Bow	Ritsurei	reet-soo-reh-ee
7. Kneeling Bow	Zarei	zah-rehee
8. Favorite Technique	Tokui Waza	toh-koo-ee wah-zah

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

1. Improved ability in all previous Ate Waza

2. Chin Press Strike	Ago-Oshi Uchi	ah-goh-oh-shee oo-chee
3. Neck Press Strike	Kubi Age Uchi	koo-bee ah-geh oo-chee

GERI WAZA - Kicking Techniques:

1. Stamping Kick	Fumikomi	foo-mee koh-mee
2. Reverse Roundhouse Kick	Gyaku Mawashi Geri	Gee-ah-koo mah-wah-shee geh-ree

UKE WAZA - Blocking Techniques:

1. Improved ability in all previous Uke Waza.
2. Cross Block Juji Uke joo-jee oo-keh
3. Ability to block punches, grabs & kicks in a simple on-step exercise (Ippon-Kumite).

ATEMI WAZA - Vital Point Techniques:

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

1. Top of the Head	Tento	ten-toh
2. Solar Plexus	Suigetsu	soo-ee-geh-soo
3. Groin	Kin-Teki	kehn-teh-ee-kee
4. Instep	Kori	koh-ree

SHIME WAZA - Necklock or Choking Techniques:

1. Single Cross Lock #2)	Kata-Juji-Jime (Ni)	kah-tah joo-jee jeemeh
2. Reverse Cross Lock (#2)	Gyaku-Juji-Jime (Ni)	geeah-koo joo-jee jee-meh
3. Normal Cross Lock (#1)	Nami-Juji-Jime	nah-mee joo-jee jee-meh

OSAE WAZA - Holding Techniques:

Modified Upper Quarters Hold (& Escapes)	Kuzure Kami Shiho Gatame (Sho & Ni)	koo-zoo-reh ka-meh shee-hoh gah-tah-meh
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KANSETSU WAZA - Joint Locking Techniques:

1. Entangled Armlock	Ude Garami (Sho & Ni)	oo-deh gah-rah-mee
2. Cross Armlock	Juji Gatame (Sho & Ni)	joo-jee gah-tah-meh
3. Wrist Press	Tekubi Osae	teh-koo-bee oh-sah eh
4. Wrist Wrapping Lock	Kote Mawashi	ko-teh mah-wah-shee

UKEMI WAZA - Breakfalling Techniques:

Forward Jumping Fall	Zempo Tobi Ukemi	zehm-poh toh-bee oo-keh-mee
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NAGE WAZA - Throwing Techniques:

1. Gathering Foot Sweep	Okuri Ashi Harai	oh-koo-ree ah-shee hah-rahee
2. Body Drop Throw	Tai Otoshi	tahee oh-toh-shee
3. Sweeping Hip Throw	Harai Goshi	ha-ra-hee goh-shee
4. Inside Thigh Throw	Uchi Mata	oo-chee-mah tah
5. Mountain Storm Throw	Yama Arashi	yah-mah ah-rah-shee
6. Elbow Lock Throw	Tenbin Nage	tehn-bihn nah-gee

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Improved ability on all previous Goshinjitsu requirements
2. Full Nelson
3. Head Lock
4. Hair Grab
5. Basic Counter to Osoto Gari (throw)
6. Basic Counter to Ogoshi (throw)
7. Ability to demonstrate "Step Dodge" - Kaishin (kahee-shen)
8. Ability to demonstrate "Side Dodge" - Yoko Furimi (yoo-koh foo-ree-mee)

NIKYU (Brown Belt - 2nd CLASS)

Second Class:

General Requirements:

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. **Member in good standing with the USJJF.**
5. Trained & examined by a certified USJJF Instructor/Examiner.
6. Minimum time in grade requirement as Sankyū, six months.

General Knowledge:

1. Improved ability to teach fundamental Ju-Jitsu skills.
2. Write an essay (approx. 500 words) on the historical significance of the transition of Bu-Jutsu to Budo.
3. Understand basic First Aid for common Dojo injuries.
4. Japanese terminology for all techniques required.

