

chrisdohertytraining

presents

The complete Syllabus for

JU'nior' JITSU & **YOUNG SAMURAI**

赤 黄色 オレンジ 緑色 青 紫色

茶色 茶色黒

1. Front rolling breakfall

2. Back rolling breakfall

3. Side breakfall

4. Front breakfall

5. Back breakfall

6. Escaping a front strangle (1)

7. Escaping a hand grab (1)

8-11. Basic strikes (4)

12. Fighting spirit

13. Ground-fighting basics

14. Etiquette

(15)

Make your notes here

1-10 Red belt breakfalls, left and right sides (10)

11. Fore-flap breakfall (1)

12-15. Escaping a front strangle (3)

16-19. Escaping a hand grab (3)

20. Hip throw (successful breakfall)

21-26 Positions whilst on the ground (5)

(26)

Make your notes here

1. Snakebite block and throw
 2. Recumbent ankle throw
 3. Body drop
 4. Outside hock
 - 5-7. Inside parry, 2 strike combination (3)
 - 8-9. Escaping hand grabs, opposite side
 - 10-12. Escaping front strangle (3)
 - 13-14. Escaping rear strangle (2)
 15. Sparring 30 secs
 16. Ground-fighting, 1 min
- (16)

Make your notes here

1. Stamp throw
2. Knee wheel
3. Cross block and throw
4. Head hip
5. Inside hock
- 6-7. Rice bail (2)
- 8-9. Escapes from a bear-hug (2)
- 10-11. Escapes when held under the arms (2)
- 12-13. Escape from a half nelson (2)
- 14-15. Escape from a full nelson (2)
- 16-18. Inside parry, 3 strike combination (3)
- 19-22. Snap kicks (4)
- 23-27. Ground-fighting (5)

(27)

Make your notes here

1. Loin/Hip wheel
- 2-4. Escape from head chanceries (3)
- 5-9. Breaking strangles and chokes on the ground (5)
- 10-11. Dropping version of a body drop (2)
12. Scissors and rear hold
13. Spring hip throw
- 14-15. Escapes from a bear-hug (2)
- 16-18. Escapes when held under the arms (2)
19. Outside block, elbow to ribs followed by a back fist
- 20-21. Roundhouse kick to solar plexus whilst walking (2)
22. Downward inside forearm block
24. Sticky-hand block, 2 and 3 strike combinations(2)

(24)

Make your notes here

1-3. Counter to back-arm and collar hold (3)

4-6. Counter to bar chokes (3)

7. Reverse hip throw

8-9. Wedge block (2)

10. Downward inside forearm block followed by a punch

11-12. Scooping throws (2)

13-15. Takedowns/throws from the clinch (3)

16. Cross buttock

17. Full shoulder body-drop

18. Reverse body drop

19. Front scissors

20. Sparring, 2 mins

21. Ground-fighting, 5 mins (21)

Make your notes here

1-2. Winding Throws (2)

3-4. Sweeping loin (2)

5. Rolling Ankle

6. Rear Throw

7. Crab claw scissors

8. Outer Hook

9-14. Throwing An Opponent From Behind (6)

15-20. Palm Heel Knock-Out Blow To Chin

21. Dropping Cross Buttock

22. Dropping Reverse Body Drop

23. Knife Hand, Kick & Throw

24. Groundfighting

(24)

Make your notes here

1. Full shoulder

2. Half shoulder

3-8. Leg sweeps (6)

9-10. Sleeper hold (2)

11-13. Escape from garrotting (3)

14. Head Hip & Knee

15-19. One Handed Throws (5)

20-22. Dropping Versions of Throws (3)

23. Outer Wheel

24. Three Man Attacks

25-29. Advanced Blocking (5)

30. Leg Wheel

31. Head Hip & Knee

Make your notes here