



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 – hands, legs, elbows and knees

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-ko)	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 - 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 - 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)

Belt System

There are 10 Kyu Grade Belts with an additional 6 Kyu Ho Belts. The belt hierarchy is: White, Red, Yellow, Orange, Green, Blue, Purple, Brown, Brown Black and Brown Black II. Following the Kyu grades there are Black Belts with the rank 1st Dan, 2nd Dan, 3rd Dan and so on. Tradition is that you wait as many years as there are Dan stripes. E.G. if you are a 3rd Dan, you wait a minimum of 3 years before being awarded your 4th Dan.

From 9th Kyu (red belt), the student can earn 9th Kyu Ho or 8th Kyu (red belt yellow stripe or yellow belt). There is one Stripe (Ho grade) per belt from 9th Kyu (Red Belt) to and including 5th Kyu (Blue Belt).

On grading day, the student will be scored 1-3 on each element/technique of the Kyu Syllabus. 1=incomplete execution of element/technique. 2=completion of element/technique with coaching or not a lot of variety depending on the element/technique. 3=competent within the execution of the element/technique.

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

0-40% - **Referral**. 41-80% - **Stripe**. 81-100% - **full belt** (no 1 scores allowed). 100% also achieves the belt awarded with Distinction.

Atemi Jitsu Syllabus

Red Belt

9th KYU

(K) Japanese 1-5

(K) Dojo etiquette

(K) Tying a belt

(K) Difference between Orthodox and Southpaw

(B) Stances - Ready Stance / Boxing Stance

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

(D) Basic Wrist defences (break away techniques)

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

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

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

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

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Yellow Belt

8th KYU

(K) Japanese 1-10

(K) Anatomy Questions 1 - 4

(K) Atemi Waza

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

(B) Shrimping

(D) Defences from double lapel grabs

(S) Strikes – back fist / ridge hand / chop / open finger strike / tiger claw / spinning back fist / knife hand / hammer-fist / palm heel / slaps / body hooks

(S) Kicks – inside & outside crescent kick / turning kick / step through sidekick / skipping sidekick

(J) Tia Otoshi (Body Drop)

(J) Osoto Gari (Major outer reaping throw – “SWEEP”)

(J) Osoto Otoshi (Large outer drop)

(T) Closed Guard (inside the guard) / Top Mount / Side Control / Turtle

Atemi Jitsu Syllabus

Orange Belt

7th KYU

(K) Anatomy Questions 5 – 8

(K) 1 – 12 in Japanese

(K) Atemi waza with application

(D) Defences from double lapel grab with takedown

(T) wrist & elbow / under elbow hook

(D) Defences from round house punches (head) – **BLOCK & COUNTER**

- Inside (single) Arm / Double Arm / Outside (single) Arm / A-Frame

:: **AVOID & COUNTER** – Duck / Lean Back

(D) Defences from round house punches (body)

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

(S) Spinning Side Kick / axe kick / hook kick / lead leg front kick /
lead leg knee

(S) Elbow techniques (x8) – cross, cutting, dropping, rising, back,
spinning, spear, thrust

(J) O goshi (hip throw)

(J) Makikomi (winding throw)

(J) Ippon seoi nage (single arm shoulder throw)

(T) Ikkyo (Part 1) / Nikkyo (Part 1)

(T) Ground work – basic guard pass / side control escape (shrimp) /
back control / Kneeling Otoshi / Kneeling Seo Nage

(T) Figure 4 arm lock

Atemi Jitsu Syllabus

Green Belt

6th KYU

(K) Anatomy Questions 9 – 11

(T) Sammy the snake – 3 arm locations (wrist, forearm & elbow)

(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) / Sankyo / Kote Gaeshi / Elvis Technique

(T) Spinning Hook Kick

(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

(D) Defences from kicks (standing) – Front kick / Turning kick / Low Kick

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

(J) Harri Goshi (Sweeping Loín)

(J) Taní Otoshí (Valley Drop)