General Terminology & Japanese Phases

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Standing Technique	Tachi Waza	tah-chee wa-za
2. Hand Technique	Te Waza	teh wah-zah
3. Hip Technique	Goshi Waza	goh-shuh-ee wa-za
4. Leg Technique	Ashi Waza	ah-shee wah-zah
5. Sacrifice Technique	Sutemi Waza	soo-teh-mee wah-zah
6. Avoidance or Dodge Waza	Furimi Waza	foo-ree-mee wah-zah
7. To Spring	Hane	hah-neh

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Ability to demonstrate basic breaking skills with Ate Waza for hand & elbow techniques. NOTE: Proper "focus" (kime) & technique at this level is the primary concern regarding breaking skills (tameshiwari).

GERI WAZA - Kicking Techniques:

- | | | |
|---|--------------------|------------------------------------|
| 1. Outside Crescent Kick | Soto Mikazuki Geri | soh-toh mee-kah-zoo-kee
geh-ree |
| 2. Improved ability in all previous Geri Waza, with ability to teach fundamentals of any previously required Geri Waza. | | |

UKE WAZA - Blocking Techniques:

- | | | |
|--|---------------|----------------------|
| 1. Crossed Hand Block | Yoko Juji Uke | yo-koh ju-jee oo-keh |
| 2. Improved ability in all previous Geri Waza, with ability to teach fundamentals of any previously required Uke Waza. | | |

ATEMI WAZA - Vital Point Techniques:

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

- | | | |
|---|-----------|-----------------|
| 1. Improved ability in all previous Atemi Waza. | | |
| 2. Liver | Inazuma | ee-na-zoo-ma |
| 3. Spleen | Tsukikage | Soo-kee-kah-geh |
| 4. Abdomen | Myojo | mee-oh-joh |
| 5. Base of Throat | Hichu | hee-choo |

SHIME WAZA - Necklock or Choking Techniques:

- | | | |
|--------------------------------------|------------------------|--------------------------------|
| 1. Single Cross Lock
(method 3) | Kata-Juji-Jime (San) | kah-tah joo-jee jee-meh |
| 2. Reverse Cross Lock
(method 3) | Gyaku-Juji-Jime (San) | gee-ah-koo joo-jee jee-
meh |
| 3. Naked Chokelock
(method 1 & 2) | Hadaka-Jime (Sho & Ni) | hah-dah-kah jee-meh |

OSAE WAZA - Holding Techniques:

- | | | |
|--------------------------------|-----------------------------|---|
| Modified Side Quarters
Hold | Kuzure Yoko Shiho
Gatame | koo-zoo-reh yoh-koh
shee-hoh gah-tah-meh |
|--------------------------------|-----------------------------|---|

KANSETSU WAZA - Joint Locking Techniques:

- | | | |
|------------------------------------|--------------------|------------------------------|
| 1. Entangled Armlock
(method 3) | Ude Garami (San) | oo-deh gah-rah-mee |
| 2. Cross Armlock
(method 3) | Juji Gatame (San) | joo-jee gah-tah-meh |
| 3. Knee Lock Press | Hiza Kansetsu Osae | hee-zah kahn-seh-su
sahee |

UKEMI WAZA - Breakfalling Techniques:

1. Improved ability in all previous Ukemi Waza.
2. Ability to teach all previous Ukemi Waza.

NAGE WAZA - Throwing Techniques:

- | | | |
|--------------------------------|--------------|---------------------|
| 1. Minor Outside Dash
Throw | Ko Soto Gake | koh-soh-toh-gah-keh |
| 2. Pulling Hip Throw | Tsuri Goshi | soo-ree-goh-shee |
| 3. Side Body Drop Throw | Yoko Otoshi | yoh-koh oh-toh-shee |
| 4. Leg Wheel Throw | Ashi Guruma | ah-shee goo-roo-mah |
| 5. Entering Throw | Irime Nage | ee-ree-me nah-geh |

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Improved ability on all previous Goshinjitsu requirements
2. Ability to demonstrate "Backward Dodge" (Sorimi) (sohree-mee)
3. Ability to demonstrate "Pull-In Dodge" (Hikimi) (hee-kee-mee)
4. Ability to demonstrate "Circular Dodge" (Ryusui) (roo-soo-ee)
5. Front Kick
6. Side Kick

RANDORI WAZA

Intermediate Randori skills (recommended as supplemental training).

IKKYU (Brown Belt - 1st CLASS)

First Class:

General Requirements:

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. **Member in good standing with the USJJF.**
5. Trained & examined by a certified USJJF Instructor/Examiner.
6. Minimum time in grade requirement as Nikyu, six months.

