

BUSHIDO JU-JITSU ACADEMY

POOLE BUSHIDO JU-JITSU CLUB

BRITISH JU-JITSU ASSOCIATION

**WHITE BELT**

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

**YELLOW STRIPE BELT**

One straight arm lock.  
One defences from a kick to  
the head.  
One defences from ground  
strangles.  
Basic blocking kata.  
Name a club rules

**BLUE STRIPE BELT**

Inner wind throw.  
Basic blocks with finishes.  
Escape from head chancery.  
Break one front strangles  
Four techniques' from previous  
syllabus.  
One ground control hold down

**PURPLE STRIPE BELT**

Standing defence against a  
Kick.  
Knee wheel throw.  
Show the use of the Elbow.  
bottom fist, back fist & Palm heel.  
Basic block kata.

**Criteria:** Membership,  
Insurance, Gi & club badge.

**Criteria:** Membership,  
Insurance, Gi & club badge.

**Criteria:** Regular attendance,  
Name a virtue of the Samurai.

Completed:

Completed:

Completed:

Completed:

Date:

Date:

Date:

Date:

**ORANGE STRIPE BELT**

Leg throw with lock.  
Demonstrate a block with a  
finish.  
One straight arm locks.  
One defences from front strangles  
from the front.  
Basic blocking kata.

**GREEN STRIPE BELT**

Rice bale throw.  
Escape a from bear hug over  
and under the arms.  
Defences from strangle from  
the rear.  
Wrist lock from a push.  
Basic blocking kata

**BROWN STRIPE BELT**

Counter to back arm & collar  
hold.  
Demonstrate front & side kicks.  
Wedge block from lapel grab,  
Basic holding and locking  
technique.  
Basic blocking kata.

**BLACK STRIPE BELT**

Stamp throw.  
Defence from grabs from the  
rear.  
Various kicks from attacks.  
Body drop throw.  
Shoulder lock control.  
Basic blocking kata.

**Criteria:** Membership,  
Insurance, Gi & club badge.  
Regular attendance.

**Criteria:** Membership,  
Insurance, Gi & club badge.  
Regular attendance.

**Criteria:** Name 2 virtues of the  
Samurai.  
Yellow belt kata.

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

Completed:

Completed:

Completed:

Completed:

Date:

Date:

Date:

Date: