

Ronin Do Fight Gym

Graderingsbestämmelser vuxna
JU JUTSU
2018-07-15

Ronin Do Fight Gym

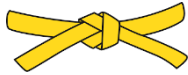
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Ju Jutsu



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Yellow Belt 5 Kyu Ju jutsu

10 push ups
10 sit ups
55 cm front split and side split

Tai Sabaki (Body shifting / Body control)

Tai Sabaki 1 – 8

Ukemi Waza (falling techniques)

Mae Ukemi
Ushiro Ukemi

Nage Waza (throwing techniques)

Ikkyo /Ude Gatame
Nikkyo/ Kote Mawashi
O soto Gari
Kesa Gatame

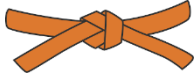
Jigo Waza (escape techniques)

Uke ends up on the floor after each technique.

Double wristlock frontal attack.
Single wristlock frontal attack.
Double wristlock attack from behind.

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Orange Belt 4 Kyu Ju jutsu

15 push ups
15 sit ups
50 cm front split and side split

Tai Sabaki (body shifting)

Tai Sabaki 1 – 16

Dashi Waza (standing positions)

Shiko Dashi
Neko Ashi Dashi

Ukemi Waza (falling techniques)

Mae Ukemi above 2 people standing on their hands and knees.
Daisharin.

Nage Waza (throwing techniques)

Aiki Otoshi
Sankyo/ Kote Hineri
Kibusa Gaeshi
Kata Gatame

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Jigo Waza (escape techniques)

Uke ends up on the floor after each technique.

Double wristlock frontal attack	2 different sets.
Single wristlock frontal attack	2 different sets.
Double wristlock attack from behind	2 different sets.
Defense against 1 Geri.	
Defense against 1 Tzuki.	

Randori (sparring with grips, punches and kicks)

1 time x 2 minutes Ne Waza (ground wrestling).

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Green Belt 3 Kyu Ju jutsu

30 push ups
30 sit ups
35 cm front split and side split

Tai Sabaki (body shifting)

Tai Sabaki 1 – 16

Dashi Waza (standing positions)

Shiko Dashi
Neko Ashi Dashi

Ukemi Waza (falling techniques)

Mae Ukemi above 2 people standing on their hands and knees.
Yoko Ukemi.
Ushiro Ukemi from sitting position on person standing on their hands and knees.

Nage Waza (throwing techniques)

O Ushi Gari
Ude Garami
De Ashi Barai
Ebi Garami
Koshi Nage
Seiho Nage
Yonkyo
Kote Gaeshi
Gokkyo
Hashi Mawashi

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Ushiro Kata Otoshi
Waki Gatame
Juji Gatame

Shime Waza (strangle techniques)

Uke Shime Waza straight arms while standing.

Uke Shime Waza frontal bent arms while Uke sits between legs and Tori lays on the back.

Uke Shime Waza straight arms while Uke sits beside and Tori lays on the back.

Jigo Waza (escape techniques)

Uke ends up on the floor after each technique.

Bear hug above arms.

Bear hug under arms.

Control and transport 5 meters while Uke stands and resist.

Control and transport 5 meters while Uke sits on a chair.

Randori (sparring with grips, punches and kicks)

1 time x 1 minutes light contact no facial contact with Tzuki Waza (punches techniques).

4 times x 1 minute Ne Waza (ground wrestling).

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Blue Belt 2 Kyu Ju jutsu

50 push ups
50 sit ups
20 cm front split and side split

Tai Sabaki (body shifting)

Tai Sabaki 1 – 16 and slide

Ukemi Waza (falling techniques)

Mae Ukemi above 2 people standing on their hands and knees.

Yoko Ukemi.

Ushiro Ukemi from sitting position on person standing on their hands and knees.

Nage Waza (throwing techniques)

Sukio Nage

Uchi Mata

Hane Goshi

Harai Goshi

Ko Soto Gari

Ko Uchi Gari

Double leg take down

Single leg take down

Hadake Jime

Kata Ashi Hishigi

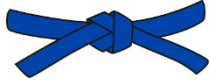
Ippon Seiho Nage

Sumi Otoshi

Kokyo Nage

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Shime Waza (strangle techniques)

Uke Shime Waza straight arms while standing.

Uke Shime Waza frontal bent arms while Uke sits between legs and Tori lays on the back.

Uke Shime Waza straight arms while Uke sits beside and Tori lays on the back.