General Knowledge:

1. Ability to explain & demonstrate primary important points in the study of Ju-Jitsu (form, balance, center of gravity, concentration of power, speed, rhythm, timing, lower abdomen & hip control, as well as discipline of training).
2. Understand the importance of the development of character.

General Terminology & Japanese Phases

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Good Morning	Ohayo Gozaimasu	oh-hahee-yoh goh-zahee-mahsoo
2. Good Afternoon	Konnichi Wa	koh-nee-chi wah
3. Good Evening	Konban Wa	kohn-bahn wah
4. How Are You?	Ikaga Desu Ka	ee-kah gah dehsoo kah
5. Good Bye	Sayo Nara	sahee-yoh nah-rah
6. Sorry	Gomennasai	Goh-mehn-nah-saheei
7. Excuse Me or	Sumimasen	Soo-meh mah-sehn
8. Pardon Me		

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Improved ability to demonstrate & teach all previous Ate Waza.

GERI WAZA - Kicking Techniques:

1. Improved ability in all previous Geri Waza.
2. Ability to demonstrate basic breaking techniques with Geri Waza.
NOTE: Proper focus (kime) & technique (waza) at this level is the primary concern regarding tameshiwari.

UKE WAZA - Blocking Techniques:

Improved ability to demonstrate & to teach all previous Uke Waza.

ATEMI WAZA - Vital Point Techniques:

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

1. Improved ability in all previous Atemi Waza.
2. Wrist Tekubi tay-koo-bee
3. Elbow Hiji/Empi hee-jee/em-pee
4. Behind the Bottom Dokuko doh-koo-koh
of the Ears

SHIME WAZA - Choking Techniques:

1. Naked Choklock Hadaka-Jime (San & hah-dah-hah jee-meh
(methods 3 & 4) Yon)
2. Single Wing Lock Kataha-Jime (Sho – kah-tah-ha jee-meh
(methods 1, 2 & 3) San)

OSAE WAZA - Holding Techniques:

1. Improved ability in all previous Osae Waza.
2. Vertical Upper Tate Shiho Gatame tah-teh shee-hoh
Quarters Hold (sho & ni) gah-tah-meh

KANSETSU WAZA - Joint Locking Techniques:

1. Entangled Armlock Ude Garami (Yon) oo-deh gah-rah-mee
(method 4)
2. Cross Armlock Juji Gatame (Yon) joo-jee gah-tah-meh
(method 4)
3. Stomach Armlock Ude Hara Gatame oo-deh hah-rah gah-
tah-meh

UKEMI WAZA - Breakfalling Techniques:

1. Improved ability in all previous Ukemi.

NAGE WAZA - Throwing Techniques:

1. Springing Hip Throw	Hane Goshi	hah-neh goh-shee
2. Sweeping Lifting Pulling Foot Throw	Harai Tsuru Komi Ashi	hah-rahee soo-ree koh-mee ah-shee
3. Circle Throw	Tomoe Nage	toh-moh-ah nah-geh
4. Shoulder Wheel Throw	Kata Guruma	kah-tah goo-roo-mah
5. Waist Throw	Koshi Nage	koh-shee nah-geh
6. Wheel Throw	Kaiten Nage	kah-ee tehn nah-geh

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Improved ability on all previous Goshinjitsu requirements
2. Ability to demonstrate "Jumping Retreat" (Tobi Sagari)
3. Ability to demonstrate "Sliding Retreat" (Hiraki Sagari)
4. Roundhouse Kick (2 ea)
5. Turning Kick (2 ea)
6. Club Attacks (3 ea)

KUMITE WAZA

Intermediate Kumite skills (recommended as supplemental training).

SHODAN (Black Belt, 1st Degree)

1st Level - Advanced Student:

General Requirements:

1. Sound moral character.
2. Minimum age - 16 years old.
3. Regular dojo attendance and training.
4. **Member in good standing with the USJJF.**
5. Trained & examined by a certified USJJF Instructor/Examiner.
6. Minimum time in grade requirement as Ikkyu, 9 Months.
7. Normal time in grade as Ikkyu: 12-16 Months

General Knowledge:

1. Understand the relationship between Ju-Jitsu & physical/mental fitness.
2. Understand the USJJF Rank System with the significance of each belt level.
3. Write an essay (approx. 500 words) on your personal goals & objectives as they relate to your study of US JU-JITSU.
4. Understand Basic Resuscitation Techniques (Kappo).

