

Eight Waves Adult Aiki Ju Jitsu

Introductory Syllabus

Red Belt 7 kyu

Basic Stances and movement.

Kata Ju Ni

Warm up and simple stretches.

Breakfalls

Left and right side, Forward

Techniques

Disengagement from single hand grab to wrist.

Circle to control

Disengagement from single hand grab to lapel.

Circle to disengage

Attack the forward shoulder
Circle the head and attack the rear shoulder
Arm entanglement (Fig Four Bent arm lock)
Kaito nage (arm up head down)
Straight arm to head lock
Ni ka Jo Bent wrist lock
San Ka Jo turning wrist lock under the arm
Leg take down

Throwing techniques

O soto geri
O goshi
Koshi Guruma

Yellow 6 kyu

Warm up to emphasise full body flexibility and core strengthening

Breakfalls

as red, to be performed from throws.
Addition ,rolling breakfalls.

Techniques

Disengagement from double hand grab

Disengagement from double lapel grab

As Red. Include atemi and appropriate locks on the ground

Straight arm to head
Half wing arm lock
Fig four arm lock
Straight arm push away
Naked strangle
Arm pin to ground
Straight arm and shoulder lock
Crossed leg lock

Throwing techniques

Half Shoulder throw (ippon seonage)
Lifting sleeve throw

Atemi

Appropriate targets

Ears
Throat
Groin
Knee
Eyes

1st principle harmony exercises

Guiding and following, partner exercises

Orange 5 kyu

Warm ups including strengthening exercises, static for muscular endurance and explosive to generate speed and power.

Stretches to promote suppleness in all the body

Breakfalls

Back Break fall
Rolling breakfalls to feet

Techniques

Blocking and/or evasion of grab and punch All techniques from previous belts can be used.
All techniques must be shown right and left side.

Throwing Shoulder throws. Half and full.
Tai otshi
Harai Goshi

Basic Strikes using open hand, Slap, palm heel, hammer fist/Front, round, side.

Basic kicks. Front (mae geri)
Round (mo washi geri)
Side (Yoko Geri)
Hokku (hook Kick)

Intermediate Syllabus

Green 4 kyu

Warm up to include partner stretching exercises for added resistance and plyometrics

Breakfalls Excellence in all previous forms expected by this level

techniques

Evasion/blocking of straight punch to the stomach.
Evasion/blocking of round punch to the head.

Atemi. Knowledge of vital points to be demonstrated. Striking surfaces, kicks, open hand strikes, knees, elbows.

Throws. Sweeps and trips.
O soto geri,
Ko Soto geri
Hiza guruma
O guruma

Locks Straight arm lock fig 4, Bent arm fig 4

Leg locks fig 4, arm to leg, leg to leg

Harmony exercise 2

Harmony to be performed with throw on completion

Weapons basic

Jo 1-10

Purple 3 kyu

Emphasis on integration of techniques

Body maintenance. Student expected to show knowledge of basic physiognomy and maintenance including nutrition.

Techniques.

Disengagement from rear attacks

Include atemi

Throws

scooping throws, leg takedowns

Locks

Chokes and strangles standing and prone
Naked strangle, half wing, guillotine.

Weapons Intermediate

Jo 10-22

Katana eight basic cuts

Threat recognition, de escalation and philosophy of self defence

Adult Syllabus Advanced

Blue 2 kyu

Emphasis here is on multiple attacks and defence against weapons

Body maintenance

Students expected to be supplementing fitness with training outside of the dojo

Techniques

Strategies for defence against multiple attacks.

Defence against knife, bottle, stick

Weapons

Katana techniques.

Two person routine, straight attack to stomach, Straight attack to head, round attack to neck.

Jo Randori

Brown 1 kyu

Techniques

Defence against kicking techniques.

Evasion

Sweeps

Leg takedowns

Defence against throws

Counter throws, sacrifice throws,
fighting from prone.

Improvised weapons

Advanced Atemi.

To Include pressure points

Weapons

Jo

Ni Ju Ni

Katana

Randori

Free fighting.

Kick boxing.

Grappling.

Mixed.

Tai Chi 10 step

Black Belt.. Shodan Ho

All previous techniques to be displayed to a high level of competence.

Basic First aid.

