



Atemi Jitsu Syllabus Kyu Grades

Atemi Jitsu Syllabus

The Atemi Jitsu Syllabus is different to regular syllabuses. Each grade comprises of up to 8 of the fundamental necessities within any good Jiu Jitsu syllabus. Each element has been set in a specific order and each grade will be split in accordance with the order set below.

KEY

1) Knowledge (K)

Knowledge comprises of dojo etiquette, anatomy, pressure points & standard skills

2) Basics (B)

Break falls & basic blocks

3) Defences (D)

Defences from any type of attack

4) Strikes (S)

Striking the attacker / opponent

5) Throws (J)

Anything that derives from a Judo throw

6) Techniques (T)

Specific techniques to be demonstrated

7) Competing (C)

Sparring and grappling

8) Teaching / Instructing (I)

Demonstrating, breaking down techniques and problem solving - instructional tasks

Atemi Jitsu Syllabus

1 to 12 in Japanese

1 - ICHI (eachee)	5 - GO (go)	9 - KYU (Q)
2 - NI (nee)	6 - ROKU (Lor-roo)	10 - JU (juu)
3 - SAN (san)	7 - NANA (Na-na)	11 - JU ICHI (joo-eachee)
4 - SHI (shee)	8 - HACHI (hachee)	12 - JU NI (joo-nee)

Anatomy Questions

Question No.	Grade to be achieved	Question	Answer
1	Yellow	What is the Skull called?	Cranium
2	Yellow	Where is your temple positioned?	Side of head level with eyes
3	Yellow	What is your collar bone called?	Clavicle
4	Yellow	What is your breastbone called?	Sternum (3 parts)
5	Orange	What is your lower jaw called?	Mandible
6	Orange	What is your shoulder blade called?	Scapula
7	Orange	What is the bone called in upper arm?	Humorous
8	Orange	What are the bones called in lower arm?	Radius & Ulna
9	Green	What are the bones in your fingers called?	Phalanges
10	Green	How many bones are in the human body?	206
11	Green	How many pairs of ribs do we have?	12 pairs <ul style="list-style-type: none"> - 7 pairs of true ribs - 3 pairs of false ribs - 2 pairs of floating ribs
12	Blue	What are the bones in your wrist called?	Carpals
13	Blue	What are the bones in your hand called?	Metacarpals
14	Blue	What is the bone in your upper called?	Femur
15	Blue	What are the bones in your lower leg called?	Tibia and Fibula
16	Purple	What is your kneecap called?	Patella
17	Purple	Where is your carotid artery?	Side of neck
18	Brown	Where is your solar plexus?	Bottom of sternum
19	Brown	What do veins do?	Carry deoxygenated blood back to the heart
20	Brown	What do arteries do?	Carry oxygenated blood away from the heart
21	Brown II	How many vertebrae do we have?	33 <ul style="list-style-type: none"> - 7 cervical - 12 thoracic - 5 lumbar - 5 sacrum - 4 coccyx

Atemi Jitsu Syllabus

DOJO ETIQUETTE AND KEY TERMONOLOGY

Training Room - "DOJO"

Dojo rules - respect all, bow before you walk on and off the mat, bow to your Sensei and opponent

Bow - "Rei"

Teacher - "Sensei"

Start - "Hajime" (pron. a-jim-ay)

Stop - "Mate" (pron. ma-tay)

Training partner - "Uke" (pron. ew-key)

Person executing technique - "Tori" (pron. tore-ee)

Belts & Tagging System

Grading starts at 6 years old.

The belt hierarchy is : White, Red, Yellow, Orange, Green, Blue, Purple, Brown, Brown / Black and Black.

From Red Belt (8th KYU), the student earns tags of the next belt. There are 2 'Tags' per belt.

e.g. Yellow Belt Syllabus (7th KYU), the student wears their Red Belt and earns up to two Yellow Tags before earning their Yellow Belt

On grading day, the student will be scored 1-3 on each element/technique of the grade. 1=incomplete execution of element/technique. 2=completion of element/technique with coaching 3=competent within the execution of the e/t

The numerical score is added up and then the grade is awarded based on percentage.

0-30% - Referral. 31-60% - 1 tag. 61-80% - 2 tags. 81-100% - full belt.

100% also achieves the belt awarded with Distinction.

Atemi Jitsu Syllabus

Red Belt

8th KYU

(K) Dojo etiquette

(K) Tying a belt

(B) Stances - Ready Stance / Boxing Stance

(B) Break falls - Left / Right / Front / Back / Rolling
break falls forward and backward

(B) Kata of blocks

(D) Basic wrist defences (break away techniques)

(T) - take a drink / hello goodbye / wave left / wave right
(foot movement is imperative)

(S) Punches - Jab / Cross / Hook / Uppercut

(S) Kicks - front kick (rear leg) / sidekick / knee (rear
leg)

Atemi Jitsu Syllabus

Yellow Belt

7th KYU

(K) Anatomy Questions 1 - 4

(K) Atemi Waza

(B) Break Fall Embo (LH, RH, Back, Rolling LH, Rolling RH, Back Rolling, Front)