General Terminology & Japanese Phases

<u>English</u>	<u>Japanese</u>	<u>Pronounced</u>
1. Please	Dozo or Kudasai	doh-zoh koo-dah-sahee
2. Where?	Doko	doh-koh
3. Good	Yoroshee/Jozu	yoh-roh-shee/joh zoo
4. I	Watashiwa	Wah-tah koo shee
5. My, or Mine	Watakushi	wah-tah koo-shee
6. You	Anatawa	ah-nah-tah-wah
7. Here	Koko	koh-koh

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Improved ability in all previous Ate Waza.

GERI WAZA - Kicking Techniques:

Improved ability in all previous Geri Waza.

UKE WAZA - Blocking Techniques:

Improved ability in all previous Uke Waza.

ATEMI WAZA - Vital Point Techniques:

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

1. Improved ability in all previous Atemi Waza.
2. Spine between the shoulder blades Katsusatsu kah-soo-sah-soo
3. Kidney Denko dehn-koh
4. Coccyx Bitei bee-teh-ee
5. Calf Kusazuri koo-sah-zoo-ree

SHIME WAZA - Choking Techniques:

1. Sliding Lapel Lock (methods 1 & 2) Okuri-Eri-Jime (Sho & Ni) Oo koh ree eh ree jee meh
2. Hell Necklock Jigoku-Jime jee-goh-koo jee-meh
3. Two Hand Necklock Ryote Jime ree-yoh-teh jee-meh

OSAE WAZA - Holding Techniques:

1. Improved ability to demonstrate & teach all previous Osaie Waza.
2. Vertical Upper Quarters Hold (method 3) Tate Shiho Gatame (San) tah-teh shee-hoh gah-tah-meh

KANSETSU WAZA - Joint Locking Techniques:

1. Leg Armlock Ude Ashi Gatame oo-deh ah-shee gah-tah-meh
2. Escapes for all Kansetsu Waza thru San-Kyu Requirements.
3. Ability to use Kansetsu Waza in Self-Defense applications.

NAGE WAZA - Throwing Techniques:

1. Corner Throw Sumi Gaeshi soo-mee gah-eh-shee
2. Valley Drop Tani Otoshi tah-nee oh-toh-shee
3. Springing Winding Pulling Throw Hane Makikomi hah-neh-mah-kee-koh-mee
4. Scooping Throw Sukui Nage soo-koo-ee na-geh
5. Entering Throw Irimi Nage ee-ree-mee na-geh

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Improved ability on all previous Goshinjitsu requirements
2. Ability to demonstrate "Full-Turn Dodge" (Zen Tenkan)
3. Ability to demonstrate "Half-Turn Dodge" (Hon Tenkan)
4. Basic Knife Defense (3ea)
5. Basic Defense Techniques for Two Attackers

RANDORI WAZA

Advanced Randori skills (recommended as supplemental training).

NIDAN (Black Belt, 2nd Degree)

2nd Level - Advanced Student:

General Requirements:

1. Sound moral character.
2. Minimum age - 18 years old.
3. Regular dojo attendance and training.
4. **Member in good standing with the USJJF.**
5. Trained & examined by a certified USJJF Instructor/Examiner.
6. Minimum time in grade requirement as Shodan, one years.
7. Normal time in grade requirement as Shodan, 1-2 years

General Knowledge:

1. Understand US Ju-Jitsu as a Way of Life.
2. Ability to explain "What is Ju-Jitsu" in a comprehensive manner.
3. Write an essay (approx. 500 words) on Vital Point Techniques as related to Martial Arts (Budo).

General Terminology & Japanese Phases:

<u>English</u>	<u>Japanese</u>	<u>Pronouced</u>
1. What is it?	Nan Desu Ka	nahn-dehs-kah
2. To The Right	Migi	mee-gee
3. To The Left	Hidari	hee-dah-ree
4. It's Straight Ahead	Masugu Saki	Mah soo goo sah-kee

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Improved ability to demonstrate & teach all previous Ate Waza.

GERI WAZA - Kicking Techniques:

Improved ability to demonstrate & teach all previous Geri Waza.

UKE WAZA - Blocking Techniques:

Improved ability to demonstrate & teach all previous Uke Waza.

ATEMI WAZA - Vital Point Techniques:

Improved ability to demonstrate & teach all previous Atemi Waza.

