

# Poole Bushido Ju-jitsu syllabus

## White belt

1. Mat etiquette
2. Side breakfalls
3. Front breakfall
4. Rolling breakfall, back and front
5. Hip throw
6. Breaking back strangles (3)-junior (2)
7. Breaking front strangles (3)-junior (2)
8. Straight-arm lock
9. Shoulder lock
10. Recumbent ankle throw
11. Downward / inside forearm block, attacking  
With a punch
12. Upward and rising block, attacking with a  
Front kick
13. Kata of blocks

## Orange belt

1. Body drop
2. Half shoulder
3. Leg throw with lock
4. Dropping version of full shoulder
5. Back hammerlock
6. Sweeping loin
7. Hold down with double arm lock
8. Rice bale
9. Cross hock
10. Inside hock

## Blue belt

1. Loin or hip wheel
2. Three ways of escape from head chancery
3. Variation on holding down (6) junior (3)
4. Breaking ground strangles (4) junior (2)
5. Counter measure against garrotting-  
2 front 2 back
6. Dropping version of body drop
7. Scissors and naked choke hold (senior only)
8. Spring hip
9. Scooping throw, front and back
10. Indian death lock
11. Roundhouse kick to solar plexus whilst walking
12. Sleeper hold from head chancery (senior only)
13. Outside forearm block with elbow to ribs, both sides'
14. Side snap kick from cross block
15. Lunge punch, reverse punch to body and face
16. Use 'x' block to stop punch to face, pull on to  
Roundhouse kick or knee
17. Four-wrist locks
18. Four defence against knife attack

## Yellow belt

1. Hip throw with shoulder arm lock
2. Hip throw with crossover arm lock
3. Defence against kicks to the head whilst on the ground
4. Three arm lock from a standing position
5. Shoulder arm lock
6. Three wristlocks from a push
7. Wrist throw with a lock from a push
8. Reclining leg throw with strikes
9. Roundhouse kick followed by front kick
10. Cross block followed by side thrust kick
11. Breaking ground strangles

## Green belt

1. Body drop
2. Half shoulder
3. Leg throw with lock
4. Dropping version of full shoulder
5. Cross hock
6. Inside hock
7. Hold down with double arm lock
8. Rice bail
9. Back hammer lock, both sides
10. Crab claw scissors
11. Attacking and defending sweeping loin
12. Drawing ankle
13. Stamp throw
14. Two methods of escape when held over and  
Under the arms, back and front
15. Knee wheel
16. Variation of shoulder throws (3)
17. Escape from full nelson (2)
18. Escape from half nelson (2)
19. Front scissors
20. Bar choke, left and right
21. Variation on strangles holds (6)

## Purple belt

1. Valley drop
2. Counter to straight-arm lock (2)
3. Counter to back arm and collar hold (3)
4. Counter to bar choke (2)
5. Roundhouse kick to kidneys from outside block  
both sides
6. Full shoulder throw
7. Reverse full shoulder throw
8. Head, hip and knee
9. Wedge block, from lapel grab
10. Shoulder wheel
11. Back kick when held from both arms from behind
12. Side kick to knee using side of foot, both sides
13. Combination of palm heel knock out blows to chin
14. Left upward block with knife hand to neck, both sides
15. Roundhouse kick to solar plexus, both sides
16. Cross block, back fist to ear and throw (6)
17. Kata of throws

### **Brown belt**

- 1.Inner wind
- 2.Outer wind
- 3.Sweeping ankle
- 4.sweeping knee
- 5.Rolling ankle
- 6.Corner throw
- 7.Rear throw
- 8.Cross ankle
- 9.Leg wheel
- 10.Outer wheel
- 11.Action against three men attack (3)
- 12.Stomach throw, left and right
- 13.Outer hook
- 14.Several ways of throwing opponent from behind (6)
- 15.Shoulder dislocation (4)
- 16.Dropping version of reverse body drop
- 17.Shoulder crash
- 18.Three different blocks using the same arm
- 19.Arm and shoulder throw with shoulder lock and wristlock
- 20.Chop to neck with kick to solar plexus (2 opponents)
- 21.Roundhouse kick from ground to lower body, both sides
- 22.Side thrust kick to back of knee from the ground both sides'
- 23.Side thrust kick to kneecap followed by roundhouse kick to ribs
- 24.One handed throws, 6 left, 6 right
- 25.Three reverse punches to three different attackers
- 26.Three punches to body, face and body
- 27.Six defence against baton attack
- 28.Four combinations of crab claw scissors, 2 from punch, 2 from kick

Blue to Brown Belts will include:  
10 Sparring partners  
10 Randori Partners  
10 Ground-fighting partners

### **Black belt**

- 1.25 straight throws
- 1/Hip throw
- 2/Body drop
- 3/half shoulder
- 4/Cross hock
- 5/Inside hock
- 6/Cross ankle
- 7/Corner throw
- 8/Head, hip and knee
- 9/Stomach throw
- 10/Sweeping loin
- 11/Full shoulder
- 12/Shoulder wheel
- 13/Spring hip
- 14/Scooping back throw
- 15/Outer wind
- 16/Scooping front throw
- 17/Stamp throw
- 18/Lapel throw
- 19/Inner wind
- 20/rear throw
- 21/Reclining leg throw
- 22/Shoulder crash
- 23/Rolling ankle
- 24/Outer hook
- 25/Sweeping ankle
- 2.Two counters to hip, drawing ankle, shoulder wheel full shoulder, body drop
- 3.Inside leg sweep
- 4.Four combination throws, Hip/stamp, drawing ankle/ sweeping loin, inside hock/half shoulder, back hock/ rear throw
- 5.Kata of blocks
- 6.Counter measures against crescent kick, back kick, front kick, side thrust kick, roundhouse
- 7.One handed throat throws, 2 variations
- 8.Combination of attacks to the eyes and ears
- 9.Demonstration of sparring skills (touch contact only)
- 10.Palm heel blocks with attacks from various moves
- 11.Six combination attacks, demonstrating the open hand
- 12.Six combination attacks demonstrating the bottom Fist
- 13.Six combination attacks demonstrating the elbows
- 14.Defence against side snap kick
- 15.Six combinations throw of the wrist and arm
- 16.Six combination of multiple strike and throw Technique
- 17.Demonstrate all kick full power to strike pad
- 18.Escape from random attack from rear
- 19.Demonstration of randori
- 20.Six defence from knife attacks
- 21.Demonstration of back to back