(D) Break away techniques from double lapel grab -
sammy the snake / double arm smash / hands up & turn /
good morning

(S) Strikes - back fist / ridge hand / chop / open finger
strike / tiger claw / spinning back fist / knife hand

(S) Kicks - inside & outside crescent kick / turning kick /
step through sidekick / skipping sidekick / lead leg front
kick / lead leg knee

(J) Tia Otoshi (Body Drop)

(J) Osoto Gari (Major outer reaping throw - "SWEEP")

Atemi Jitsu Syllabus

Orange Belt

6th KYU

(K) Anatomy Questions 5 - 8

(K) 1 - 12 in Japanese

(K) Atemi waza with application

(K) Kata of blocks with application

(D) Defences from double lapel grab

(T) wrist & elbow / under elbow hook

(D) Defences from round house punches - **BLOCK & COUNTER** -
Inside (single) Arm / Double Arm / Outside (single) Arm / A-
Frame :: **AVOID & COUNTER** - Duck / Lean Back

(D) 5 x cross / straight / double front & rear wrist grabs

(S) Spinning Side Kick / axe kick / hook kick

(J) O'goshi (hip throw)

(J) Makikomi (winding throw)

(J) Seo Nage (half shoulder throw)

(T) Ikkyo (Part 1) / NIKKYO (Part 1)

(T) Ground work - full mount transition

(T) Figure 4 arm lock

Atemi Jitsu Syllabus

Green Belt

5th KYU

(K) Anatomy Questions 9 - 11

(D) Defences from round house punches - **BLOCK & COUNTER** -
Cover / Pillar Box / Blend

(D) Defences from single lapel grab with punch

(T) Ikkyo (Full) / Nikkyo (Full) / Sankio / Kote Gaeshi / Elvis
Technique

(D) Defences from straight punches - Inside & Outside Arm (Inside &
Outside Movement) / Parry (Down / Inside / Outside) / Defanging
the Snake (elbow block) / Rising Block (Stepping back)

(D) Defences from front chokes & rear strangles

(D) Defences from kicks (standing) - Front kick / Turning kick

(D) Defences from static knife attacks - 4 No Positions

(J) Sweeping Loin

(J) Tani Otoshi (Valley Drop)

(T) Back hammer lock

(T) Ground Work

Straight arm bar / Side four quarters (yoko shiho gatame) /

Scarf hold (kesa gatame) / Entangled arm lock (ude gatame)

Atemi Jitsu Syllabus

Blue Belt

4th KYU

- (K) Anatomy Questions 12 - 15
- (D) Defences from Bear-Hugs (front & rear)
- (D) Defences from Head Locks
- (D) Defences from kicks (ground) - Stomp / Volley
- (D) Defences from moving knife attacks
- (D) Defences from stick attacks
- (D) Defences from 2 attackers (no weapons)
- (S) Elbow techniques (x6)
- (J) Ouchi Gari (inside hook)
- (J) Tamoe nage (stomach / groin throw)
- (J) Corner throw (sumi gaeshi)
- (T) 12 basic strikes (single stick)
- (T) Clinch work - attack and defend
- (C) Light contact sparring (hands and legs)
- (C) Back to Back - grappling - submission
- (I) Take the warmup

Atemi Jitsu Syllabus

Purple Belt

3rd KYU

- (K) Anatomy Questions 16 - 17
- (D) Defences from grounded weapon attacks
- (D) Defences from 2 attackers (weapons)
- (D) Half circle fighting (no weapons)
- (J) Uchimata - inner thigh throw
- (J) Yoko-guruma (counter - leg through the middle)
- (J) Fume Gaeshi (Rice Bale)
- (J) Double Arm Throw
- (J) Variations of throws - hip throw and body drop
- (T) Stick - single / double / reverse Sinawali
- (T) Triangle (Groundwork)
- (T) Demonstrate a rear naked choke
- (C) Light contact sparring (stand-up to ground)
- (I) Demonstrate and teach favourite technique

Atemi Jitsu Syllabus

Brown Belt

2nd KYU

MINIMUM OF 6 MONTHS AT PURPLE BELT

(K) Anatomy Questions 18 - 20

(K) Thorough knowledge of Dim-Mak

(D) Half circle fighting (weapons)

(D) Defences using improvised weapons (keys, carrier bags, belts etc)

(D) Escapes from Garrotting

(T) Sticks - advanced single and advanced double
Sinawali

(C) Grappling (open hand strikes and submission)

(I) Teach 1 lesson with lesson plan

Defences from punches

Judo

Wrist Locks

Atemi Jitsu Syllabus

Brown / Black

1st KYU

MINIMUM OF 6 MONTHS AT BROWN

(K) Anatomy Questions 1 - 21

(D) Full circle fighting (weapons)

(C) 3 x 2 min rounds of sparring, stand-up to ground

(I) Teach 3 lessons with lesson plan

(choose 3)

Defences from knife attacks

Improvised weapons

Defences from chokes / strangles

Defences from stick attacks

Defences from ground attacks

Boxing / Kickboxing Techniques