

Honour

Compassion

Loyalty

Integrity

Honesty

Respect

Courage

WHITE BELT

Front break fall.
Left & Right side breakfall.
Mat etiquette.
Hip throw.
Front kick.
Terminology, Dojo, Rei, Sensei,
Matte, Tori, Uke, Tatami, Hajime.

Learn the virtues of the Samurai.

Completed:

Date:

YELLOW STRIPE BELT

Half shoulder throw.
Three straight arm lock.
Three defences from a kick to
the head.
Three defences from ground
strangles.
Basic blocking kata.

Criteria: Membership,
Insurance, Gi & club badge.
Regular attendance.
Name 1 virtues of the Samurai.
Completed:

Date:

BLUE STRIPE BELT

Inner wind throw.
Basic blocks with finishes.
Escape from head chancery.
Break front strangles x 6.
Three techniques' from previous
syllabus.
Three ground control hold downs

Criteria: Membership,
Insurance, Gi & club badge.
Regular attendance.
Name 2 virtues of the Samurai.
Completed:

Date:

PURPLE STRIPE BELT

Standing defence against
Kicks X 3.
Knee wheel throw.
Show the use of the Elbow.
bottom fist, Palm heel.
Basic block kata & yellow belt kata.
Wrist lock throw

Criteria: Membership,
Insurance, Gi & club badge.
Regular attendance.
Name 3 virtues of the Samurai.
Completed:

Date:

ORANGE STRIPE BELT

Leg throw with lock.
Demonstrate Three blocks with
finishes.
Three straight arm locks.
Three defences from front strangles
from the front.
Basic blocking & Yellow belt kata.

Criteria: Membership,
Insurance, Gi & club badge.
Regular attendance.
Name 4 virtues of the Samurai.

Completed:

Date:

GREEN STRIPE BELT

Rice bale throw.
Escape from bear hugs over
and under the arms.
Defences from strangles from
the rear.
Three wrist lock from a push.
Basic blocking & Yellow belt kata.

Criteria: Membership,
Insurance, Gi & club badge.
Regular attendance.
Name 5 virtues of the Samurai.

Completed:

Date:

BROWN STRIPE BELT

Counter to back arm & collar
holds X 3.
Demonstrate front & side kicks.
Wedge block from lapel grab,
Basic holding and locking
techniques' X 3.
Basic blocking & Yellow belt kata.

Criteria: Membership,
Insurance, Gi & club badge.
Regular attendance.
Name 6 virtues of the Samurai.

Completed:

Date:

BLACK STRIPE BELT

Stamp throw.
Defence from grabs from the
rear.
Various kicks from attacks X 6.
Body drop throw.
Shoulder lock control.
Basic blocking & Yellow belt kata.

Criteria: Name all virtues of the
Samurai.
Display best techniques' & explain
and demonstrate to the class.

Completed:

Date:

Honour

Compassion

Loyalty

Integrity

Honesty

Respect

Courage

Useful info: Ju-jitsu child protection officer-Sarah Ellis.

Senior club instructor-Sensei Andy Walker 6th Dan Ju-jitsu instructor.

Club instructor - Sensei Claudia Robinson 1st Dan Ju jitsu instructor

Club Instructor - Sensei Karen Nuttall 1st Dan Ladies Fitness instructor

Junior black belt - Layla Ellis-Riahi

Contact em ail address info@pooleju-jitsu.com All our coaches are DBS checked and first aid trained and are all registered with the British Ju-jitsu Association (GB) www.bjjaGB.com Insurance cover: each child is required to take out insurance, under the B.J.J.A GB. No gradings can be taken without the correct m em bership & insurance requirements.



Mission statem ent January 2024 Your child is recognised as an individual, and our excellence is in delivering the highest standard of professional tutoring and the pursuit of quality through regular investment in the coaches and pupils. Our club, instructors, coaches, and members are constantly pushed to raise the standards through Ju-jitsu.



Equipm ent Any Clothing, training equipment can be purchased from your club instructor. Any equipment which you require is generally in stock, if not then a deposit to order the item can be placed. Keep visiting the web site, as this gets updated around the month end. So please make sure we have your em ail address, so we can keep you updated.



Club rules: To respect our club and treat everyone as individuals

Criteria: Valid insurance, Regular training, Club badge, Samurai virtues'



Integrity ~ Respect ~ Courage ~ Honour ~ Compassion ~ Honesty ~ Loyalty

Follow us on Twitter & Facebook



Ma rta Arts & Fitness Centre, 156a Stanley Green Road, Poole, Dorset, BH15 3AH

POOLE BUSHIDO JU-JITSU CLUB



11 years + Junior syllabus



Members of the

BUSHIDOJU-JITSU ACADEMY

Governing body

BRITISH JU-JITSU ASSOCIATION GB