SHIME WAZA - Choking Techniques:

1. Improved ability to demonstrate & teach all previous Shime Waza.
2. Sliding Lapel Lock (methods 3 & 4) Okuri-Eri-Jime (San & Yon) oh-koo-ree eh-ree jee-meh
3. Triangular Necklock (method 1) Sankaku-Jime (Sho) sahn-kah-koo jee-meh

OSAE WAZA - Holding Techniques:

Improved ability to demonstrate & teach all previous Osae Waza.

KANSETSU WAZA - Joint Locking Techniques:

1. Improved ability to demonstrate & teach all previous Kansetsu Waza.
2. Escapes for all Kansetsu Waza thru Ik-Kyu.

NAGE WAZA - Throwing Techniques:

1. Changing Hip Throw Utsuri Goshi oo-soo-ree goh-shee
2. Major Wheel Throw O Guruma oh goo-roo-mah
3. Outside Winding Pulling Throw Soto Makikomi soh-toh ma-kee-koh-mee
4. Floating Body Drop Throw Uki Otoshi oo-kee oh-toh-shee

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold or strike.)

1. Improved ability to demonstrate & teach all previous Goshinjitsu requirements.
2. Basic Gun Defense (3 ea)
3. Multi-Attacker Defenses (3 ea)
4. Basic Defenses from seated position (4 ea)
5. Working knowledge and skill in the JJIF Form: NE-WAZA-JITSU-KATA

KUMITE WAZA

Advanced Kumite skills (recommended as supplemental training).

SANDAN (Black Belt, 3rd Degree)

3rd Level - Advanced Student:

General Requirements:

1. Be an Associate Teacher of US JU-JITSU.
2. Minimum age - 20 years old.
3. Sound moral character.
3. Regular dojo attendance and training.
4. **Member in good standing with the USJJF.**
5. Trained & examined by a certified USJJF Instructor/Examiner.
6. Minimum time in grade requirement as Nidan, two years.
7. Normal time in grade requirement as Nidan, 2-4 years

General Knowledge:

1. Extensive knowledge & understanding of the USJJF:
 - a. Organization & Administration
 - b. Purpose or Mission
 - c. Primary Leaders
 - d. Rank Policy
 - e. Relationship with other Martial Arts and Organizations

WAZA - Techniques

Demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Ability to demonstrate & teach all previous Ate Waza with strong technical skill.

GERI WAZA - Kicking Techniques:

Ability to demonstrate & teach all previous Geri Waza with strong technical skill.

UKE WAZA - Blocking Techniques:

Ability to demonstrate & teach all previous Uke Waza with strong technical skill.

ATEMI WAZA - Vital Point Techniques:

(Student will point out each of the below "targets" and know the correct methods of striking the target areas.)

Ability to demonstrate & teach all previous Atemi Waza with strong technical skill.

SHIME WAZA - Choking Techniques:

- | | | |
|---|-------------------------------|--------------------------------|
| 1. Improved ability in all previous Shime Waza. | | |
| 2. Sliding Label Lock
(methods 5 & 6) | Okuri-Eri-Jime (Go &
Roku) | oh-koo-ree eh-ree jee-
meh |
| 3. Sleeve Wheel
Necklock | Sode Guruma Jime | soh-deh goo-roo-mah
jee-meh |
| 4. Triangular Necklock
(methods 2 & 3) | Sankaku-Jime (Ni & San) | sahn-kah-koo jee-meh |

OSAE WAZA - Holding Techniques:

Ability to demonstrate & teach all previous Osaе Waza with strong technical skill.

KANSETSU WAZA - Joint Locking Techniques:

Ability to demonstrate & teach all previous Kansetsu Waza with strong technical skill.

NAGE WAZA - Throwing Techniques:

- | | | |
|-------------------------|-------------|---------------------|
| 1. Outside Wheel Throw | Soto Guruma | soh-toh goo-roo-mah |
| 2. Floating Technique | Uki Waza | oo-kee wah-zah |
| 3. Side Body Separation | Yoko Wakare | yoh-koh wah-kah-reh |
| 4. Side Wheel Throw | Yoko Guruma | yoh-koh goo-roo-mah |

GOSHINJITSU - Self Defense Techniques:

(Demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold or strike.)

1. Ability to demonstrate & teach all previous Goshinjitsu Waza with strong technical skill.
2. Advanced Defenses from seated position (4 ea)
3. Improved ability in the JJIF Form: NE-WAZA-JITSU-KATA
4. Working knowledge and skill in the JJIF Form: E-BO-NO-KATA

RANDORI WAZA

Continued advanced Randori skills (recommended as supplemental training).