(T) Back hammer lock

(T) Groundwork

Juji-gatame (Straight arm bar) / Yoko shiho gatame (Side four quarters) / Kesa-gatame (Scarf hold - broken and regular) / Ude-gatame (Entangled arm lock) / Top Mount Escape

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Blue Belt

5th KYU

- (K) Anatomy Questions 12 - 15
- (D) Defences from Bear-Hugs (front & rear)
- (D) Defences from Head Locks
- (T) Demonstrate a rear naked choke
- (T) Ikkyo, Nikkyo and Sankyo from different starting positions
- (S) Tornado Kick, Flying Knee, Superman Punch, Flying Elbow
- (T) Prayer Lock
- (D) Defences from kicks (ground) - Stomp / Volley
- (D) Defences from moving knife attacks
- (D) Defences from stick attacks
- (J) Ouchi Gari (inside hook)
- (J) Tamoe nage (Stomach / Groin Throw)
- (J) Sumi gaeshi (Corner Throw)
- (T) 12 basic strikes (single stick)
- (C) Light contact sparring (Boxing)
- (C) Back to Back - grappling - submission
- (I) Take the warmup

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Purple Belt

4th KYU

MINIMUM OF 9 MONTHS AT BLUE BELT

- (K) Anatomy Questions 16 - 17
- (J) Yellow to Blue Belt Throws
- (D) Defences from 2 attackers (no weapons)
- (J) Uchimata (Inner thigh throw)
- (J) Yoko-guruma (Counter - leg through the middle)
- (J) Fume Gaeshi (Rice Bale)
- (J) Ryoude Nage (Double Arm Throw - Standing)
- (J) Variations of throws - hip throw and body drop
- (T) Stick - Single & Double Sinawali
- (T) Groundwork - Triangle & North to South
- (T) Take downs & Shoots
- (T) Clinch work - attack and defend
- (D) Rear strangles - stood up and lay down
- (C) Light contact sparring (Kick Boxing)
- (I) Demonstrate and teach favourite technique
- (I) Create 3 combos on pads

4 pt strike

3 pt kick

5 pt strike and kick

Atemi Jitsu Syllabus

Brown

3rd KYU

MINIMUM OF 9 MONTHS AT PURPLE BELT

(K) Basic Knowledge of Dim Mak

(K) Thorough knowledge of and able to demonstrate techniques within the syllabus from Red to Purple Belt

(J) Ryoude Nage (Double Arm Throw - Dropping)

(J) Ippon seoi nage (double arm shoulder throw)

(D) Defences from grounded weapon attacks

(D) Defences from 2 attackers (weapons)

(D) Half circle fighting (no weapons)

(T) - Stick - Reverse Sinawali / Alternate Single Stick

(T) Finger and Thumb Locks

(D) Different types of mount, guard and side control

(C) Sparring (stand up to ground)

(D) Advanced Clinch Work

(J) Randori

(D) Create your own Embo

Atemi Jitsu Syllabus

Brown Black Belt 2nd KYU

MINIMUM OF 12 MONTHS AT BROWN BELT

(K) Thorough knowledge of and able to demonstrate techniques within the syllabus from Red to Brown Belt

(K) Anatomy Questions 18 - 20

(K) Japanese terminology only

(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) Write 1 lesson plan

Defences from punches

Judo

Wrist Locks

(I) Presentation - 5-10 mins on a different martial art or a weapon we don't currently use. Include a practical demonstration.

Atemi Jitsu Syllabus

Brown Black II

1st KYU

MINIMUM OF 12 MONTHS AT BROWN BLACK

(K) Thorough knowledge of and able to demonstrate techniques within the syllabus from Red to Brown Black Belt

(K) Anatomy Questions 1 - 21

(T) Advanced Reverse Sinawali and Cross-Legged Kata

(D) Full circle fighting (weapons)

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

(I) Write 3 lesson plans

(choose 3)

Defences from knife attacks

Improvised weapons

Defences from chokes / strangles

Defences from stick attacks

Defences from ground attacks

Boxing / Kickboxing Techniques