

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.  
Two defences from a kick to  
the head.  
Two defences from ground  
strangles.  
Basic blocking kata.  
Name two club rules

**BLUE STRIPE BELT**

Inner wind throw.  
Basic blocks with finishes.  
Escape from head chancery.  
Break front strangles x 2.  
four techniques' from previous  
syllabus.  
Two ground control hold downs

**PURPLE STRIPE BELT**

Standing defence against  
Kicks X 2.  
Knee wheel throw.  
Show the use of the Elbow.  
bottom fist, back fist & Palm heel.  
Basic block kata.  
Yellow belt kata.

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

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**Criteria:** Regular attendance,  
Name 2 virtues of the Samurai.

Completed:

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**ORANGE STRIPE BELT**

Leg throw with lock.  
Demonstrate two blocks with  
finishes.  
Two straight arm locks.  
Two defences from front strangles  
from the front.  
Basic blocking kata.

**GREEN STRIPE BELT**

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

**BROWN STRIPE BELT**

Counter to back arm & collar  
holds X 2.  
Demonstrate front & side kicks.  
Wedge block from lapel grab,  
Basic holding and locking  
techniques' X 2.  
Basic blocking kata.

**BLACK STRIPE BELT**

Stamp throw.  
defence from grabs from the  
rear.  
Various kicks from attacks.  
Body drop throw.  
Shoulder lock control.  
Yellow belt kata.

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

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

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