YONDAN (Black Belt, 4th Degree)

4th Level - Skilled Technician:

General Requirements:

1. Be an Associate Teacher of US JU-JITSU
2. Minimum age - 25 years old.
3. Sound moral character.
4. Regular dojo attendance and training.
5. **Member in good standing with the USJJF.**
6. Trained & examined by a certified USJJF Instructor/Examiner.
7. Minimum time in grade requirement as Sandan, three years.
8. Normal time in grade requirement as Sandan, 3-5 years

Understand Advanced Theories of:

1. Kawashi Waza (passing through your attacker) vs. Kuzushi Waza (Breaking your attackers balance).
2. Write an essay (approx. 500 words) on the above topic.

WAZA - Techniques

Demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Improved ability in demonstrating & teaching all previous Ate Waza.

GERI WAZA - Kicking Techniques:

Improved ability in demonstrating & teaching all previous Geri Waza.

UKE WAZA - Blocking Techniques:

Improved ability in demonstrating & teaching all previous Uke Waza.

ATEMI WAZA - Vital Point Techniques:

Improved ability in demonstrating & teaching all previous Atemi Waza.

SHIME WAZA - Choking Techniques:

Improved ability in demonstrating & teaching all previous Shime Waza.

OSAE WAZA - Holding Techniques:

Improved ability in demonstrating & teaching all previous Osae Waza.

KANSETSU WAZA - Joint Locking Techniques:

Improved ability in demonstrating & teaching all previous Kansetsu Waza.

NAGE WAZA - Throwing Techniques:

1. Rear Throw	Ura Nage	oo-rah nah-geh
2. Backward Hip Throw	Ushiro Goshi	oo-shee-roh goh-shee
3. Corner Body Drop Throw	Sumi Otoshi	soo-mee oh-toh-shee
4. Side Dashing Throw	Yoko Gake	yoh-koh gah-keh

GOSHINJITSU - Self Defense Techniques:

(Students will demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Improved ability in demonstrating & teaching all previous Goshinjitsu Requirements.
2. Improved ability in E-BO-NO-KATA.

KUMITE WAZA

Continued advanced Kumite skills (recommended as supplemental training).

GODAN (Black Belt, 5th Degree)

5th Level - Skilled Technician:

General Requirements:

1. Active Teacher & Leader of US JU-JITSU.
2. Minimum age - 30 years old.
3. Excellent moral character.
4. Regular dojo attendance and training.
5. **Member in good standing with the USJJF.**
6. Trained & examined by a certified USJJF Instructor/Examiner.
7. Minimum time in grade requirement as Yondan, four years.
8. Normal time in grade requirement as Yondan, 4-6 years

Understand Advanced Theories of:

1. Understand the "Warrior's Way of Strategy, The Way of Honor" (suggested text: Living The Martial Way by F.E. Morgan)
2. Write an essay (approx. 1000 words) on the above topics.

WAZA - Techniques

Demonstrate the following techniques:

ATE WAZA - Striking Techniques:

1. Improved ability in all previous Ate Waza.
2. Strong Teaching Skills for Ate Waza.

GERI WAZA - Kicking Techniques:

1. Improved ability in all previous Geri Waza.
2. Strong Teaching Skills for Geri Waza.

UKE WAZA - Blocking Techniques:

1. Improved ability in all previous Uke Waza.
2. Strong Teaching Skills for Uke Waza.

ATEMI WAZA - Vital Point Techniques:

1. Improved ability in all previous Atemi Waza.
2. Strong Teaching Skills for Atemi Waza.

SHIME WAZA - Choking Techniques:

1. Improved ability in all previous Shime Waza (& escapes).
2. Strong Teaching Skills for Shime Waza.

OSAE WAZA - Holding Techniques:

1. Improved ability in all previous Osae Waza (& escapes).
2. Strong Teaching Skills for Osae Waza.

KANSETSU WAZA - Joint Locking Techniques:

1. Improved ability in all previous Kansetsu Waza (& escapes).
2. Strong Teaching Skills for Kansetsu Waza.

NAGE WAZA - Throwing Techniques:

1. Two-Hand Reap	Morote Gari	moh-roh-teh gah-reh
2. One-Hand Drop	Kuchiki Taoshi	koo-chee-kee tah-oh-shee
3. Heel Trip	Kibisu Gaeshi	kee-bee-soo gah-eh-shee
4. Inner Thigh Reaping Throw Slip	Uchimata Sukashi	oo-chee-mah-tah soo-kah-shee
5. Swallow Counter	Tsubame Gaeshi	soo-bah-mee gah-eh-shee

GOSHINJITSU - Self Defense Techniques:

(Demonstrate a self defense technique for each type of attack, "first for form" & "second with speed & power". Each technique will include block, escape or counter with take-down or throw & control hold.)