Jigo Waza (escape techniques)

Uke ends up on the floor after each technique.

Bear hug above arms.

Bear hug under arms

Control and transport 5 meters while Uke stands and resist.

Control and transport 5 meters while Uke sits on a chair.

Randori (sparring with grips, punches and kicks)

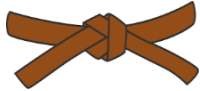
1 time x 1 minute.

1 time x 1 minute against 5 people.

4 times x 1 minute Ne Waza (ground wrestling).

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Brown Belt 1 Kyu

Ju jutsu

60 push ups

60 sit ups

15 cm front split and side split

Ukemi Waza (falling techniques)

Ushiro Otoshi

Nage waza (throwing techniques)

Kaite Nage

Irimi Nage

Tenshi Nage

Juji Garami

Tawara Gorouma

Kata Gorouma

Sankaku Jime

Okana Kata Ha Jime

Soto Maki Komi

Hikkikomi Gaeshi

Te Gorouma

Ushiro Otoshi

Ude Hishigi Te Gatame

Tate Shiho Hiza Hishigi

Sprawl Underarm

Sprawl Overarm

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Jigo Waza (escape techniques)

Control and transport 5 meters while Uke stands and resists.

Control and transport 5 meters while Uke sits on a chair.

Randori (sparring with grips, punches and kicks)

3 times x 1 minute.

1 time x 1 minute against 5 people.

4 times x 2 minutes Ne Waza (ground wrestling).

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Black Belt 1 DAN

Ju Jutsu

70 push ups and 20 of these on the knuckles

70 sit ups

15 cm front split and side split

All previous techniques and drills from all grading's.

Tai Sabaki (body shifting)

1-16 plus slide

Ukemi Waza (falling techniques)

Complete control over Ukemi Waza.

Show all the Ukemi Waza you know.

Nage Waza (throwing techniques)

Tani Otoshi

Sumi Gaeshi 1 and 2

Sutemi

Yoko Wakare

Hane Maki Komi

Ushiro Kubi Gatame

Drills

Stick: see compendium.

Knife: see compendium.

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Randori (sparring with grips, punches and kicks)

1 time x 1 minute.

1 time x 1 minute against 3 people with a stick.

1 time x 1 minute against 4 people 2 of them with a stick.

4 times x 2 minute Ne Waza (ground wrestling).

Embu

3 times self-defence show minimum 30 seconds maximum 90 seconds.

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Black Belt 2 DAN Ju Jutsu

70 push ups and 20 of these on the knuckles
70 sit ups
15 cm front split and side split

All previous techniques and drills from all grading's.

Nage Waza (throwing techniques)

Basami
Tai Otoshi
Uki Otoshi
Sumi Gaeshi 3
Tembin Nage

Randori (sparring with grips, punches and kicks)

1 time x 1 minute.
1 time x 1 minute against 5 people 3 of them with a stick.
6 times x 2 minute Ne Waza (ground wrestling).

Embu

3 times self-defence show minimum 30 seconds maximum 90 seconds.

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Black Belt 3 DAN Ju Jutsu

70 push ups and 20 of these on the knuckles
70 sit ups
15 cm front split and side split

Non prepared show both in slow motion and full speed explain 10 techniques from previous grading's.

Ukemi Waza (falling techniques)

Be Uke for 10 throws.

Drills

Stick: see compendium and explain the ins and outs of these.

Knife: see compendium and explain the ins and outs of these.

Embu

3 times self-defence show minimum 30 seconds maximum 90 seconds.

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Black Belt 4 DAN Ju Jutsu

70 push ups and 20 of these on the knuckles
70 sit ups
15 cm front split and side split

Show all techniques from 5 kyu to Sandan 1 time on each side. Be able to explain the techniques if asked.

Jigo Waza (escape techniques)

5 times defence with Toris back against a wall.

Ukemi Waza (falling techniques)

Be Uke for 10 throws.

Embu

3 times self-defence show minimum 30 seconds maximum 90 seconds.

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Black Belt 5 DAN Ju Jutsu

70 push ups and 20 of these on the knuckles
70 sit ups
15 cm front split and side split

Non prepared show both in slow motion and full speed explain 10 techniques from previous grading's.

Embu

5 times self-defence show minimum 30 seconds maximum 90 seconds.
To perform any activity that helps promote the art of Ronin Do.
To teach at least 5 seminars since last grading.