

**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.

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

Date:

**YELLOW STRIPE BELT**

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

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

Date:

**BLUE STRIPE BELT**

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

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

Date:

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

Date:

**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 & Yellow belt kata.

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

Completed:

Date:

**GREEN STRIPE BELT**

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

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

Completed:

Date:

**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 & Yellow belt kata.

**Criteria:** Membership,  
 Insurance, Gi & club badge.  
 Yellow belt kata.  
 Name all the virtues of the Samurai

Completed:

Date:

**BLACK STRIPE BELT**

Stamp throw.  
 Defence from grabs from the  
 rear.  
 Various kicks from attacks X 2.  
 Body drop throw.  
 Shoulder lock control.  
 Basic blocking & Yellow belt kata.

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

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## POOLE BUSHIDO JU-JITSU CLUB



### 9 years + Junior syllabus



Members of the  
BUSHIDOJU-JITSU ACADEMY

Governing body  
BRITISH JU-JITSU ASSOCIATION GB