1. Improved ability on all previous Goshinjitsu requirements
2. Strong Teaching Skills for Goshinjitsu Waza.
3. Working knowledge and skill in the JJIF Form:
GOSHIN JITSU NO KATA

RANDORI WAZA

Continued advanced Randori skills (recommended as supplemental training).

KUMITE WAZA

Continued advanced Kumite skills (recommended as supplemental training).

ROKUDAN (Black Belt, 6th Degree)

Teacher Level: (SENSEI)

Note: Persons holding this rank are authorized to wear either the black belt or the red and white belt

General Requirements:

1. Be an Active Teacher & Leader of US JU-JITSU.
2. Minimum age - 35 years old.
3. Outstanding moral character.
4. Regular dojo attendance and training.
5. **Member in good standing with the USJJF.**
6. Trained & examined by a certified USJJF Instructor/Examiner.
7. Minimum time in grade requirement as Godan, five years.
8. Normal time in grade requirement as Godan, 6-8 years

Understand Advanced Theories of:

1. Understand the "Way of Living", (suggested text: Living The Martial Way by F.E. Morgan)
2. Write an essay (approx. 1000 words) on the above topic.

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

Expert demonstration & teaching skills in Ate Waza.

GERI WAZA - Kicking Techniques:

Expert demonstration & teaching skills in Geri Waza.

UKE WAZA - Blocking Techniques:

Expert demonstration & teaching skills in Uke Waza.

ATEMI WAZA - Vital Point Techniques:

(Able to point out all "targets" and know the correct methods of striking the target areas.)

Expert demonstration & teaching skills in Atemi Waza.

SHIME WAZA - Choking Techniques:

Expert demonstration & teaching skills in Shime Waza (& escapes).

OSAE WAZA - Holding Techniques:

Expert demonstration & teaching skills in Osaie Waza (& escapes).

KANSETSU WAZA - Joint Locking Techniques:

Expert demonstration & teaching skills in Kansetsu Waza (& escapes).

NAGE WAZA - Throwing Techniques:

1. Large Outer Reaping Throw Counter	Osoto Gaeshi	oh-soh-toh gah-eh-shee
2. Large Inner Reaping Throw Counter	Ouchi Gaeshi	oh-oo-chee gah-eh-shee
3. Small Inner Reaping Throw Counter	Kouchi Gaeshi	koh-oo-chee gah-eh- shee
4. Hip Spring Counter	Hane Goshi Gaeshi	hah-neh goh-shee gah- eh-shee
5. Hip Sweep Counter	Harai Goshi Gaeshi	hah-rehee goh-shee gah- eh-shee
6. Inner Thigh Reaping Throw Counter	Uchi Mata Gaeshi	oo-chee mah-tah gah-eh- shee

GOSHINJITSU - Self Defense Techniques:

(Demonstrate multiple self defense techniques for each type of attack, "with form, speed & power". Each technique will include block, escapes or counter with take-down or throw & control hold or strike.

1. Improved ability in GOSHIN JITSU NO KATA
2. Working knowledge of KIME NO KATA

SHICHIDAN (Black Belt, 7th Degree)

Senior Teacher Level: (SENSEI)

Note: Persons holding this rank are authorized to wear either the black belt or the red and white belt

General Requirements:

1. Be an Active Senior Teacher & Leader of US JU-JITSU.
2. Minimum age - 40 years old.
3. Outstanding moral character.
4. Regular dojo attendance and training.
5. **Member in good standing with the USJJF.**
6. Trained & examined by a certified USJJF Instructor/Examiner.
7. Minimum time in Grade requirement as Rokudan, six years.
8. Normal time in grade requirement as Rokudan, 8-10 years
9. Minimum age, 40 years old.

Understand Advanced Theories of:

1. Understand "Mastery of the Martial Way", " (suggested text: Living The Martial Way by F.E. Morgan)
2. Write an essay (approx. 1000 words) on the above topics.

