

Honour	Compassion	Loyalty	Integrity	Consistency	Respect	Courage
<p>WHITE BELT</p> <p>Front break fall. Left & Right side breakfall. Mat etiquette. Hip throw. Front kick. Terminology, Dojo, Rei, Sensei, Matte, Tori, Uke, Tatami, Hajime.</p> <p>Learn the virtues of the Samurai Gi clean & ironed. Rolled up.</p> <p>Completed:</p> <p>Date:</p>	<p>YELLOW STRIPE BELT</p> <p>One straight arm lock. One defences from a kick to the head. One defences from ground strangles. Basic blocking kata. Name a club rule</p> <p>Criteria: Membership, Insurance, Gi & club badge. Name 1 virtues of the Samurai</p> <p>Completed:</p> <p>Date:</p>	<p>BLUE STRIPE BELT</p> <p>Inner wind throw. Basic blocks with finishes. Escape from head chancery. Break a front strangle. One techniques' from previous syllabus. One ground control - Side control</p> <p>Criteria: Membership, Insurance, Gi & club badge. Name 2 virtues of the Samurai.</p> <p>Completed:</p> <p>Date:</p>	<p>PURPLE STRIPE BELT</p> <p>Standing defence against a Kick. Knee wheel throw. Show the use of the Elbow. bottom fist, back fist & Palm heel. Basic blocking kata.</p> <p>Criteria: Regular attendance, Insurance, Gi & club badge. Name 3 virtues of the Samurai.</p> <p>Completed:</p> <p>Date:</p>			
<p>ORANGE STRIPE BELT</p> <p>Leg throw with lock. Demonstrate a block with a finish. One straight arm locks. One defences from front strangle. Wrist lock from a push. Basic blocking kata.</p> <p>Criteria: Membership, Insurance, Gi & club badge. Regular attendance. Name 4 virtues of the Samurai.</p> <p>Completed:</p> <p>Date:</p>	<p>GREEN STRIPE BELT</p> <p>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</p> <p>Criteria: Membership, Insurance, Gi & club badge. Regular attendance. Name 5 virtues of the Samurai.</p> <p>Completed:</p> <p>Date:</p>	<p>BROWN STRIPE BELT</p> <p>Counter to back arm & collar hold Demonstrate front & side kicks. Wedge block from lapel grab, Basic holding and locking technique. Basic blocking kata.</p> <p>Criteria: Membership Insurance, Gi & club badge. Name 6 virtues of the Samurai.</p> <p>Completed:</p> <p>Date:</p>	<p>BLACK STRIPE BELT</p> <p>Stamp throw. Defence from grabs from the rear. Show a kick defence from a punch. Inside hock throw. Shoulder lock control. Basic blocking kata.</p> <p>Criteria: Name all virtues of the Samurai. Insurance, Gi & club badge. Regular attendance.</p> <p>Completed:</p> <p>Date:</p>			

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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 email 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 membership & insurance requirements.



Mission statement 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.



Equipment 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 email 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

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Marina Arts & Fitness Centre, 156 Stanley Green Road, Poole, Dorset, BH15 3AH

7 + syllabus

POOLE BUSHIDO JU-JITSU CLUB



7 years + Junior syllabus



Members of the

BUSHIDOJU-JITSU ACADEMY

Governing body

BRITISH JU-JITSU ASSOCIATION GB