WAZA - Techniques

Students will demonstrate the following techniques:

ATE WAZA - Striking Techniques:

1. Senior Expert Instructor of Ate Waza.
2. Expert Skill in demonstrating all Ate Waza.

GERI WAZA - Kicking Techniques:

1. Senior Expert Instructor of Geri Waza.
2. Expert Skill in demonstrating all Geri Waza.

UKE WAZA - Blocking Techniques:

1. Senior Expert Instructor of Uke Waza.
2. Expert Skill in demonstrating all Uke Waza.

ATEMI WAZA - Vital Point Techniques:

1. Senior Expert Instructor of Atemi Waza.

2. Expert Skill in demonstrating all Atemi Waza.

SHIME WAZA - Choking Techniques:

1. Senior Expert Instructor of Shime Waza (& escapes).
2. Expert Skill in demonstrating all Shime Waza.

OSAE WAZA - Holding Techniques:

1. Senior Expert Instructor of Osae Waza (& escapes).
2. Expert Skill in demonstrating all Osae Waza.

KANSETSU WAZA - Joint Locking Techniques:

1. Senior Expert Instructor of Kansetsu Waza (& escapes).
3. Expert Skill in demonstrating all Kansetsu Waza.

NAGE WAZA - Throwing Techniques:

1. Scissors Throw	Kani Basami	kah-nee bah-sah mee
2. One Leg Entanglement Throw	Kawazu Gake	kah-wah-zoo gah-kee
3. Large Outside Winding Throw	Osoto Makikomi	oh-soh-toh mah-kee-koh- meh
4. Inner Thigh Winding Throw	Uchi Mata Makikomi	oo-chee mah-tah mah- kee-koh-meh
5. Hip Sweep Winding Throw	Harai Makikomi	hah-rahee mah-kee-koh- mee

GOSHINJITSU - Self Defense Techniques:

1. Senior Teacher of all USJJF Goshinjitsu.
2. Improved ability of KIME NO KATA and all other JJIF/USJJF Kata.

HACHIDAN (Black Belt, 8th Degree)

Master Teacher Level: "National Leader of Ju-Jitsu"

Note: Persons holding this rank are authorized to wear either the black belt or the red and white belt

1. Minimum time in Grade Requirement as Shichidan, seven years.
2. Normal time in grade requirement as Shichidan, 9-11 years
3. Minimum age, 50 years old

KUDAN (Black Belt, 9th Degree)

"Grand Master": "International Leader of Ju-Jitsu"

Note: Persons holding this rank are authorized to wear either the black belt or the red belt

1. Minimum time in Grade Requirement as Hachidan, eight years.
2. Normal time in grade requirement as Hachidan, 12-14 years
3. Minimum age, 60 years old

JUDAN (Black Belt, 10th Degree)

"Grand Master": "World Leader of Ju-Jitsu"

Note: Persons holding this rank are authorized to wear either the black belt or the red belt

1. Minimum time in Grade Requirement as Kudan, nine years.
2. Normal time in Grade Requirement as Kudan, 13-16 years
3. Minimum age, 70 years old.

Note: There are no technical requirements for these ranks. If the USJJF Central Technical Committee does not have knowledge of the technical ability of the candidate in question, he or she may be required to demonstrate the requirements for Shichidan. The USJJF Board of Directors must approve all promotions to these ranks. **The primary requirements for 8th, 9th, and 10th Degree Black Belt are moral character and outstanding service to the USJJF and the American Martial Arts.** Questions which the USJJF Central Technical Committee will discuss regarding candidates for these very high ranks are:

1. Outstanding Moral Character. Is this person honest in word and deed? Does this person possess patience, compassion, courage, and all other virtues listed in the USJJF Character Development System?
2. Outstanding Service. Has this person made original contributions to the theory of Ju-Jitsu, or in teaching Ju-Jitsu? Is this person actively teaching Ju-Jitsu? **Is this person a National (&/or International) Leader in representing the USJJF?** How many articles, manuals or books on US JU-JITSU has this person written?
3. Outstanding Loyalty to the USJJF. Does this person constantly support the USJJF with "**time, talent, & treasure**"? Can this person be counted on in public to stand up for the Mission Statements of the USJJF?
4. Does this person possess outstanding technique? Can he or she demonstrate all of the Rank Requirements of US JU-JITSU?

Note: Not all candidates will possess outstanding achievement in every area listed. Our Federation should be able to point to every Hachidan and higher rank and tell young people to model their actions and their character after these leaders.